# Dealing with Feelings

A mindful way to deal with your feelings is through these four steps:

1. **ACKNOWLEDGE**

- Acknowledge the feelings that are there right this moment

**2. ACCEPT**

- Welcome every feelings and allow it to be there. Do not think about it, just look at it.

**3. EXPLORE**

- Where in the body do you sense the feeling and how does feel?
- Do not analyze the feeling, but try to find out if the feeling is pleasant, unpleasant or neutral?
- Notice every subtle change

**4. DO NOT IDENTIFY**

- Name the feeling: Do not say „I am ...“, but: „There is …“ There is teerendes, nervousness, anger etc right now. Or: „Something in me is ..“