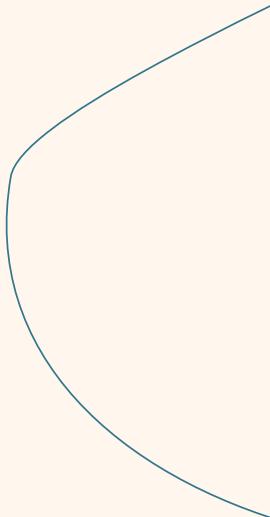




How to Feel

The Guided Experience

The
Self.
Club



Welcome. The Self Club is on a mission to create a more self-aware, emotionally and socially intelligent, conscious world. And guess what? It starts with me and you. One Self at a time.

This guide is meant to give you some basics, some juicy knowledge to get you in the right mindset to start feeling your feelings (yep, it's a thing) and to give you some tools to put that knowledge into practice right away. The knowledge is interesting, but it is the practice that changes you and that changes the world.

Enjoy it! You got this.



“What you
cannot be
with,
will not let
you be.”

Why is learning how to feel important?

We weren't taught to feel. But we were likely taught to judge a lot of our common feelings. We have become very self-critical to what we feel, insisting that feelings have to be accurate or justified, perhaps being impatient with your feelings.

Some common associations might be:

Hurt = crybaby, thin skin, weak

Anger = lack of control, difficult or crazy

Disappointment = pessimism

Fear = weakness

Sound familiar?



Feelings can be Painful, thankfully

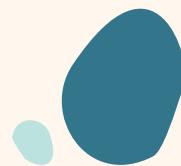
Of course, feeling painful feelings can be just that: **painful**. So it's totally understandable that we want to avoid them. Avoiding pain is natural.

Pain is nature's way of **warning** us about things that are not good for us.

Emotional pain is like physical pain. It warns us that something is wrong. It communicates what's **important** to us, how our **lives** are going and whether we need to **change** course.

But the pain itself is not wrong, it's only the messenger. It is not the painful emotions we want get rid of, but rather the situations that might have provoked them.

Feeling is part of **our internal navigation system** to navigate our map of reality. Feeling them is the first step to managing them. Our body and mind has to process them in order to understand what we should **go towards** and what we should **avoid**.





When we criticise, invalidate, or judge our emotions, we strip them of their ability to teach us.

Our childhood shapes a big part of our relationship with emotions. Some of our emotional experiences might have been shamed growing up. Few were told that what we feel is actually **important**.

Many are stuck in discomfort, anxiety, even in shame of our emotions. We judge or overthink without the awareness or ability to feel these emotions effectively. We might also have inadequate or immature emotional expression. A lot of this has to do with these **confused unprocessed emotional experiences**.

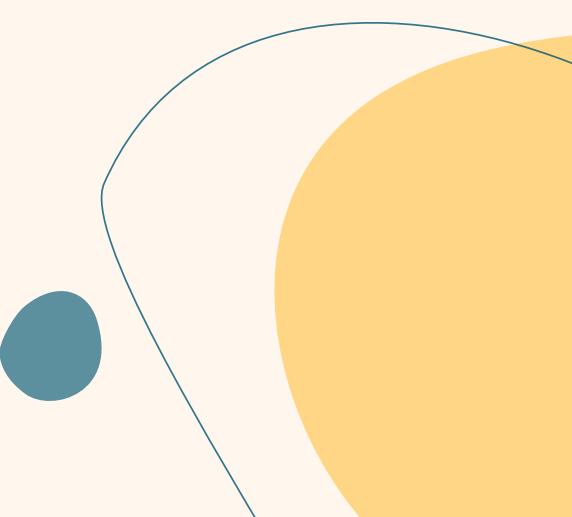
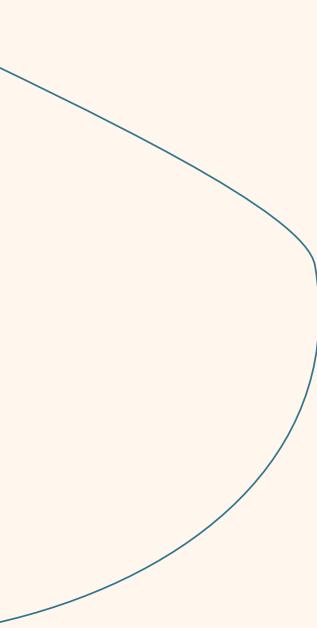
Self-criticism sabotages our healing and it encourages us to hide the truth from ourselves.

Accepting ourselves fully

This is about **learning to be with** a big part of you: Your emotions, which are meant to serve you. The purpose of this is to befriend your emotions, get curious about them, so they can **serve you** in the way they are meant to.

