

# 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.