

emotions
workbook

we have emotions; we are not our emotions

the
MUMMA
nest



Introduction TO EMOTIONS



As mothers, we can become increasingly disconnected from our bodies & selves, especially within those first few years of parenthood.

Motherhood brings with it many new emotional shifts as well as triggers from our own childhoods & how we were parented.

Throughout these times it is important to understand how to come back to ourselves, live from our heart space (instead of head) & be able to provide ourselves with what we need in moments of chaos & uncertainty.

This work takes practice & consistency but I know you've got this, mumma!

“Your visions will become clear only when you can look into your own heart. Who looks outside, dreams; who looks inside, awakes.”

— C.G. Jung

All emotions serve us as humans & there is no such thing as a good or bad emotion.

So many suffer from the delusion that emotions are entirely out of their control, that they're just something that spontaneously occurs in reaction to the events of our lives, but what would you say if I told you that you have the power to feel any way you choose at any moment in time?

Let's start at the beginning.

As children, in some instances we would tend to start an emotion ie frustration or anger but an adult would generally interrupt it with phrases such as:

- Don't be naughty
- That's enough from you
- Go to your room
- Be a big kid
- Stop crying or ill give you something to cry over

Therefore, we were never allowed to feel emotions through to completion.

Our emotions were interrupted which then turned into something else being created around that emotion such as shame or guilt etc. So we linked shame to that emotion instead & now, as adults when we cry or feel frustration we also feel shame or guilt to hurry the emotion through - and that's as far as it goes.

We are constantly trying to complete the emotion as soon as possible, because we don't have time for it, we don't like the discomfort of it, we add on all these extra meanings & stories like 'if I feel this I am weak' & then shame / guilt appears.

This can cause a lot of ache in adults if left unaddressed, as the only way we know how to deal with emotions is to retract, shut down & stop the emotion from being completed.

This workbook is the start of your journey towards experiencing emotions through to completion & I believe you have everything you need already within you!

Section 1

THE CODE TO OUR FEELINGS

This code can be applied as soon as you begin an emotion. Applying this code is about creating new patterns to trigger a new sub conscious response.

When an emotion arises it is your body's way of letting you know it is ready to be released.

1. Name the feeling

"Right now I feel _____"

Use the list of feelings available in this document as a reference and find the word for the feeling you have.

2. Own the feeling

Remove all blame as no one can make us feeling anything. We choose how we respond. Owning that the feeling is our own and no one else's responsibility.

3. Feel the feeling without guilt or shame

Notice where the feeling resides within your body.

The only reason we want to avoid a feeling is due to the times we experienced guilt or shame around the feeling. The feelings are parts of us to accept. And as we do, we reclaim our energy.

4. Let it be and let it go

Once we remove the resistance to the feeling we allow it to be. Feelings are designed to be fleeting. It may last for hours and it may last for a minute. There is no rule here except to accept and allow. Connect with the feeling as if it's part of you and be there with the feeling like you would be there for a child.

It may help to say "it is ok that you are here" and not be in a rush to get rid of the feeling.

Everyone has somewhere in the body where they hold emotions, tension, stress etc. And if this is completely new to you and you are not yet aware of where you hold your emotions that is ok, don't beat yourself up however I would challenge you to sit with this next time an emotion arises & really try to become aware of where you hold the emotion & what it feels like within that location, it may have a colour, shape or feeling (anything else you come up with).

Competence equals confidence. Consistent action of these steps is what will bring you results.

OUR FEELINGS & PHYSICAL SENSATIONS WHEN OUR NEEDS ARE NOT SATISFIED

AFRAID
apprehensive
dread
foreboding
frightened
mistrustful
panicked
petrified
scared
suspicious
terrified
wary
worried

ANGRY
enraged
furious
incensed
indignant
irate
livid
outraged
resentful

ANNOYED
aggravated
dismayed
disgruntled
displeased
exasperated
frustrated
impatient
irritated
irked

ANGRY
enraged
furious
incensed
indignant
irate
livid

AVERSION
animosity
appalled
contempt
disgusted
dislike
hate
horrified
hostile
repulsed

CONFUSED
ambivalent
baffled
bewildered
dazed
hesitant
lost
mystified
perplexed
puzzled
torn

DISCONNECTED
alienated
aloof
apathetic
bored
cold
detached
distant
distracted
indifferent
numb
removed
uninterested
withdrawn

DISQUIET
agitated
alarmed
discombobulated
disconcerted
disturbed
perturbed
rattled
restless
shocked
startled
surprised
troubled
turbulent
turmoil
uncomfortable
uneasy
unnerved
unsettled
upset

EMBARRASSED
ashamed
chagrined
flustered
guilty
mortified
self-conscious

FATIGUE
beat
burnt out
depleted
exhausted
lethargic
listless
sleepy
tired
weary
worn out

SAD
depressed
dejected
despair
despondent
disappointed
discouraged
disheartened
forlorn heavy hearted
hopeless
melancholy
unhappy
wretched

TENSE
anxious
cranky
distressed
distraught
edgy
fidgety
frazzled
irritable
jittery
nervous
overwhelmed
restless
stressed out

VULNERABLE
fragile
guarded
helpless
insecure
leery
reserved
sensitive
shaky

YEARNING
envious
jealous
longing
nostalgic
pining
wistful

OUR FEELINGS & PHYSICAL SENSATIONS WHEN OUR NEEDS ARE SATISFIED

AFFECTIONATE

compassionate
friendly
loving
open hearted
sympathetic
tender
warm

ENGAGED

absorbed
alert
curious
engrossed
enchanted
entranced
fascinated
interested
intrigued
involved
spellbound
stimulated

