

# Digging Deep

It can be easy to take our emotions at face value. I feel happy, I feel angry, I feel excited. The issue is, some emotions are more complicated than we make allow ourselves to realize at first. Emotions such as anger, frustration, jealousy, resentment, etc. are examples of what are referred to as secondary emotions. This means that there are usually more vulnerable emotions lying underneath these such as hurt, sadness, fear, anxiety, etc.

Whenever you feel an emotion that feels complicated or overwhelming, try using the below prompts to help guide you through a compassionate look into what is really going on and find out how to best help yourself through it.

What would you like to address?

*Feeling(s)*

What could be under that main emotion helping to fuel it?

*Uncomfortable Emotions*

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How can you help yourself compassionately address these uncomfortable emotions?

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*What will help?*

# Tips for *Digging Deep*

**Here are some helpful tips as you start to navigate your way through these often uncomfortable emotions and/or situations"**

- Noticing the feeling without judgement and without pushing it away is the first step.
- When you are trying to think of uncomfortable emotions that may be fueling your main emotion, think of things such as: Jealous, overwhelmed, worried, nervous, sad, scared, uncertain, helpless, frightened, inadequate, grief, hopeless, etc.
- "Get over it" is not compassionate self-talk. Try using phrases such as, "Slowly I will learn to \_\_\_\_\_ and support myself through it."
- Remind yourself that we all have these complicated emotions - many times we just don't talk about them with others, so we may feel we are the only ones struggling with it.
- Use the template above however is best for you. We all process and cope differently. If this doesn't work for you, build a system that feels more comfortable.

**Grief can bring out emotions that may not have bothered us before, but now we can't seem to move past.**

**Know that our brains, bodies, and hearts are doing a lot of hard work with grief and may need extra kindness and love to get through the big and little things.**