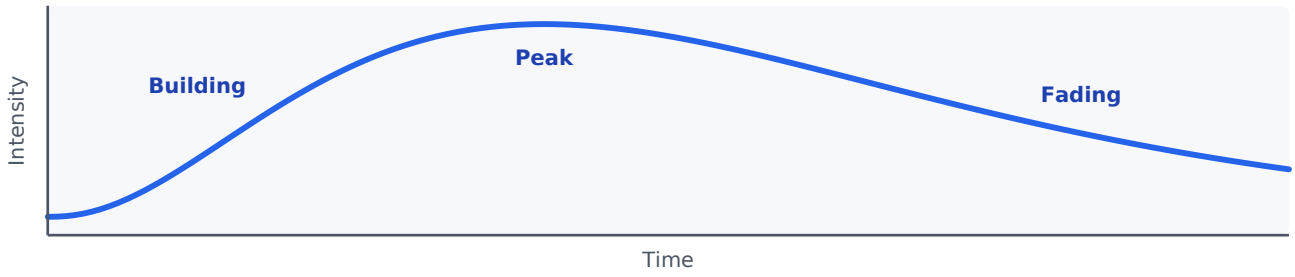
The emotion wave

How a feeling rises, peaks and passes, and what to do while it does.

An emotion is like a wave. It builds, it reaches a peak, and it falls away. Left alone, the body's response to a feeling lasts a surprisingly short time, often a matter of minutes.



What keeps the wave up

- **Feeding it.** Going over what happened, building the case, imagining what comes next.
- **Fighting it.** Trying to push the feeling away, which adds tension and a second feeling on top (anxious about being anxious, ashamed of being sad).
- **Acting on it at the peak.** The thing done in the heat of the moment often creates the next wave.

Riding it

1. **Name it.** "This is anger." "This is sadness."
2. **Find it in your body.** Where is it? What does it feel like?
3. **Breathe and make room.** You do not have to like it. Let it be there.
4. **Do not act yet.** Notice the urge. You do not have to obey it.
5. **Watch it change.** It may rise again before it falls. Stay with it.
6. **Afterwards, decide.** Is there something that needs doing, now that I can think?

Reminders

- "This feeling is not all of me."
- "I have felt this before and it passed."
- "I do not need to fix this right now."

A recent wave. How long did it actually last? What made it bigger or smaller?

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