



# 'arriving' at the feelings

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**'arriving'**

- ✧ becoming aware of what I'm feeling, both superficially and at deeper levels
- ✧ being able to accept, understand and integrate both so-called 'good' and so-called 'bad' emotions
- ✧ becoming skilled at describing verbally what I'm feeling - sensations, emotions & blends of emotions

***what emotions  
am I feeling?***

**'leaving'**



# 'leaving' with the feelings

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'arriving'

'leaving'

***what emotions  
am I feeling?***

- ✧ does what I'm feeling seem to be adaptive & potentially helpful or is it maladaptive and likely to be unhelpful?
- ✧ if adaptive then allow the emotion to 'fuel' appropriate and constructive action
- ✧ if maladaptive then work to 'transform' the emotion rather than act from it in unhelpful & destructive ways

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see too: Kennedy-Moore E & Watson J. *Expressing emotion: myths, realities, and therapeutic strategies*. New York: Guilford Press, 1999