

CREATING SPACE FOR ALL OF THE FEELINGS

These "quarantine days" may feel disorienting for many of us and at times we may feel caught in a confusing web trying to find a good balance of allowing ourselves to feel our emotions while also challenging them by putting our gratitude over the top as a metaphorical band-aid.

For example: *"I feel so stuck in my house, but I have it better than some."* While this may be true and a nice reminder we need at times, the "but" part of it really sweeps your struggle under the rug. In the long run this can feel like more of a struggle than a helpful tool.



What happens if we create a safe space to allow all of our feelings to be heard! Do you think you would feel a bit different if you were able to say, *"I feel so stuck in my house AND I'm grateful that I'm in a safe place that may be better than other's."*

Replace that "but" with an "and" to see how we can allow those tough feelings a space to be acknowledged without having to feel guilty for them. At times like this we can feel uneasy with these internal struggles. Just remember that it's ok to embrace many emotions - even if they feel conflicting at times.

Having a place to write them down also helps. Here's some space to try this practice below. *(Note: We call it a practice because it is not always easy to do and the more we practice the more natural it will feel!)*

**WHAT IS SOMETHING YOU ARE
STRUGGLING WITH?**

**WHAT IS THE STATEMENT OF GRATITUDE
THAT MAY FOLLOW IT?**

AND

Now let's rewind a bit. Try thinking of another set of thoughts you may struggle with and write them below, but do it the old way!

**WHAT IS SOMETHING YOU ARE
STRUGGLING WITH?**

**WHAT IS THE STATEMENT OF GRATITUDE
THAT MAY FOLLOW IT?**

BUT

Any thoughts about how that felt? Can you use the same set of thoughts but try reframing them with the "and" instead of the "but"? Any shift for you?

**WHAT IS SOMETHING YOU ARE
STRUGGLING WITH?**

**WHAT IS THE STATEMENT OF GRATITUDE
THAT MAY FOLLOW IT?**

AND

Here's some space for you to keep writing things down and see if it helps!

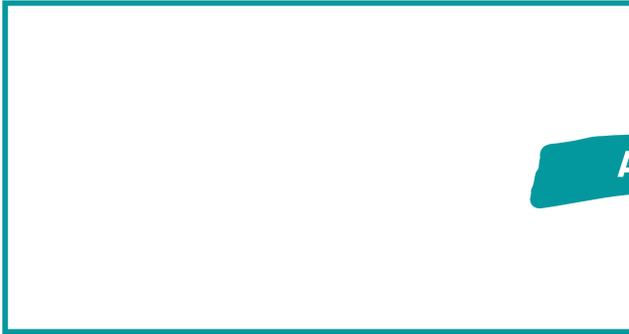
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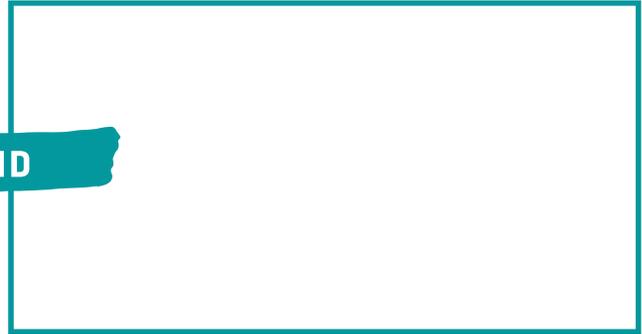
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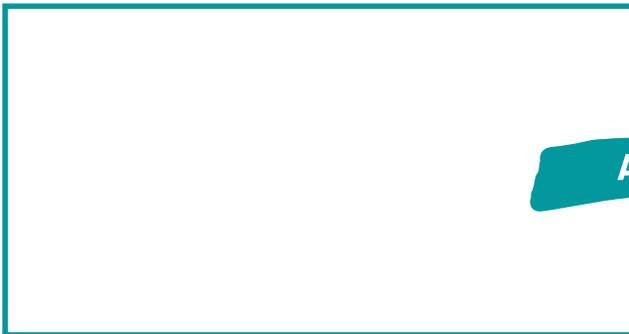


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