When we resist what we're feeling, we waste energy in the pointless struggle of denial, we miss out on the **lessons** that are behind these emotion and the important **information** they contain.

Emotions help us navigate. They help us understand our needs and our boundaries.



Remember, What you resist, ***persists***.

*The more you resist them, the more power
you're giving them over you.*

*Accepting and feeling your emotions are the
only way you can allow them to be processed
so they can pass.*

What do you mean by 'feel'?

Give emotions and feelings **PERMISSION** to be there.



Yes, you are meant to feel it **all**. That's what it means to be **human**.

You might prefer to feel some emotions more than others. Some might be a little easier to welcome or to desire, but the key is developing a **healthy relationship** with whatever it is you are feeling at any moment.

Feeling your emotion is about **total acceptance** of what you are feeling. Accepting means letting it be, welcoming it. Not fighting against it.

These two unhelpful habits keep us stuck:

- 1.** Judging or shaming our emotions negatively. Thinking we should or shouldn't be feeling a certain way.
- 2.** Suppressing our emotions (ignoring or pushing them away).

Don't worry. The emotion won't last forever.
Quite the opposite, the sooner to accept and feel it, the quicker it passes!

What emotions am I meant to feel?

Scientists have a hard time agreeing on them.
Based on Brené Browns research from 2018, the following emotions have been gathered:

Anger	Humiliation
Anxiety	Hurt
Belonging	Jealousy
Blame	Joy
Curiosity	Judgement
Disappointment	Loneliness
Disgust	Love
Embarrassment	Overwhelm
Empathy	Regret
Excitement	Sad
Fear	Shame
Frustrated gratitude	Surprise
Grief	Vulnerability
Guilt	
Happiness	Worry

Don't get too caught up on the name. The name at first might be a sound, a made-up word or a color.



Feeling vs Expressing

Feeling and expressing are two separate things, both part of emotion management. You can feel and accept an emotion, without expressing it in that moment. This is what we'll practice.

Feeling: Allowing what is going on inside to simply BE.

Expressing: Showing or manifesting a certain behaviour that reflects what you're feeling.

You can feel anger without raising your voice.

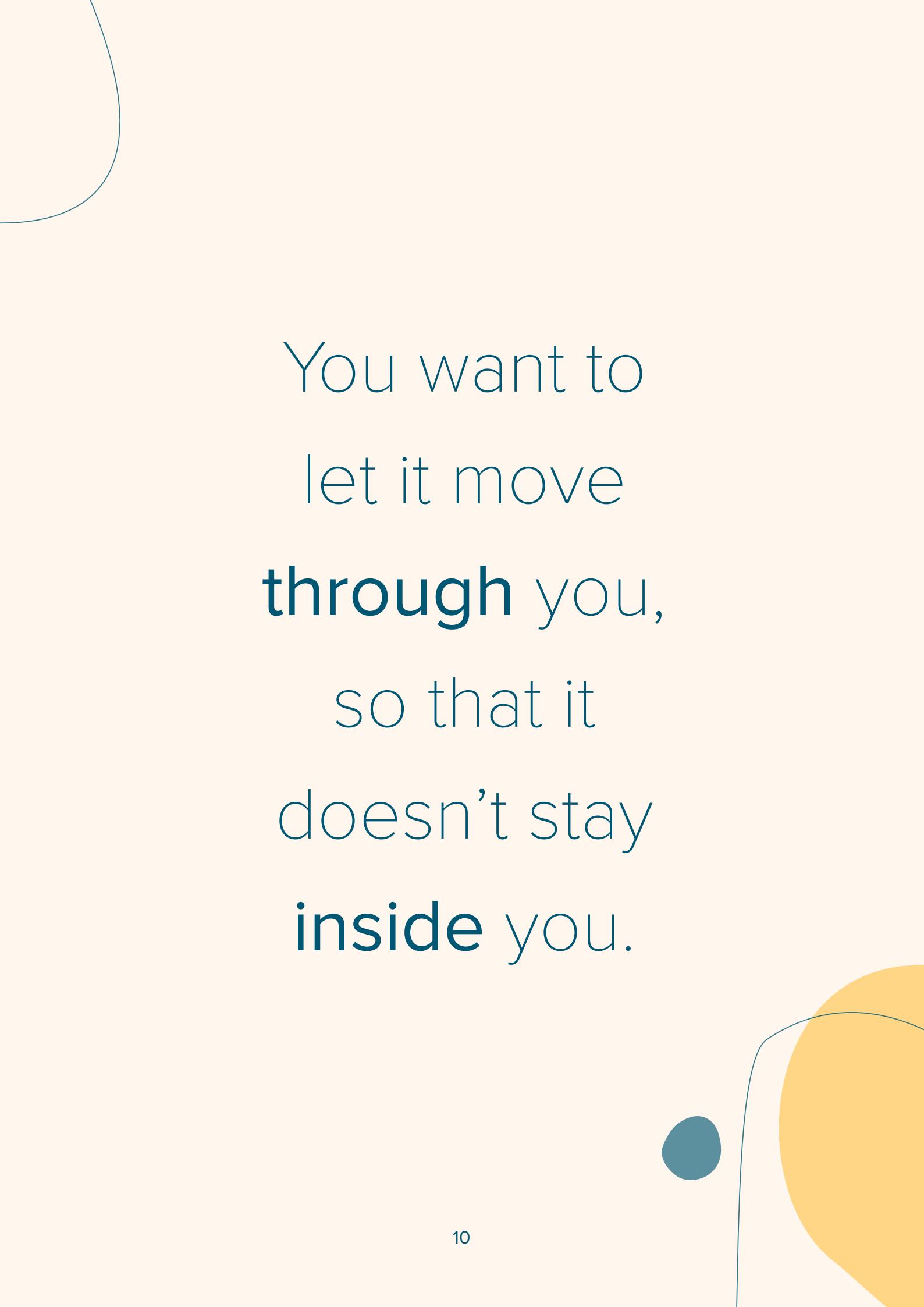
You can feel scared without trembling.

