

befriending your emotions pdf

befriending your emotions pdf Whether you have just heard of mindfulness meditation for the first time, have already begun dipping into mindfulness meditation recently or have been practicing mindfulness meditation for years and years, here are

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Befriending Shame – Empathy Academy

Going back and forth between your breath and your emotions in a relaxed way. Letting your attention be drawn from your breath by an emotion, labeling it, and then returning to your breath. There is no need to find an emotion if there isn't one. Then just be open to the possibility of emotions as you breathe.

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