

“I have learned that my feelings are not instructions. I do not need to act on what I am feeling.”

Tall Tom, 2012

Practice

How do you feel right now? Bored? Happy? Sad? Silly? Ask yourself how you are feeling throughout the day. You might feel ten different feelings all in ten minutes (or seconds!) Feelings come and go; the consequences of actions can last forever. Throughout the day, pay attention to how you feel. Don't act on these feelings, just name them. And then watch them float away.

Questions

When have you done something you regretted because you acted too quickly? What did you learn?

Take one minute to write down all the feelings that come up. Then do the same an hour later. What changed? What stayed the same?