CONFIDENT

empowered
open
proud
safe
secure

EXCITED

amazed
animated
ardent
aroused
astonished
dazzled
eager
energetic
enthusiastic
giddy
invigorated
lively
passionate
surprised
vibrant

JOYFUL

amused
delighted
glad
happy
jubilant
pleased
tickled

GRATEFUL

appreciative
moved
thankful
touched

INSPIRED

amazed
awed
wonder

EXHILARATED

blissful
ecstatic
elated
enthralled
exuberant
radiant
rapturous

REFRESHED

enlivened
rejuvenated
renewed
rested
restored
revived
thrilled

PEACEFUL

calm
clear headed
comfortable
centered
content
equanimous
fulfilled
mellow
quiet
relaxed
relieved
satisfied
serene
still
tranquil
trusting

HOPEFUL

expectant
encouraged
optimistic

Section 2

NOTICING

Use the below to write down 3 emotions that you currently experience frequently & your immediate thoughts that surround those words when you first think of them. Also write down if you notice a feeling of where this emotion resides in your body.



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2

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3

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Section 2 cont

MEANING

Using these emotions again now write down what meaning you give them ie 'anger makes me a bad person' or 'sadness means I am weak'.

Also jot down what happens usually as a trigger before this emotion arises for you.



1

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2

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3

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Section 2 cont

GOALS

In an ideal world, what is your goal for each of these emotions? How would you like it to be experienced moving forward?

Write about it below & notice what comes up for you.



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2

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3

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Continue practicing the code on page 4 every time these emotions are experienced.

Section 2 cont

RELEASE

What are you choosing to release?

This may be the meaning you place on the emotion & here you may like to replace the meaning with something more resourceful such as 'I am capable of experiencing this emotion through to completion' or similar.



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2

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3

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Consciously acknowledging what we are ready to let go of is a powerful step in creating. It creates space for the new to come in and helps us stop those things that no longer serve us.

Section 3

COMPASSION

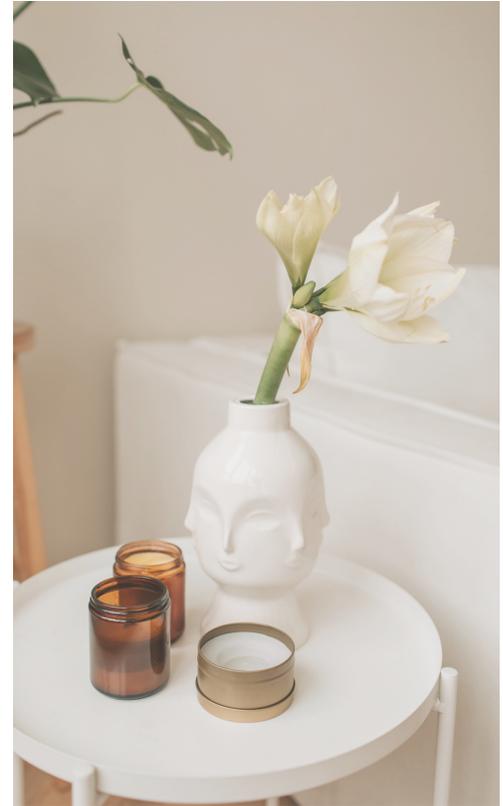
A gift you can give to yourself..

To be willing to develop this change within yourself will take more than courage - it also requires compassion.

Compassion does not involve self-pity, feeling like a victim, or deciding to give up because it's too hard.

Compassion is your willingness to do what you need to do to heal yourself.

It's the moment that you interrupt the pattern in your head that is handing you criticism & taking the reins to say "that is enough".



“The privilege of a lifetime is to become who you truly are.”
— Carl Gustav Jung

- Speak compassionately to yourself
- Pause before you criticise yourself & ask "is this comment really going to serve me?"
- Make a mistake & recognise, with practice that the mistake does not mean you are a mistake.
- Allowing a moment to unfold without judging yourself.



Section 4

QUESTIONS

I want you to visualise yourself in a moment in the future (say 6 - 12 months from now) & you have made these changes. You are experiencing a range of emotions through to completion, not resisting them or believing they need to be suppressed.

How does life look for you? Your children?

1

What would you like to acknowledge (recognise) yourself for?
ie for allowing yourself the time to work through this booklet)

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2

How are you committing to these activities moving forward?

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3

How will you choose to show yourself compassion during this phase of life?

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Repeat after me: "I take time to acknowledge my feelings & needs"



Section 5

VISUALISATION

Time to visualise yourself in a moment in the future (say 6 - 12months from now). You have made these changes & can experience a range of emotions through to completion without hesitation, no resistance or belief that they need to be suppressed.

How does life look for you? Your children?

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Lastly, I would love to acknowledge you for taking this time for yourself & saying yes to placing your needs first, which in turn will become a gift not just for yourself, but for all those around you too.

- Our lives are created by the actions we take -

About THE AUTHOR



Hey, Mumma. I'm Sarah.

Motherhood Life Coach & Mentor, wife & mum to 3 babes. Life is organised chaos (*to be honest, let's remove organised*). It's chaos & I love it! But it wasn't always like this. I spent years chasing 'happiness',

or what I perceived to be happiness & I never could find it so I started my journey within and it was there that I began to flourish.

I also went through my own identity crisis & from there I realised my passion to guide & serve mother's experiencing the same - & yes, I can tell you there is more to life than 'surviving'. There is simply not enough care postpartum & beyond & it is my vision to serve as many women as I can with this knowledge & strategies as they are so valuable - we all need them in our lives (imagine the tribal cycle shift that will occur with us mumma's passing this knowledge onto our children!)

Be the change. You've got this! Trust yourself.

Sarah x

DO YOU NEED MORE HELP?

SCHEDULE A
COMPLIMENTARY
CLARITY CALL

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