

GET BIGGER THAN WHAT IS BOTHERING YOU



NEXT TIME SOMETHING IS BOTHERING YOU TRY THESE 5 STEPS

1. Instead of saying “I AM (eg anxious, nervous, worried, angry, frustrated, sad, upset etc) try this instead:

SOMETHING IN ME IS _____ (eg anxious, nervous, worried, angry, frustrated, sad, upset)

When you do this you are still in contact with the feeling but now there is a **BIGGER YOU** – if you like there is an “IT” (“a something”) and there is a “YOU”.

Now you can turn towards it, to be compassionate to it.

Most people find when they do this they don’t feel so defined by their emotions, they have some distance, and somehow there is a bit of a shift, a bit of give or relax or a breath. (Not that the problem or issue has gone away but somehow it feels a bit better.)

Once you have done Step 1 the next thing to do is:

2. **TO SAY HELLO TO “IT”**. (Hello is not “I Love you”. You don’t have to like the feeling or be glad it is there, you are just saying “Hello” – acknowledging it)

So it sounds like this: “**SOMETHING IN ME IS eg NERVOUS AND I AM SAYING HELLO**”. AND THEN, SAY HELLO!

Now notice the difference that makes. The gift of saying HELLO is that you meet “IT” as “IT” IS.....

(Rather than ignoring it or trying to deny it or shoving it down).

You are meeting “IT” as “IT” IS and that gives “IT” space to change. You are allowing and acknowledging “IT”

3. The third powerful practice for **GETTING BIGGER THAN WHAT IS BUGGING YOU** is to **PLACE A GENTLE HAND** on the part of you that you can sense or feel. Trust your hand, it knows where to go. When you do that remind yourself to bring a friendly quality of keeping it company (a bit like keeping a child or animal company when they have hurt themselves – a kind “there, there”)

So this is simple:

You become aware of an emotional reaction, which may not be a pleasant one, and you say:

“SOMETHING IN ME FEELS NERVOUS” AND YOU SAY “HELLO” TO ‘IT’ AND YOU LET A GENTLE HAND MOVE TO THE PLACE WHERE YOU ARE FEELING “IT” AND STAY THERE A FEW MOMENTS, AT LEAST, AND KEEP IT COMPANY.

When you do this you are accepting yourself and whatever comes. All feelings change, especially when they are allowed and acknowledged. Change will also come from our inner wisdom.

4. You could now also add: “I AM SENSING SOMETHING IN ME THAT IS EG NERVOUS AND I AM SAYING HELLO AND KEEPING “IT” COMPANY AND I AM PLACING A GENTLE HAND WHERE I FEEL “IT”

When you say, “I am sensing”, you are indentifying with your larger self. You are bigger than the “something” that is bothering you.

The final step is:

5. NO WONDER I feel this way. For example if you are feeling nervous before a big netball game or disappointed after a game, say “NO WONDER” – and remember anyone would be nervous before a big game. This is showing ourselves compassion and self-acceptance.

So next time you feel an emotional reaction try these steps

1. I am sensing Something in me that is _____(your feeling) and
2. Say “Hello” to “IT” and keep “IT” company in a caring way
3. Place a gentle hand on the place you are feeling “IT”
4. And say “No wonder”, and then just wait a moment or two

Now you can see what allowing, acknowledging and being with your “somethings” in a gentle way brings

It is not always that easy, but it is truly that simple.

(Adapted from the work of Ann Weiser Cornell www.focusingresources.com)