

DO YOU HAVE TO FIX EVERY FEELING YOU FEEL?

When an uncomfortable feeling arises, many of us immediately try to change it.

We distract ourselves, reason with it, push it away or tell ourselves that we should not be feeling it at all. Yet feelings do not always need to be fixed. Sometimes they first need to be noticed.

Pause for a moment and ask yourself:

How do I actually feel?

Not how you think you should feel.

Not how you would prefer to feel.

Simply notice what is present.

Can you name the feeling? Where do you notice it in your body?

If it could speak, what might it be showing you?



Acknowledging a feeling does not mean surrendering control to it. Nor does it mean that you have to remain there. It simply means allowing yourself to receive the information it may carry before deciding what comes next.

Once the feeling has been acknowledged, you can choose where to place your attention.

Perhaps you want to stay with it a little longer. Or perhaps there is another feeling you would prefer to bring to the forefront of your awareness. It may be calm, determination, courage, curiosity or something entirely different.

That feeling is not false simply because another feeling appeared first. Human beings can experience more than one feeling at a time. The feeling receiving the most attention, however, often becomes the one that shapes what we notice and how we respond.

You do not have to deny what you feel in order to influence how you move forward.

Every feeling deserves acknowledgement, but not every feeling needs to remain your main focus.