

Relaxing Your Emotions

CHEAT SHEET

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Your **positive kind words** are powerfully healing. Intend to have a new relaxing perspective. For this exercise it is important to write down what your challenge is and how you are feeling BEFORE & AFTER so you can track your progress. Ready?

Take deep breath and think about an area of your life that is stressing you out – then mindfully repeat the next steps:

Step 1 – Decide how much it bothers you on a scale 1-10. 1 represents relaxed, 10 represents losing sleep over it. Write it down.

Step 2 – Decide how you feel about it (angry, stressed etc.) Write it down.

Step 3 – Say – “Even though I feel this way I’m open to relaxing about it.

Even though I **WANT** to feel this way (keep reading) I’m open to relaxing about it. Now that doesn’t make sense **BUT** I’ve been feeling this way for a while. So maybe a **TINY** part of me **WANTS** to feel this way... but, that’s OK I am still open to relaxing about it anyway”

Step 4 – Repeat affirmation: “I am open to feeling empowered to move forward freely in a way that feels comfortable and just right for me no matter what.

- I am open to new inspirations and new ideas as to how to do this.
- I’m open to being surprised as to how quickly I figure it out, and how easy it was and how good it felt and how fun it was :)
- I am open to feeling this way if I want...I’m the boss of my emotions – but it doesn’t feel very good so maybe I change my mind **OR NOT!**
- Maybe I **WANT** to feel bothered, **maybe I don’t** – Maybe I **WANT** to feel empowered – **maybe I don’t** - **Either way I’m OK** no matter what I choose”

Step 5 – I am open to feeling bothered and Empowered at the **SAME TIME**.

Think of your problem again. Access a lighter way to look at it or repeat until you can. Journal any new perspectives you have. Move to the next challenge.

For Free Consultation

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