

Many of us were taught to not feel our feelings or “get over it”, “don’t cry”, “it’s not that bad”, etc... Others were so busy dodging familial chaos that they pushed their needs and feelings under the surface only to have them inexplicably and inappropriately expressed in unrelated situations in their adult life. Many have done this so long that they don't even know what they are feeling. Now many people are disconnected from themselves and their feelings. They are suffering with mental, emotional, and/or chemical imbalances and illnesses or so many unidentifiable anxieties that they are not sure where to start.

I have found many tools that have helped me along the way to get comfortable with my feelings and emotions: I use my personal awareness, mindfulness, EFT or “tapping”, the Tapas method, and [Spiritual Response Therapy](#) (SRT) to help me understand and navigate my emotional well-being. I am a SRT practitioner and would be more than happy to support your well-being with this modality. See other Free Resources for more information on EFT and the Tapas Method.

Note: Feelings are sensations and are usually conscious and a “felt sense” in the body (tingling, burning, hunger, pain, etc) and emotions are both unconscious and my additional thoughts are that we’ve used words to name them.

I learned some great tips from [Tony Robbins](#). His work helped me to learn to identify and work with my emotions. Tony says our emotions have “messages” for us. Abraham Hicks has written extensively to also teach us that our feelings and emotions are our internal guidance system.

Below I have created a chart from some of Tony’s information that helped me learn how to use my emotions to help navigate their messages. There are 6 basic steps; his link above will lead you to more.

1. Identify the emotion (action signal)- What is the feeling?
2. Appreciate its message (never make them bad or wrong) What’s it trying to tell me?
3. Get curious - Ask yourself what do I really want to tell and how do I make that happen?
4. Get confident - Know that you’ve dealt with these feelings before and you have gotten through them
5. Get certain - Come up with 5 different ways and rehearse them
6. Take Action - Just do it. Start practicing now.

ACTION SIGNAL	ITS MESSAGE	ASK YOURSELF/DECIDE
A.k.a. Feelings	What it's trying to tell you	Do I need to change my perception or my procedure?
Fear	Prepare for something	Is the fear warranted? What do I need to do to prepare and avoid negative consequences? Maybe stop focusing on the worst case scenario. Decide to be confident & focus on things working out for the best.
Hurt	Your expectations have not been met or you feel like you may have lost something	Communicate your expectations. Do you need to adjust your expectations? Evaluate if you've really lost something. Do you need to change your perception? Do you need to adjust your way of communicating?
Anger	An important rule has been violated. Can help resolve differences	Communicate your standards and recognize it's only your rule but you may need their help. Do you need to change your perception or see other options? Change your procedure, maybe the rule wasn't clear.
Frustration	Your approach is not working	Are you trying to get the same result by doing the same thing? Is your goal realistic? You're not getting what you want by the way you're going after it-change your procedure.
Disappointment	Goal was not met	Change your expectations to be more appropriate for the situation
Regret/Guilt	One of your own standards was violated	Change your procedure. Change your perception. Do something immediately so this will never happen again.
Inadequacy	You need to do something to get better in this area	Is this an appropriate emotion? Are you really inadequate or do you need to change the way you're perceived? Do you have some rules that say in order for me to be considered adequate, I must do or be something other than this? You may have some rules that are too harsh or unattainable.
Overloaded	Reevaluate what's most important to you	Sit down and first "change your state". Make a list of important things and number them in priority. Do number 1 on your list and you're back in control.
Loneliness	You need connection	Clarify what type of connection you need: instant, intimate, sexual, or do you need to talk with someone, somebody to laugh with, a basic freindship?

