

Riding the Emotional Wave Audio-Text

Remember emotions rise and peak and then fall

- 1) Think about your emotion as a wave that you are ‘riding’**
- 2) Step back from it and simply notice it**
- 3) Allow the emotion to rise – as you know it will eventually fall**
- 4) Don’t block or fight it – just let it happen**
- 5) Don’t try to hold onto it**
- 6) Breathe into it**
- 7) Let go of the struggle**
- 8) Relax**
- 9) Ride the wave**

Riding the Emotional Wave - Record Form

Use the scale below to indicate how easily you were able to reduce your emotional level. You may also like to include comments about your session.

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|-------------------------------|---|---|---|---|---|---|---|---|---|---|----|------------------------|
| Feeling very emotionally calm | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | Feeling very emotional |
|-------------------------------|---|---|---|---|---|---|---|---|---|---|----|------------------------|

| Day | Date / Time | Emotional level before session | Emotional level after session | Comments |
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