

# **“The 7 Steps to Healing Feelings”**

**How to Take Control of your  
Feelings and Emotions,  
One Step at a time.**

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**March, 2006**

## The 7 Steps to Healing Feelings

Follow these 7 Simple (tho' sometimes not Easy) steps to learn to "Deal with" your feelings & emotions.

- 1 **Awareness** that we do Feel
- 2 **Knowing** what our body Feels
- 3 **Allowing** our Feelings
- 4 **Expression** of Feelings, as deeply as they are felt
- 5 **Release** of negative Feelings
- 6 **Replacement** of dark with light, gloom with bright
- 7 **Rejoice!** and celebrate life, love, pain, the whole enchilada.

I'll discuss each one in greater depth.

The first step in all learning is AWARENESS.

### ***"Awareness is the first key to Change."***

If we don't know, we can't make choices.

If we don't know, we are a victim to those who do.

If we don't know, we can't change.

**If we don't know, we can't grow.**

If our relationships aren't working, let's find out why.

If we repeat the same patterns over and over, learn what's behind all that.

If we're unhappy, let's learn how to find & release the Joy in our hearts.

If we don't have enough love in our life, know that still, **there's Hope.**

*"We came to realize that a power greater than ourselves can restore us to sanity."  
- Bill W. step 2 of 12.*

**Remember, we are Personally Responsible for our Lives.**

If we don't know, we find out.

If it ain't working, we can fix it.

If we feel that our lives are out of control emotionally, we can change it.

We finally realize that we can't do it alone.

We connect with others, give what we can and ask for help.

*"Only as high as I reach can I grow,  
Only as far as I seek can I go,  
Only as deep as I look can I see,  
Only as much as I dream can I be."*

*- Karen Ravn*

### **Step 1: Awareness that we Feel**

What are you feeling right now? (stop reading for a sec, close your eyes and just Notice what your body is feeling right now.... go)

Were you able to notice some things about how you feel?

**We never STOP feeling, ever.** Even while sound asleep, our body constantly feels. However, we are only AWARE of our feelings when we choose to be (notice them), or when they get big and kinda take over the show (called "issues").

The problem is that until we are AWARE of them, we can't really DO anything with them. We are powerless.

[Doc](#) says:

**"We can only make Decisions about that which we are consciously Aware of."**

So, as you go thru your day today **NOTICE how you feel**. You don't even have to stop what you are doing... just be aware of your pain, or happiness, heaviness, or lightness, laughter, or wanting to cry.

Just Notice your body today... and we'll talk about Step 2 next... Knowing what we feel.

## **Step 2: Knowing *what* our body Feels**

**Identification** of Feelings.

Now it's time to put a Name to the Feelings we feel.

Is it Sadness or Joy, Guilt or Anger, Fear or Love?

Below is a chart of different Feelings to help you identify them.

It's very important that we learn to Identify what it is that we are feeling, so we can Do something with each feeling.

Can we feel more than one feeling at a time? Definitely.

Is it important to be able to Separate the feelings and deal with them one at a time?

Yes!

## Feelings Chart

### Levels of Intensity

### Categories of Feelings

	<u>Happy</u>	<u>Sad</u>	<u>Angry</u>	<u>Scared</u>	<u>Confused</u>
<u>High</u>	Satisfied	Hurt	Superior	Fearful	Bewildered
	Elated	Hopeless	Furious	Panicky	Trapped
	Overjoyed	Sorrowful	Seething	Afraid	Troubled
	Proud	Depressed	Enraged	Distraught	Torn/Split
	"Together"	Rejected	Victimized	Miserable	Disorganized
	Complete	Unwanted	Drained	Frightened	Mixed-up
	Free/Joy	Grief	Jealous	Threatened	Foggy
<u>Medium</u>	Cheerful	Ashamed	Remorseful	Insecure	Disoriented
	Up	Upset	Annoyed	Uneasy	Uncertain
	Good	Distressed	Frustrated	Very strained	Divided
	Hopeful	Down	Agitated	Shy	Don't know where
	Peaceful	Defeated	Tense	Timid	to stand
	Loving	Beaten	Strained	Unsure	Bothered
<u>Low</u>	Glad	Lonely	"Fed Up"	Nervous	Uncomfortable
	Content	Sorry	Uptight	Strained	Undecided
	Satisfied	Lost	Dismayed	Reluctant	Tired
	Positive	Bad	Put Out		
	Relief (relieved)	Guilty	Nervous		
	Warm inside	Embarrassed	Inconvenienced		
	Feel safe	Disappointed	Tired of		
	Feel secure	Inferior	Put upon		
	Accepted	Repulsed	Repulsed		
	Affectionate	Remorse	Competitive		
	A sense of belonging		Frightened		
	Respected		Defensive		
			Aggressive		
			Suspicious		

