

The Emotion Protocol WITH Kyla

There's a lot of mixed emotions about emotions out there. Some people say, "Yeahhh, just be positive." Other people say, "Don't worry about it." And then there's the subtle or sometimes not-so-subtle way we are taught in society to just not deal at all WITH emotions, think: binge-drinking, stress eating, drug or any other addictions, and more. Just watch any Netflix show when the protagonist has a meltdown. Usually a bottle of wine or a pint of ice-cream comes out. Or both.

So what to do WITH our emotions then?

Enter the Emotion Protocol.

Step 1: Identify the emotion.

Rather than run away from the emotion you're having, just simply identify it. Is it anger? Fear? Sadness? Something else?

Step 2: Give it an archetype.

Because emotions are such intangible things, it often gives us another reason to avoid them. So let's say you identify anger as one of your emotions. Just close your eyes, and imagine giving it a shape. Is the shape round? Does it have a color? Is it a person? An object?



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Step 3: Take yourself and your new emotion shape to your happy place.

If you've ever meditated before, your mind usually goes to a super calm and happy place. Just think of a time when you were super happy. Where were you? Was it a beach, lake, ocean, forest, mountain area? Was it a place you have been before or a place you'd like to go to? Or an imaginary place? I always imagine myself on some deserted island with white sandy beaches and crystal clear water. Once you have recalled your happy place, take 3 deep breaths, close your eyes, and take yourself and your mind there.

Step 4: Sit down WITH this emotion shape and ask it some questions.

- Why are you here?
- When do you usually come to visit me?
- What do you need from me?
- Any other burning questions you may have for it.

Step 5: Figure out who it belongs to.

I always tell my clients this: "If it doesn't serve you, it doesn't belong to you." Sometimes we carry our ancestors, or our friends, or our co-workers' emotions for them out of love. That's ok. There's nothing wrong with that. However, if it is starting to not serve you or like stress you out, then it's gotta goooooo.



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A good place to start is when you're asking your emotion shape questions in step 4, think about who it sounds like in your life. Are there phrases or sentences or words you're hearing that sound like someone in your life? For example, whenever a "You can't do it" emotion comes up or a "You're not enough" emotion comes up, I usually hear my mom's voice. She was hyper critical growing up, so I usually give whatever emotion is associated WITH that back to her.

Step 6: Give it back

You can do this multiple ways. Some of my favorites:

- A) While still in meditation, imagine that person there, imagine your emotion shape there, and imagine that person pointing at the emotion shape. Imagine them saying to you, "You don't have to carry that anymore. It's not yours to carry. I will carry it for you."

- B) Find an object like a stuffed toy and imagine that person is in front of you. Physically hand over the stuffed toy (that is your emotion) back to that person. Notice any changes in your body. You might notice a sense of relief.



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Notes/Doodles



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