You can feel sad without crying.

Expression could help us connect with the emotion and the feeling, but it doesn't have to be present for us to feel.

When we don't allow ourselves to feel or express, we develop coping mechanisms to deal with.

Some coping mechanisms include repressing emotions, projecting them onto others, denial, distraction, rationalization, acting out, etc.



You want to
let it move
through you,
so that it
doesn't stay
inside you.

Surrendering to an emotion. This is quite **simple**, but simple doesn't mean easy, especially if you're not used it.

The quicker you accept them and allow yourself to feel them, the quicker they pass.

States

Resistance	VS	Acceptance
Denial		Expansion
Contraction		Surrender

We want to be in a state of acceptance, of openness, of expansion - rather than in state of denial, resistance and contraction in order to let the emotions flow through us.

This is the state we will practice, no matter what we're feeling, so the emotions can pass through us.

It is not the purpose of this document to teach thoroughly on emotions, rather touch key points for the purposes of open up to allowing yourself to feel. Management of emotions is a separate topic which is not covered here.



How do we do this ?

All this sounds wonderful doesn't it. Does it make sense? We do need the mind on board!

The problem is, emotions might not make sense in our rational mind. When we are feeling, **we must let go of trying to understand WHY.**

You have to get your **brain out of the way** to actually put every you've just explained into practice.

Now, no amount of theory, of books, of courses will get you to feel or heal. So let's get to it.

Now it's all you.

There's no right or wrong way to feel. Literally. So let all judgement and beliefs around this go.

We just want to **welcome whatever is.**

It is practicing this that will allow you to get better. Over and over again.

The 6 steps

1. Notice it

Become aware of it. See it. Recognize it.

2. Name it

Or put a name or sound on it. Even it if makes no sense.

3. Own it

It's yours. It's inside you. Nobody put it there. It's all you.

4. Accept it

Welcome it. Make peace with it.

5. Explore it

Like if you want it to be there. Like it's the first time.

6. Let it be

Nothing 'to do' about it. If it stays it stays, if it goes it goes...

Your Turn

First, create an uninterrupted space, preferably alone, where you can practice this. To connect with feeling and getting out of your head using the meditations below.

Second, practice going through the steps on your own, without the meditations when you are on your own.

Third, practice in daily life with situations. You can practice these steps inside of you, without expressing anything. Just quietly sitting, or even in a conversation with others, or a social situation.

Practice baby, practice

We will take you through these things at first. It's useful to have a person to take you through this or spaces to do it. Only doing it will change anything inside of you.

*“What you deny claims
you, what you accept
transforms you.”*

- Carl Jung



Thank you. Thank you for diving into yourself. Thank you for being brave enough to be vulnerable. For exploring the parts of yourself that are not easy. Because it is there where you will find the truth of who you are.

Thank you for allowing yourself to feel, so you can heal. It is this healing that the world is in dire need of. Continue to practice so you can contribute to creating a more self-aware, emotionally intelligent and conscious world, one Self at a time - starting with you.

Looking forward to being part of the journey with you,

Samantha

Samantha Sacchi