



Making Friends With Our Emotions and Ourselves

Course Work Book Sample
by David Rees

On the following pages you'll find some information about the course and a small sample of exercises from the 42 page work book that accompanies the course. It is intended as a sample rather than a mini work book. In the full work book there are an average of 7 exercises per week with many having multiple and progressive parts to them.

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ATTITUDE AND APPROACH

The approach is that of non-fixing. It is not about making something, anything 'wrong' or separate but including and accepting all parts of ourselves and our experience.

The course theme is about moving towards your experience, the one that is actually happening NOW, rather than what you think is happening.

In this process over the weeks you'll discover the ways personal to you that you are keeping life and your emotions at bay.

As you bring awareness to yourself and your experience you'll start to notice what you are unaware of, so often then what has challenged you starts to lose its emotional, mental and energetic charge.

Throughout this course and work book please remember to be gentle, patient and kind to yourself. Bring a compassionate curiosity to your exploration and what you may discover.

Here lies an opportunity to embrace your unique humanness.

Please go at your own pace.

As you work through the exercises please do them experientially as life happens rather than intellectually from memory.

P.S. Remember to praise yourself for the inner work you have already done prior to taking this course and also as you work through this course and work book.

THE PROCESS

Notice



Slow Down - Pause - Breathe



Be Curious - Soften



Feel (Through All The Layers)



Welcome - Allow - Include



Unravel - Collapse - Integrate



The Result: *Acceptance - Peace* → 'Right Action'



'The emotion or thing is already here! We are just noticing and peeling back the parts of us that don't want or aren't ready to meet it just yet'

It is all about being there for ourselves! (Not abandoning ourselves)

WEEK 1 - HOW TO GET CLOSER TO OUR EMOTIONS

THEME FOR THE WEEK - We'll bring awareness to the ways that we keep our emotions at bay and separate. It could be any type of emotion 'positive', 'negative' or 'neutral'.

EXERCISE 1

When an emotion arises or you are triggered how does the body feel in comparison to when it is relaxed? Please write up to 5 words to describe it. (Tense, alert, contracted, heightened, on fire, uncomfortable, other...?)

EXERCISE 3

What are your particular behaviours and coping mechanisms for keeping emotions at bay and separate?

Addictions, food, work, call a friend, focus on someone else's problems (the therapist), TV, doing well meaning 'spiritual things', cleaning, finding a cure / solution, looking at your phone, the next thing (whatever that is!), shaving the truth off of a conversation, pretending you are OK, justifying it away (could be a spiritual idea or someone else's behaviour, 'I shouldn't be feeling this way, there are people with far worse problems than me'), blaming somebody else (anybody else!), comparing to others, the story about it, trying to work it all out, going to sleep, replaying the situation, giving advice, concerning yourself with concepts, ideas, other people's views and beliefs, other...?

WEEK 2 - LOOKING AT OUR RELATIONSHIP WITH EMOTIONS

THEME FOR THE WEEK - The following exercises focus on our relationship to particular emotions and emotions in general and provides an opportunity to experiment with some of the ways to peacefully approach them.

EXERCISE 1

What was your emotional upbringing and education?
What / who were your role models emotionally? Home, cultural, tradition, religious, schooling...

EXERCISE 5

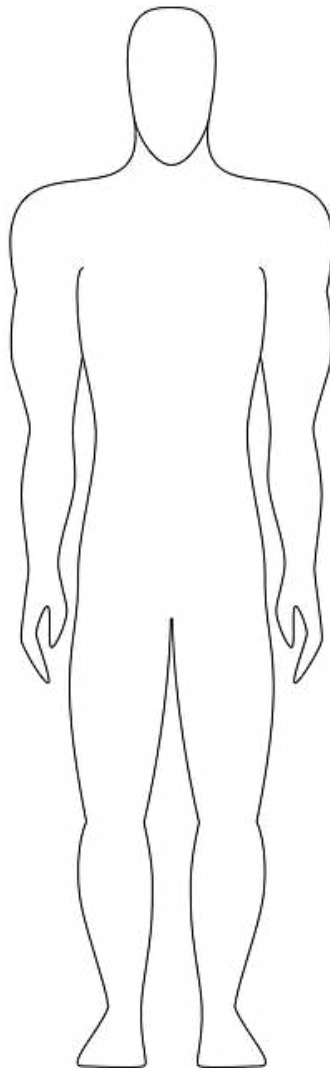
What names of emotions have become loaded for you along the way, if any?
Have you created certain boxes to put emotions in? E.G. Positive, Negative...?

