



INTEGRATE TO LIVE

Restore Resilience. Cultivate Community. Impact your World

Week 13 Action Guide: Emotions – A Deeper Look

Exercise: Approaching Emotion with Acceptance & Curiosity

We live in a culture where there's very little permission to talk about things like fear, anger, uncertainty and grief. 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?

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?



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What can be done about this?

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?