

Feeling Buddy Guidelines

Emotions tend to move through more easily when someone is with us. To heal from your past it's vitally important to have people you can call or meet with who will be willing and able to simply witness your experience.

Feeling Buddy Instructions

The task is to invite people in your life – what we're calling "feeling buddies" –to serve as a witness to your emotions. Buddies don't need to do anything, just listen and be present. Their role is to hold space for your experience while you allow yourself to feel. If they feel compelled to do something to help, they can point out that you're lost in the story and may be avoiding your feelings. Make it clear to your feeling buddy that they're not there to problem solve for you, or in any way "fix" the issue that generated the emotions. Let them know that it is enough just for them to bear witness, and that problem solving will get in the way of that. Ask them to help you to stay out of story and to stay focused on feeling the sensations in your body. You can also ask them to monitor your breathing – if they notice that you are holding your breath or breathing rapidly they can remind you to breathe into the sensations and emotions.



If you feel confident that just trusting and following these instructions will benefit you, you can skip the rest of what's written here. But if you are curious about how we work as humans according to what I've learned, you should find what follows interesting.

Actively making space for emotions in your life reduces anxiety, relieves depression, and/or allows you to feel more alive. Unfelt

emotions often feel heavy. It's why when someone brings up something challenging emotionally you may want to avoid it because it makes you feel tired. In reality, the tiredness has been there all along and you've been reminded/reconnected/triggered to become aware of it. Like the sore muscles in your shoulders... you aren't aware they're tight till someone starts massaging them.

Emotion is a group function.

It evolved to reduce the tendency of instinctual, aggressive or extreme responses to drive the outcome of interactions –extreme responses are harmful to the group's integrity. Emotion provides members within the group a way to relate and communicate without causing damage. This is why it's inherently difficult to move emotion through on your own. They're meant to be witnessed - it's what they were designed for!

Every emotion you've ever had or will have has a sensation associated with it.

A survival skill we all use is to avoid or repress certain emotions so as to comply with the norms of your family of origin or of the society you're brought up in. We do this in order to belong. Unfortunately, the unexpressed emotion stays in your body as a biochemical potential waiting for a trigger to bring it back up so that you can feel it. This is what happens when you get "triggered." You are like a fuse, waiting to be lit. If you accept this idea then it is easy to understand why we keep attracting the same situations or same kind of people into our lives... to bring it up so we can finish the process of experiencing the associated feelings.



You'll be amazed at how different you'll feel when you finally let that fear or sadness or anger or even joy happen in you. Not feeling those sensations is a habit that you'll want to slowly let go of. Feeling them lets the stored, dead life force move through, letting that part of you come alive again.

The tool and skill that helps with this is embodiment. Living less in your thoughts as a habit and more in your sensations. We retreat to the story in our heads to distract from the unconsciously felt emotion - to avoid experiencing it. Most likely because when the event that generated the emotion happened, it seemed really dangerous, maybe even life threatening to experience... so into the safe haven of our head we go.

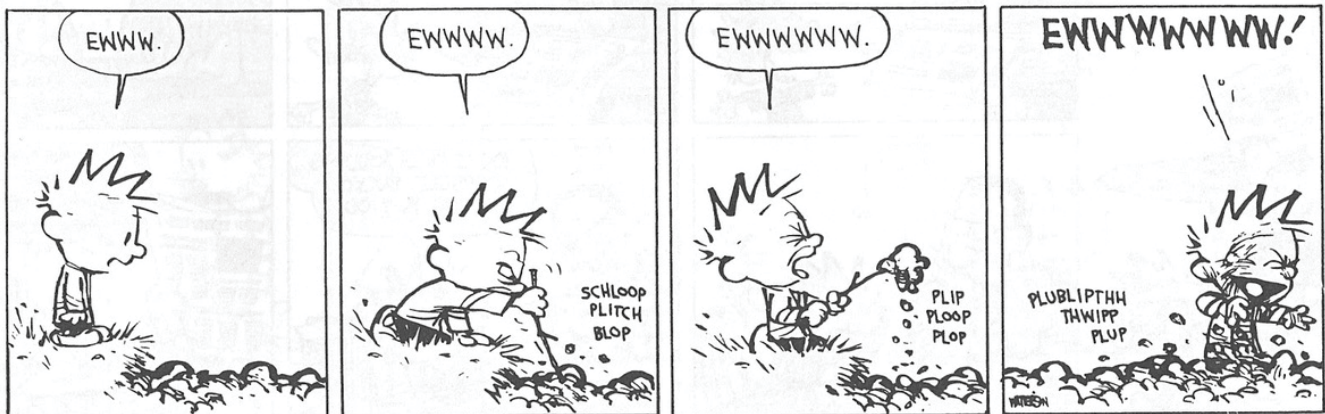
At an unconscious level approaching these old emotions can often feel like you're gonna die this side of actually feeling them.

I say to you now:

Feeling emotions is safe.

Because emotions use the same nervous system that the instinctual brain uses for determining the safety of what's happening in the physical world, we often confuse the sensations of emotions as dangerous. I have yet to die from experiencing intense emotions and I promise you that I have felt and moved through a lot. Nor have any of the people whose hand I've held through the process of feeling those intense sensations. In fact, I have yet to see any damage occur as a result of experiencing them. All that seems to happen is that you feel better and life seems to change for the better.

So let Calvin here show you the way to let uncomfortable sensations be of value to you.



Or Data who just got his emotion chip installed: <https://www.youtube.com/watch?v=ok5l26Fs0LI>

You can't have too many buddies. And know they will benefit from being with you as you let go of defenses and find your aliveness.

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