WEEK 3 - GETTING INTIMATE AND MAKING FRIENDS

THEME FOR THE WEEK - The next step in our process is feeling and integrating emotions in the body, welcoming them back home and merging with these tender, often misunderstood parts of ourselves.

EXERCISE 1

Where do you tend to feel emotions in body?
Is there a familiar place for you? Does this vary?
Please highlight the area(s) on the diagram below.



WEEK 4 - WORKING WITH THE INNER CHILD

THEME FOR THE WEEK - So many of our challenging emotions and behaviours are familiar to us and lead back to an earlier time in our lives. The exercises below are an opportunity to slow down, notice and become curious about them.

As we work through the course you'll discover how to unravel these knots, heal these patterns and give the child what they always wanted.

Throughout all weeks of this course when you recognise that a situation has a familiar, repetitive, reoccurring feel, loop and theme to it please jot it down.

EXERCISE 1

Describe the situation...

Was / is there a specific trigger?

EXERCISE 3

What is / was your behaviour?

Towards yourself?

Towards others / another if there are / were?

Have you abandoned yourself? Are you protesting?

WEEK 5 - AN EXPLORATION OF OPPOSITES

THEME FOR THE WEEK - We live in a dualistic world but what happens when we loosen our fixed hold on just one side of the story and welcome both sides in? Both good and bad, right and wrong, sadness and happiness? The entire range and vast spectrum of life?

EXERCISE 6

What is / was the end result in your body, mind and also with the opposites themselves as you explored?

WEEK 6 - PULLING IT ALL TOGETHER

THEME FOR THE WEEK - This week is all about recapping, joining up the dots, tying up any loose ends and seeing how the course content works and comes to life for you.

EXERCISE 3

What have you discovered about yourself during this course?

ABOUT THE NEXT COURSE

The next course starts on Tuesday 20th February 19.00 – 20.30 GMT and runs for 6 consecutive weeks. (This course runs just once a year).

- ✓ We meet each week live on Zoom, if you miss a session you can catch up via the recorded video and audio recordings which you have lifetime access to.
- ✓ This 6 week in-depth, comprehensive course is experiential and progressive with each week having a specific theme.
- ✓ I offer a talk on the weeks' theme with regular pauses to ask questions, enquire and explore.
- ✓ The course comes with an accompanying work book with observations, reflections and exercises to be completed between the sessions that relate to the particular theme for the week. (This is available digitally or as a hard copy to those in the U.K.)
- ✓ Throughout the course there are opportunities to share your findings with the group and in pairs.
- ✓ The number of participants is limited to ten to allow for individual attention.
- ✓ Weeks 1 to 3 lay the ground work providing many tools, techniques and ways to feel and befriend emotions in a safe, healthy way.
- ✓ With the foundations firmly in place weeks 4 to 6 delve deeper into uncovering and unravelling some of our long held repetitive patterns that stem back to childhood.

What Clients Say...

"I very much enjoyed the comprehensive and holistic nature of the content of this course, as I have been aware of some of the concepts in the course for many years (working with the body in Yoga and the concept of the inner child) but this course integrated them for me and got me to see how they can all be interlinked and implemented together, to provide an effective process of welcoming and integrating emotions" – Nick

"I can thoroughly recommend David's 'Making Friends With Our Emotions Course'. It provided me with a safe place to become more aware of my emotional triggers, patterns and coping strategies which helped me get more in touch with my inner child in a very gentle, nurturing way" – Norma

"The exercises stretched me in some unexpected directions which I found to be powerful and useful" – Joe

There is an 'Early Bird' rate of £80 available until 31.12.2023; the cost thereafter is £95.

<p>For More Information About The Course</p> <p>https://www.heretolivelife.com/courses/</p>	<p>To Join The Course</p> <p>https://www.heretolivelife.com/product/making-friends-with-our-emotions-course/</p>
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