



EMOTIONAL LITERACY EXERCISE

On a blank piece of paper write down a specific person's name, an event or situation that you want to clear and heal but keep it brief, 1-5 words or thereabouts. Circle this and then as you think or feel emotions draw a line out from the circle and write down the emotion. Once you have exhausted all the emotions you can come up with yourself, use the wheel of emotions to make sure you have acknowledged all the emotions that may be lingering subconsciously. They will pop up as you read them, write them down when they do.

Then sit with this. Give considered thought and recognise how and why you felt that way. Let the emotions wash over you and then you can burn, bury, tear, shred or chuck out the piece of paper. This should not be emotionally triggering, you may feel emotional and crying is encouraged but it should not be overwhelmingly painful. Do not repeat this exercise if it is. If it does go well and you feel a release, repeat as many times as needed for this or other traumas.

Journaling is another wonderful tool to get in the habit of as you move through this time of clearing stored emotions. These processes and homeopathic treatment allow you to finally shed some of the unwanted and longtime stored past pains.

Wishing you well as you shed some of the past.



WHEEL OF EMOTIONS

