

Processing Uncomfortable Feelings Spreads

The process

1. Recognize the feelings

- a. What are the uncomfortable feelings for you? (Fear, anger, sadness, shame, guilt, etc.)
- b. How does this feel in your body? (Discomfort, annoyance, frustration, overreactions, displaced feelings, etc.)
- c. Where do you feel it in your body?

2. Softly (with love) invite the feelings in.

- a. Invite and welcome the uncomfortable feelings in by saying something like, "Ok fear, I see you. I invite you in. What do you need to say?"

3. Let the uncomfortable feelings pass through without judgment or weight.

- a. Observe and allow the feelings to run their course inside of your awareness.

4. Offer acceptance/compassion

- a. You can say something like, "Ok fear, I understand you and I accept you. I know you're just trying to protect me. Of course, you're showing up and it's okay."

The tools

1. Meditation- Builds self-awareness, self-acceptance & compassion

- a. Compassion meditation
- b. Grounding meditation
- c. Silent meditation

2. Breathwork- Allows the feelings to flow in and out of your body

- a. Conscious Connected Breathwork- an intense, active, open-mouthed breathing practice
- b. Lotus Breath- a gentle and slow resilience-building breathing practice

3. Movement- Physically allows the feelings to move through you

- a. Nature walks
- b. Slow intuitive yoga (Skandasana-hip openers & Fish pose-heart openers)
- c. Grounding, gardenings

4. Talk it out- Process your feelings with words

- a. Trained professional (coach, therapists)
- b. Trusted friend or family member that can hold space
- c. Talk to the Universe, God, your higher self, or the Tarot/Oracle

5. Journaling

- a. Morning pages
- b. Journal prompts



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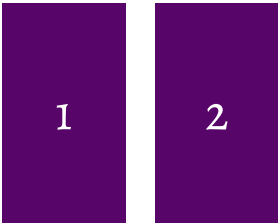
For more resources visit: BreatheConnectThrive.com

Processing Uncomfortable Feelings Spreads

Here are a few Tarot/Oracle spreads you can use to help process uncomfortable feelings. As always, remember to be kind and gentle with yourself,

Use this spread when you feel blocked by your uncomfortable feelings.

unblocking spread



1. What's blocking me?
2. What can I invite instead?

Use this spread when you have recurring difficult emotions.

soul lesson spread



1. What's my Soul lesson?
2. What are my challenges?
3. What will assist me?
4. What's the guidance from Spirit with this lesson?

Use this spread when you need clarity with supporting yourself through processing undesirable emotions.

mind, body, spirit spread



1. What does my mind need?
2. What does my body need?
3. What guidance is Spirit offering?

Processing Uncomfortable Feelings Spreads

Use this spread when you feel blocked by your uncomfortable feelings.

You can use this area to journal or explore your interpretation of the spread. Here are a few helpful tips for you:

- You can start by writing down each of the cards.
- What does the imagery signify to you? What does it remind you of?
- How does this theme resonate with your current situation?
- What insight can you take away from this reading?

