

Tell us what you think!



DEALING WITH UNCOMFORTABLE EMOTIONS RIDING THE WAVE

Check out the evidence!

All intense emotions, positive and negative, rise and fall like a wave, regardless of what we do.



Usually, when we are dealing with intense emotions, our first instinct is to:

Push them away

Avoid them

React to stop them



This can be exhausting over time and sometimes, in an effort to avoid our feelings, we may do things we regret.

So What Can We Do?

The Riding the Wave strategy presents a different way of dealing with intense emotions.⁵

Recognize them

Sit with them

Ride them out

We can notice or observe our uncomfortable emotions while trying not to get caught up in them.^{3, 5} This skill can help us learn to better respond to difficult emotions rather than being lost in an automatic reaction.

What Do We Mean By This?

When we're **sad**, **hurt**, or **angry**, we may feel like we have to do something to **quickly fix it** because we can't stand the way we're feeling.

In fact, we know that emotions come in waves; they tend to get stronger and more intense, peak, and then will gradually decrease no matter what we do, even if all we do is observe them.⁵

The first thing to do is to **simply experience our emotions**.

By **just noticing and letting them do their thing** we take away some of the power of uncomfortable or negative emotions to overwhelm us.^{3, 5}

Using this strategy, we can watch our emotions rise and peak before falling and fading away, like waves in the ocean.

How Can We Do This?

1 NOTICE THE EMOTION

Notice the emotion, whatever it is. Become aware of and acknowledge this feeling without judgment.^{1, 2, 4, 6-7}

Notice where you feel the emotion physically in your body without trying to change it, just observing it (e.g., in your throat or chest).



2 ACCEPT IT

Try not to label or be critical of this feeling. Accept that the emotion or feeling is part of you right now, knowing it will pass.^{2, 6}



3 JUST WATCH

Whatever you're feeling, watch how the intensity rises and falls. Overtime, you will notice how predictably this happens. All you need to do is wait...this will pass.



Tips to try...

Start with a **small**, everyday uncomfortable emotion that may be easier to deal with.

If this feels overwhelming and intensely negative, back off for now and come back to it when you are better able to work with the emotion, or just try it with a positive emotion to see how that works!



FEEDBACK & CONTACT INFORMATION

