

Very often, the snuffle starts with an emotion.

Anxiety, sadness, shame, guilt, anger.

And then the mind tries to do something that seems logical.

To think about the emotion in order to control it.

To find out why it is there, what it means, how it will go away.

But many times the emotion does not need analysis, it needs space.

Today you will not try to explain what you are feeling.

You will do something simpler. You will turn to the body.

When a difficult emotion arises, do not immediately go to why.

Ask where I feel it.

In the lasts only 90 seconds.

Put your hand where you feel the tension and say, "This is an emotion.

It does not need an explanation now.

Do not try to solve it.

Do not try to drive it away.