

# Processing Uncomfortable Feelings Journal Prompts

## 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

### 5. Journaling

- a. Morning pages
- b. Journal prompts



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