### **Step 3: Accepting our Feelings**

Have you ever said "I'm not angry, just hurt?"  
or how about saying "I'm Ok", when you weren't?  
Do you find yourself saying "Yes" when you mean "No", or "No" when you mean "Yes"?

#### **These are about not Accepting your feelings.**

If we can ACCEPT that we are Angry, and Accept that we are hurt or sad, and Accept that we don't feel safe, or cared for, or ready, then we have sooo many Choices (and choices are good!)

It's OK to feel Anger.

It's OK to be Sad.

It's OK to be disappointed.

It's OK to feel unloved.

If our body feels it, it feels it. period. (this is a kinda gross analogy, but I say in class that it's like going to be bathroom. When you body needs to go, do you agonize over it, deny it, justify it, try to find the root cause it, stuff it, blame it or otherwise put way more energy on it than necessary? probably not. When we feel we need to Go, we find a safe, clean place where it is ok to "express" those feelings, and we just let them go... that's it. with our emotional feelings, we get all weird about them because we were often taught, as children, that feelings are Bad or not acceptable.)

So please, ACCEPT that your body feels what it feels (and yes ladies, even Anger).

**Accepting your feelings means accepting yourself, who you are,  
and what's important to you!**

### **Step 4: Expressing Feelings & Emotions**

Doc says,

**"Feelings expressed as deeply as they are felt,  
will REDUCE in intensity and are free to change".**

Our feelings can get 'stuck' in our body, and must be Expressed fully, in order to be released.

Once we know **what** we feel, it's important to Allow and Express our feelings, so they can be released and replaced.

We don't get in trouble for Feeling angry, we get in trouble when we choose to Express our anger in unproductive, yucky ways.

**On of our biggest challenges in life will be to find ways to Express** our Feelings, as deeply as they are felt. Expressing ourselves does NOT mean that we spew our opinions and judgments all over, nor throw our Anger or Boredom or Irritation around unchecked. It's about "Fully Expressing" ourselves in a way that is cleansing, life-enhancing, love-blossoming, peace-creating Expression.

## Step 5: Release of Negative Feelings

Let 'em Go!

***You don't need to hang on to them anymore!***

Whatever they are Protecting inside of us, we can grow PAST them and find other ways of Protecting ourselves. (yep, that's what they hang around for... to Protect you and to Remind you)

MOST people we help in class... I ask, "Are you holding onto it, or is it holding on to you?"... most answer... **"I'm holding on to it"**

Look in your belly, that seems to be where many of our feelings lie.

If you have long-term Negative Feelings hanging around inside your body – ask yourself:

- What are they for?
- What are you to Learn from them?
- Why would I Need them?
- Why am I hanging on to these?

The answers will probably surprise you.

## Step 6: Replace Negative feelings with Positive ones

They're dark. They're ugly. and they drag us down... so we become aware of them, feel them, and let them go, right? Ok, cool, but we're not done yet...

It's kinda bizarre how it works, but once the negative feelings are released (like via crying, raging, depressing or NLPing), there's a hole that is left. **The negative feelings actually take up some kind of space inside our bodies** (again, often in our belly, but also in our chest, shoulders, neck, lower back, hands, feet and/or forehead). Maybe it's our spirit that holds them rather than our body... I'm not sure. I think it's our spirit that holds them first (esp. from childhood), but if our spirit doesn't heal them and release them, they start showing up in our bodies... as physical manifestations of emotional pain (not good).

