

eBook

Releasing Emotions

Your 8 step guide to moving through challenging experiences to assist your body to breathe and move better giving yourself the energetic shift to keep you flowing with your life.



Emily Schmidt @energy_movement_wellness

Release Work Steps

Write the situation from your perspective

STEP 1

Identify the emotions and rate them

STEP 2

Re-write the situation objectively

STEP 3

Re-rate your emotions

STEP 4

Acknowledge and validate your emotions

STEP 5

Allow your emotions to be

STEP 6

Express your emotions in a healthy way

STEP 7

Release your emotions

STEP 8

Re-rate and repeat as required

EMOTIONS

The power of an emotional release

When individuals allow themselves to fully experience and express their emotions, it activates neural networks involved in emotional regulation and cognitive control. This process enhances emotional resilience, self-awareness, and the ability to cope with future emotional challenges.

Findings from brain imaging studies support that emotional release is a vital component of emotional well-being and mental health.



Your **emotional** bias and **perspective** shapes your **emotional reaction**.

The way you perceive and interpret a situation, based on your past experiences, beliefs, and values, can influence how you emotionally respond to it. For example, if you have a positive emotional bias and a generally optimistic perspective, you may tend to have a more positive emotional reaction to a given situation. On the other hand, if you have a negative emotional bias and a pessimistic perspective, your emotional reaction may lean more towards negativity.

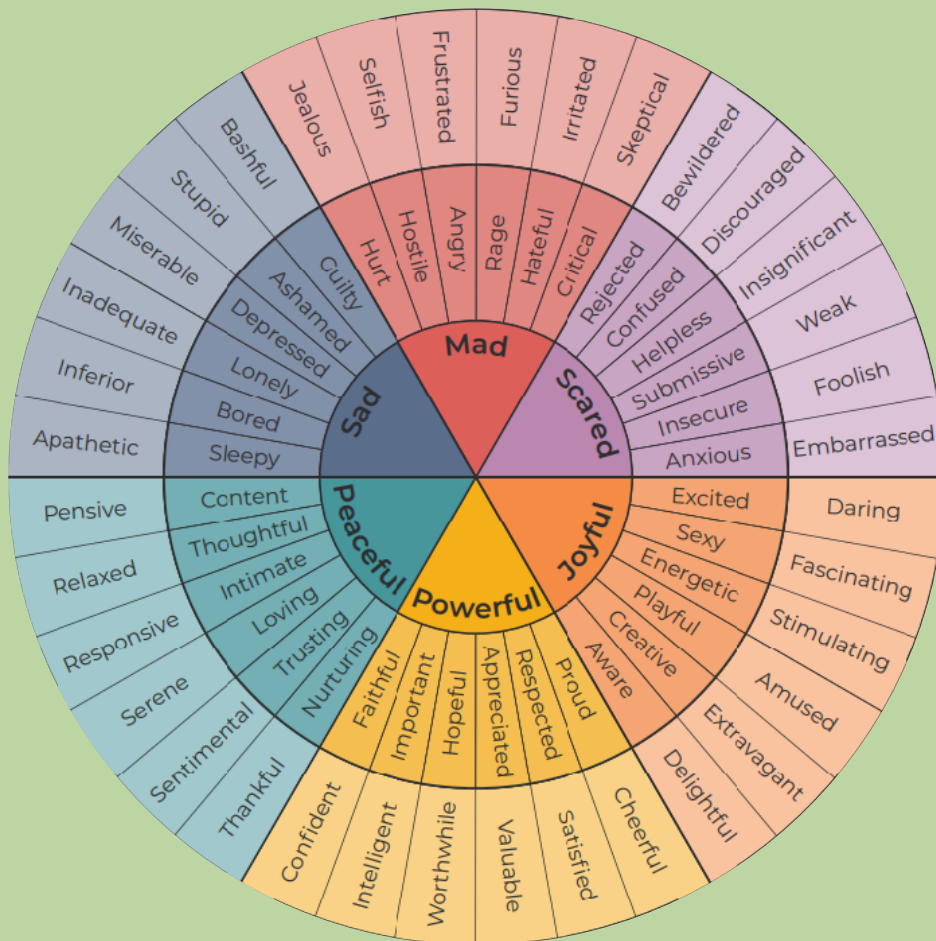
STEP 1 - WRITE THE SITUATION FROM YOUR PERSPECTIVE

Write the event, situation or experience in your own words as you are authentically feeling. Be emotive. Swear if you need to. This allows your subjective bias to have a face and you can meet and greet this face as you progress through the steps. Your emotional bias and perspective are not fixed. This step allows you to recognise any current felt pain and where it is coming from.

This strong emotive response may be connected to your flight or fight mechanism. When the flight or fight response is activated, the body releases stress hormones such as adrenaline and cortisol, which increase heart rate, blood pressure, and respiration, while redirecting blood flow to the muscles. The flight or fight response evolved as a means of protection in response to immediate threats, such as encountering a predator in the wild. However, in modern-day situations, the flight or fight response can be triggered by non-life-threatening stressors, such as a work deadline or a conflict with a colleague.

