

# APPROACH EMOTION WITH ACCEPTANCE AND CURIOSITY

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## Exercise I: Labeling Emotion

The week, isolate the Sensation and Emotion parts of your practice of Pause. Notice a bodily sensation and then label the emotion that accompanies it. Practice noticing, welcoming, acknowledging and labeling. Then, feel your feet against the floor, take some deep breaths, and allow it to move through. If you get stuck here, listen to the Regulation Meditation.

Label, without judgment, the emotions you are experiencing (refer to the list below):

Here is a list of feeling words to broaden your emotional vocabulary:

[https://www.cnvc.org/sites/default/files/feelings\\_inventory\\_0.pdf](https://www.cnvc.org/sites/default/files/feelings_inventory_0.pdf)

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## **Exercise II: Approaching Emotion with Acceptance & Curiosity**

We live in a culture where there's very little permission to talk about things like fear, anger, uncertainty, grief and shame. But, what we can't be with in our lives will rule our choices and become intolerable to bear in others.

If we want to be more present in our lives, it's essential to learn a new way. We must connect with, pull apart, accept and get curious about these emotions, or they will subversively define our life narrative. We will continue to live in the story of our lives as they define it, and little will ever seem to change.

Take a next step in this change process by answering the questions below.

### **Approaching Fear with Acceptance & Curiosity:**

What is it you fear you can't control?

What resilient action are you empowered to choose?

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## **Approaching Anger with Acceptance & Curiosity:**

Is there an obstacle in your path you want to move?

Is there a boundary that someone has crossed, or you have not honored within yourself?

What can be done about this?

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## **Approaching Uncertainty with Acceptance & Curiosity:**

What do you need to let go of? Where can you surrender?

What new possibilities open up when you embrace uncertainty?

## **Approaching Grief with Acceptance & Curiosity:**

What deep loss needs to be honored?

What do you learn about yourself from what you long for/desire in your grieving process?

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## **Approaching Shame with Acceptance & Curiosity:**

Shame Resilience is practicing the Pause & Pivot method with shame messages and behaviors, and reaching for connection in the process. It's helpful and empowering to know what your shame triggers and responses are so you can recognize them more quickly and choose resilient action.

Take a moment to journal about your Shame Triggers:

What does it feel like when you're in shame? (sensations, emotions, thoughts, etc.)

What are your shame symptoms?

What is the 'wired' response you have to shame?

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How do you override the uncomfortable feeling of shame? What are your behavioral management strategies?

Where/how do you experience the “Never Enough” message of shame?

Where/how do you experience the “Always Too Much” message of shame?

Approaching shame with acceptance and curiosity requires a lot of courage. Increase your resiliency to shame this week through increased awareness, practicing pause, regulating your shame triggers and reaching for connection.