

Name Your Emotion Practice

1. What am I feeling?

Close your eyes. Take a few breaths. Ask yourself: *What am I feeling?*

- Joy? Sadness? Anxiety? Anger? Peace?
- Don't rush it—sometimes it takes time to find the word.
Naming the emotion gives you clarity.

2. How am I feeling it?

Now ask: *How am I feeling it?*

- Is it strong, faint, or steady?
- Does it feel fleeting or heavy, soft or sharp?
Naming the quality gives you depth.

3. Where am I feeling it?

Scan your body.

- Do you notice it in your belly, your heart, your throat, behind your eyes?
- Emotions often carry a physical home.
Naming the location roots the feeling in awareness.

4. What qualities surround it?

Tune into its texture:

- Is there heaviness, movement, heat, or cold?
- Is it still or restless, fiery or frozen?
These qualities help you understand how the emotion is shaping your experience.

5. Cultivate the Opposite

Here's where transformation begins. Once you know what, how, and where, you can balance it.

- If anger feels hot in your belly → invite cooling (a cool drink, a dip in water, cooling breath).
- If sadness feels heavy in your chest → invite lightness (movement, laughter, reaching out to a friend).
- If anxiety feels restless in your throat → invite grounding (slow breath, warm tea, stillness).

Cultivating the opposite doesn't mean rejecting the emotion—it means giving it balance, letting it teach you without overwhelming you.