

Acceptance of Emotions

Now we're going to kick off with a long mindfulness exercise, which is constructed from eight different techniques strung together: observe, breathe, expand, allow, objectify, normalize, show self-compassion, and expand awareness. Afterward I'll unpack it. As usual, I'd like you to read it out loud as if talking to a client. (However, I recognize you may not wish to do this if you're in a library!) The ellipses indicate brief pauses of one to three seconds. (Also please note: with my clients, and throughout this book, I use the words "feelings" and "emotions" interchangeably.)