STEP 2

Identify the emotions and **rate** them out of 10



Start in the middle and move outwards selecting an emotion that **calls** to you even if it calls a little. We can be **feeling** more than one at a time and **conflicting** or competing emotions at any one time.



Re-tell the **story** from an **outsiders** perspective

Pretend you are presenting your case to a judge. Your language must remain objective. Take the position of a **wise counsel** when re-telling the story as if you have been **completely personally removed** from this story. See it for what it is objectively.

Doing this helps manage the intense emotions, **maintains balance** and composure. It helps cognitive processing, which increases logical thought form and problem solving skills. It also creates an immediate psychological distance, instantly reducing the distress associated with the event, which provides a new sense of emotional relief. This **narrative re-construction** can also create a sense of closure offering **empowerment** and **resiliency**, moving you from victimhood to agency and accountability for your own actions and steps. This promotes new found **strengths** and a positive mindset.

- ✓ This would need to hold up in a court of law in front of a judge.
- ✓ Link the emotions, but write objectively, not emotively.

List every emotion you felt when looking at the wheel and rate its intensity out of 10. 10 being the most intense.

LIST HERE



RE-RATE



RE-RATE



STEP 5

Acknowledge and validate your emotions

The **acceptance** of your reality and **your personal truth** of an experience. **Validation** has shown to improve self-regulation skills including **self-soothing** in times of **challenges** and improve overall happiness and a sense of control.

“ I have every right to feel: _____

It is reasonable and understandable for me to feel:
_____ in this situation.

My feelings are important.

My feelings matter. ”

Emotional invalidation has been shown to lead to emotional dysregulation, problems with personal identity, difficulty managing emotions and mental health disorders such as depression and anxiety. Invalidation can also lead to self-invalidation, which makes it even harder for a person to come back from a challenge.

STEP 6 - ALLOW THE EMOTIONS

You will need to **sit** with your feelings for as long as needed. This could be a few minutes to a few days or weeks even, depending on how **intense** your **emotions** are and how experienced you are in the process. **Allowing** something to be is a form of **acceptance**. To assist this you can even say:

I allow myself to feel _____

*I accept this feeling of _____ and I
do not try to change it*

Remember, what you **resist** will **persist**, so allow, and even welcome each feeling as if they were an **unexpected guest** in your home.

Feelings are **temporary** and they won't be there forever.

STEP 7

Express your emotions in a **HEALTHY** way



A self expression of how you're feeling can be accomplished in a healthy way that does no harm to other people or yourself. This expression can be written, physical, musical and more. It is the creative expression that captures your emotion and allows it to be seen, heard and valued.



The **emotional release** can be through **visualisation**, massage, **breathwork**, a **mantra** or other ways, it's **very individual**.

Find a quiet and comfortable space where you can relax and focus. Close your eyes and take a few deep breaths to center yourself. Begin to visualize the emotion or feeling that you want to release. See it as a separate entity from yourself, like a cloud or a ball of energy. As you continue to visualize, imagine yourself physically releasing this emotion. You can visualize it leaving your body, dissipating into the air, or being washed away. As you release the emotion, feel a sense of lightness and relief. Continue this visualization until you feel a sense of calm and emotional release.

Step 8 - Release your emotions

Sit in a comfortable position and take a few deep breaths to center yourself. As you inhale, mentally repeat the mantra silently or out loud. As you exhale, imagine releasing the associated emotion or feeling. Focus on the rhythm of your breath and the repetition of the mantra. Allow the mantra to anchor your attention and guide the release of the emotion.

You can simply say **"I allow this feeling to be released from my body, transmuted completely and healed to completion now"**.

Re-rate and repeat as required

Emotional release is a journey that varies from individual to individual. The frequency and length for the process can be different for each person. It's important to recognize that emotional healing and release are not linear processes with set timelines or specific durations. For some individuals, emotional release may occur in a single moment of insight or catharsis, leading to a significant shift in their emotional well-being. Others may find that emotional release is a gradual and ongoing process that unfolds over time. Approach emotional release with patience, self-compassion, and a willingness to explore and understand your emotions. Give yourself permission to experience and process your emotions at your own pace and with peace. Please note that if you find yourself struggling to manage or process intense emotions, it's important to seek support from a mental health professional who can provide specialized guidance and assistance.



Conclusion and Next Steps

Remember that everyone's emotional journey is unique.

*Thank you & with love
Emily Schmidt*

There is no right or wrong timeline for **emotional release**. Honor your own process, be **gentle with yourself**, and **trust** that healing and release will unfold in a way that is **right for you**.

Continue to **honour** your feelings and contact a professional if you need **specialised** guidance and assistance.



[LEARN MORE](#)