### Letting Go of Emotional Suffering: Mindfulness of Your Current Emotion

#### OBSERVE YOUR EMOTION

- Note its presence.
- Step back.
- Get unstuck from the emotion.

#### EXPERIENCE YOUR EMOTION

- As a wave, coming and going.
- Try not to block emotion.
- Try not to suppress emotion.
- Don't try to get rid of emotion.
- Don't push it away.
- Don't try to keep emotion around.
- Don't hold on to it.
- Don't amplify it.

#### REMEMBER: YOU ARE NOT YOUR EMOTION

- Do not necessarily act on emotion.
- Remember times when you have felt different.

#### PRACTICE LOVING YOUR EMOTION

- Don't judge your emotion.
- Practice willingness.
- Radically accept your emotion.