Regardless where they reside, **once the negatives are released, there will be a SPACE... which you can choose to fill however you wish** (Yeehaa!).

*note: If you do nothing with this Space, the old, familiar, protective feelings will likely return.*

So it's important that we **fill that space with something new...** something better... something cleaner and brighter and life-enhancing.

- Fill up with good feelings
- Fill up with love from other people
- Fill up with love for yourself
- Fill up with a color, any color, that makes you feel good
- Fill up with love from your Higher Power
- **Fill up with the good parts of YOU**

To help our students at our New Directions workshops, I like to make a sort of a gas-pump hose with my hand, my arm as the hose and my hand as the nozzle. I put the tips of my fingers on the top center of people's heads (the first Chakra) and FILL them up... glug, glug, glug... POURing love and good feelings into them and all over them. It's fun for me, and it feels wonderful to them.

*Assignment:* Notice inside of you, how your internal space is filled. Do you carry around a lot of Hurt, Anger, Sadness and/or Guilt? If so, **notice the SPACE that these feelings take up inside you.** How big are they? Where do you carry them? Now, imagine that this space COULD be filled with Love, Joy and Peace... if you are willing to KICK the negative feelings out of you.

Rock on

## **Step 7: Rejoice!** about all our Learning and Growth

**Rejoice!** and celebrate life, love, pain, the whole enchilada!

What if emotional pain was not that bigga deal?

What if we could face our very worst fears, head on?

What if nothing could get us Angry enough to blow up, ever, unless we allow it to?

### **What if we were TOTALLY in control of our Feelings & Emotions?**

How **Wonderful** that would be!

How **Freeing** that would be!

How **Peaceful** that would be!

How **ALIVE** we could feel!

There is hope and there is life out there -- or more accurately -- IN THERE.

Learn more about how to effectively *Take Control of Your Feelings & Emotions* and your life will be in your hands, forever!

## **Wrap-up of The 7 Steps to Feeling and Healing**

*Step-by-step, how to take control of your Feelings and Emotions.*

As with most things, there are a few Choices when it comes to your Feelings.

You can:

a) Deny that you have them.

(probably the #1 best way to make sure they CONTINUE!)

b) Talk about them.

This will help immeasurably, as you gain clarity, and focus, and learn how your unexpressed feelings have effected you to date.

c) Feel 'em and Release 'em

My favorite for Healing... and one we've used, with amazing success, for over 18 years now.

soooo, should you choose what's behind door #C, here are the steps to make it easier and faster.

Notice. Identify. Accept. Express. Release. Replace. Rejoice !!

## The 7 Steps to Healing our Feelings

- **Notice** that you DO feel (many deny the whole concept)
- **Identify 'em.** Helps to put a name to them, and to understand yourself to a much greater depth.
- **Accept 'em.** Yes. They are there, and they are wonderful, and they are YOU!
- **Express 'em.** Rock on! Some people say this isn't necessary -- I say "BULL"! We gotta be willing to let 'em rip, if that's what it takes.
- **Release.** Let go. Let God. Relax. Give in. Give up. Allow. Accept. Forgive (but don't forget). Chill. Flow. Breathe.
- **Replace.** We get to choose what we feel, so I choose Love!
- **Rejoice** !! THIS is what life's all about!! Love, Joy, Fun, Intimacy!

My best to you. Let me know if you want more help. You don't have to do it alone!

