

Finding Your 90

The process of understanding our emotions takes time and practice. It also involves an openness to test/learn what works and does not work for us. Our emotions can vary by moment, hour, day, and especially environment to environment. Often, when we become dysregulated or highly activated from moments of exacerbated emotions, it can be difficult to implement any type of strategy to "calm" yourself.

Therefore, it is important to develop an awareness around how to understand and manage our emotions. Included below is an exercise with reflection prompts to consider and test/learn what may work for you.

The approach offered is bottoms up. We want to connect to the body, understand how to calm the body, and understand when the reflexive behavior kicks in and the nervous system wants to fight/flight. We are trying to return the body to a settled space to eventually be able to process through whatever you are experiencing....

Strategy:

"Find Your 90" is an invitation to explore and understand how to ride the wave(s) of emotion for 90 seconds. Research has demonstrated that our emotions follow a pattern. Emotions build, peak, and then decline. All of this takes place anywhere from as quick as 10 seconds up to a couple minutes

"Find Your 90" is intended to focus and identify the small actions or series of small actions that you can practice enabling you to ride the wave of emotions, metabolize the energy, or discharge the emotions in a healthy way. To do that, you will need to give yourself permission to practice and experiment navigating the build|peak|decline cycle. Through your practice you will test/learn different tactics to find what supports your "response" to the situation and enables you to align with how you prefer to show up.

Exercise:

"Find Your 90" begins by building and identifying the WHAT, WHERE, WHEN, and WHO. As you orient yourself to the waves of your emotional responses then you can practice different tactics to help surf the waves when they occur.

Prompts:

- What emotions am I comfortable with and often share with others?
- What emotions bring me discomfort and are difficult to express?
- What emotions have I foreclosed on and try to avoid or "not do?"
- What emotions leave me feeling embarrassed or shameful about?
- Who do I feel safe sharing my emotions with?
- Where do I feel comfortable expressing my emotions?
- When do I, most often, open up? shut down? explode?
- How do I translate what my emotions mean to others?
- How do I cope or manage my different emotions?
- Where do I feel the emotions in my body?
- How do I metabolize or discharge my emotional waves? What do I do?
- What do I notice about my emotions? How do they build? When do they peak? How do they decline?
- What patterns do I notice? How do I respond most often? Is it habit or an actual circumstance driving the response?