

EDM Week 5 Homework – Acceptance Process

Choose an overwhelm or a procrastination where an emotion is clearly blocking you or getting in your way.

Imagine the situation and feel the emotion / sensations that block you. Make sure they are strong enough to be unambiguous.

Characterize the sensations – location, shape, color, temperature, size, etc.

Point a finger at the most intense part of the most intense part.

Be Present with the sensations

They may intensify, diminish, move around, even transform into something you didn't expect

Stay present with the sensations and out of your head. When you find yourself judging, analyzing, distancing, trying to hurry things up, or trying to change the sensations, say "Oops – I'm in my head. Back to being present"

<Helper asks "What's going on now?">

<Helper asks "0-10 where is it now?">

Once it gets down to 1 or 0, try to bring up the emotion again. If it's easy and the emotion is strong, repeat the whole process. If it is accessible as a 3 or less, ask if that's manageable or would they like to resolve it more.

For the Buddy Calls, step out of the process after 15 or 20 minutes even if it is not fully resolved. Invite your "client" to continue the work on their own.