- **Matt**

<mailto:Matt@2GetHelp.com>

*How hard are these steps to accomplish? See the Difficulty Rating Chart on the next page which shows, in my experience, how difficult these steps are to accomplish...*

### Additional Resources

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**Get the book** that explains it all. "Taking Control of Your Life" by M.K. "Doc" Downing, PhD, LMFT  
[http://www.familycommcenter.org/About\\_FCC/Other\\_Services/Bookstore/bookstore.html](http://www.familycommcenter.org/About_FCC/Other_Services/Bookstore/bookstore.html)

**Read life lessons**, research on feelings & emotions, powerful quotes and a bit of lightness & humor.  
<http://www.TakingControlOfYourFeelings.com>

**Connect with others as you grow.** Get the love, care & encouragement you need in our online emotional support group.  
<http://Groups.msn.com/2GetHelp>

Ready for the ultimate **emotion-changing** experience?!? A weekend of powerful work, a lifetime of rewards.  
<http://www.NewDirectionsWorkshop.com>

Need Lessons from a Life Coach? Get daily tips, instruction and wisdom in your Inbox

**100 Emotional Lessons in 100 Days:** click to send a blank email:

<mailto:100Tips@2GetHelp.com>

NEW! **100 Emotional Quotes in 100 Days.** <mailto:100Quotes@2GetHelp.com>

Read more from and about M.K. "Doc" Downing, PhD, LMFT my mentor

<http://www.FamilyCommCenter.org>



Difficulty Rating Chart

Step	Description	Difficulty Rating	Matt's Notes
1 <b>Willingness</b>	Being willing to learn, and grow, and change even when it's not good news.	1	Easy. Just a decision a new direction. Drop the ego and just be REAL.
2 <b>Awareness &amp; Identification</b>	What am I feeling? Is that anger, or just fear? Separate the emotions, try to do 'em 1-at-a-time.	4	The first few are tough, The next ones come easier. Then they get more subtle, and deeper, as you grow. Sometimes they're tricky, so we gotta keep learning about them.
3 <b>Allowance</b>	Ok, I <b>know</b> I gotta deal with all these feelings. I'm ready, let's get 'r done. bring it on.	5	again, just a decision, but a tough one. we're talking about a total life change here to where F & E's are not only a good thing, they are THE thing!
4 <b>Expression</b>	Here goes... let 'er rip. actually push them all out. and yep, it feels as bad as you imagined...  but once faced, you feel both <b>Pride</b> and <b>Relief</b> . Once you've been there, the feelings won't scare you (as much) anymore. You'll KNOW you can handle 'em. <b>Awesomely Powerful feeling</b> when you take control of yourself!	7-9	this is the toughest stage, folks. this is where the rubber hits the road.  this is where the real Healing is done.
5 <b>Release</b>	<b>Let It Go!</b> You've been pissed long enuf! It's time to release the resentment, the blame, the hatred. Hung on to it long enuf... time to move on.	2-8	some people have a heckuva time here. they're pissed and by god, someone's gonna pay or at least someone gonna hear about it. justifiable rage.  while others have a looser grip on things and can <b>let go</b> of negative events quicker and less painfully.  whichever you are, we have to let go about being 'Right' about the past, let go of our pain and choose to move on.
6 <b>Replacment</b>	Actually, this is one of the easiest steps, once you know how to do it. Once the rage is gone, and the tears have been shed, there becomes a Space inside - a hole in our soul, that feels Wonderful that it's empty. But it must be filled up... if left empty, it will go back to what it "knows"... pain, anger, resentment, etc. Fill up with BEAUTIFUL colors... deep green, sky blue, sunny yellow, powerful purple, as much as you want! Fill the Void with something positive and life-enhancing.	3	every day, we let go of darkness and fill up with light every day, we choose good over evil, love over pain every day, we get to choose. Choose wisely.
7 <b>Rejoicing!</b>	Surprisingly difficult! It's tough and uncomfortable to make a big deal about.. <b>You!</b> it's against social norms to be really excited about yourself and what you're accomplishing, and how well you're doing, and how Happy you are. Enjoy yourself. Pamper yourself. Push yourself. Get to know yourself. Love yourself! (who could possibly do a better job than YOU?!?)	5	we DO get to enjoy our lives. we DON'T have to do Shoulds, anymore. we can care and we can NOT care. we can Love, give love and feel loved. we can Dance, and Sing, and Play why? 'cause it FEELS Good... no other reason.