

## Staying Present with Emotion

### *A Mindfulness Exercise*

1. Close your eyes and drop into your body.
2. Think about a recent relationship experience you've had in which you felt triggered. Recall what happened using all five of your senses.
3. Hold this picture in your mind's eye in as much detail as possible. As you do, notice what happens in your body and where.
4. Find the place inside of you where you're feeling physically activated. Focus on it. Stay with it. Breathe into it and give it a lot of room. Allow yourself to feel whatever is there. Touch the quality of it. Describe it to yourself. Notice what happens as you do.
5. Allow yourself to become curious about what you're experiencing. Not from an intellectual place of trying to make sense of things, but from a place of openness and discovery, allowing for whatever comes. Listening to whatever is there.
6. Ask yourself, "What's coming up for me?" Just notice what reveals itself. Notice how the sensation manifests in your body. See if you can identify and name what emotions you are feeling. Then, just do your best to stay present and allow the feelings to move through you. Surf the waves of energy inside you. Feel them move through you. Stay with them as long as it takes for them to begin to shift.
7. If you start to feel overwhelmed, pause and focus on your breathing for a moment. Take a few deep breaths and let them out slowly. Use your breathing and grounding tools to help regulate your experience and make it more manageable. Bring yourself back into your window of tolerance, where you're able to stay present to your felt experience without exiting in any way.