Title of Exercise: Getting In Your Feels (Feelings)
Target: Open to any age group

Purpose and Background:
This exercise is meant to help you understand that you can control your emotions if you are willing to experience any emotion that comes with it. Allowing yourself to be exposed to pain empowers you to gain authority over your thoughts and emotions. This tool will force you to FEEL ON PURPOSE and help you discover the root of your emotions. Once you conquer the initial fear of feeling pain you can literally use that strength to generate any emotion.

Objectives:
- To identify & eliminate your defense mechanisms & buffers
- Learning to feel on purpose and access any emotion
- To assist the client in understanding the power of their emotions

Resource: Level 27 Life Coaching & Advising
Facilitator: Katrina Williams (Coach K)

Introduction: Getting In You Feels (Feelings)

After listening to an amazing podcast by Master Life Coach Brooke Castillo, I was inspired take the information and revamp it to fit the Level 27 Life Coaching & Advising structure! This episode was all about eliminating buffers and taking on your emotions head on. Buffers are literally the defense mechanisms that you use to escape from your life! A lot of times you utilize defense mechanisms because you don't want to feel the emotions that come with that life experience! What if I told you that being willing to get in your feels (feelings) is the key to unlocking your destiny? What if I told you that embracing your emotions could give you a newfound strength that you've never felt before? Stop being afraid of feeling pain and joy! Learning to manage your emotions is the missing tool that could change your life.

Supplies Needed:

- Pen or Pencil
- Notebook
- Notecards
- Highlighters

Note:
This exercise will take a little time but it's well worth it. You will need to practice this exercise more than once for the best results.

Katrina Williams (Coach K)
Phone: 817-863-1460

Exercise #1: Identify Your Defense Mechanisms (Buffers)

We tend to build defense mechanisms because we don't want to experience specific emotions. Our minds are wired to automatically shield us from anything that causes discomfort or challenges our norm. This process causes us to create buffers that allow us to checkout of reality. Do you have a vice or habit that you immediately retreat to in order to escape from life? Do you eat more when you're emotional? Do you over work yourself? Do you drink more? Do you seek the attention of others when you experience a certain type of emotion? If your answer is yes, let me be the first to tell you that those habits are considered your buffers. It's time to get rid of these defense mechanisms! It's time for us to get in our feels (feelings).

NOTE: YOUR THOUGHTS CREATE EMOTIONS THAT INFLUENCE YOUR ACTIONS!

Directions:

1. Take a moment to recap the actions you take when you have an unpleasant emotion. Think about your process. What is the first thing you reach for?

2. In the chart below make a list of all the things you use to escape your emotions? (Food, people, work, etc.) Now take a look at your list and analyze your patterns.

3. Next I want you to eliminate all of these habits. I know this is easier said than done but it's time to let go! Although you may not feel like you can make it, you can definitely do it. It's time to practice managing your emotions.

4. TAKE DETAILED NOTES!

Katrina Williams (Coach K)
Phone: 817-863-1460

Buffer Chart: Defense Mechanisms

1.)
2.)
3.)
4.)
5.)
6.)
7.)
8.)
9.)

Katrina Williams (Coach K)
Phone: 817-863-1460

Exercise #2: Get In Your Feels (Feelings)

This process is a lot easier said than done but it's necessary. Being willing to explore and embrace any emotion gives you're the strength to chase any dream or ambition! Once you identify your defense mechanisms and trace the origin of the thought you'll be able to realize that there's no reason to buffer. Eliminating all of your buffers and defense mechanisms will allow you to get down to the root of what is going on in your life. The process will teach you how to increase or decrease an emotion and use it for your benefit. Often times we think that we aren't able take control of our emotions but the truth is we've never tried because we're to busy running away. It's time to get in your feels and conquer your fear!

Rules:

1. **Be willing to FEEL the EMOTION:** The mission of this step is to get in your feelings but don't attempt to rush to get away from your feelings! You have to let it happen and take note of what's happening. While you're in this space pay attention to your thoughts, your vibrations, and the actions you're taking.

2. **Accept your EMOTIONS:** Embrace your emotions and invite it in! Be open to it, allow your feelings to move freely and enter your atmosphere. Feel what you're feeling! Become extremely aware of all of your emotions. Move fearlessly toward your emotions.

3. **Paint a PICTURE:** Describe the emotion in detail. Visualize that emotion. What does it look like? How does your body feel? What does it smell like? What does it feel like? Paint the picture! Write it down and really explain what the emotion in great detail. This allows you to identify the triggers and signals that cause that exact emotion.

4. **Memorize the EMOTION:** Identify it so that you can relive it on purpose later. Recreate the emotion and memorize everything about it. LEARNING the emotion will allow you to be able to access the emotion on cue and use it in a positive way.

5. **Think of yourself as an ACTOR**: while doing this exercise! You'll say I am… then you have to overly exaggerate your emotion. Don't pull from your past because it removes you from your present moment! You want to stay in the presence of what you're thinking!

6. **Use it for Positivity:** You want to also utilize this tool to experience good emotions as well. When you practice feeling on purpose you'll be able to increase and decrease any emotion on cue.

7. **Practice, Practice, Practice:** Taking the time to work on this tool will help you master this skill. Pay attention to your thoughts, the vibrations in your body, and the actions you would take if you felt this emotion.

Example of the Process: How to practice this exercise

1. While you're practicing remember to pay attention to your thoughts, the vibrations in your body, and the actions you'd take if you felt that way.

2. Don't pull from your past. Focus on staying present on right now.

3. Choose an emotion. Determined, happiness, motivated, fear, or sad.

Say to yourself: I Am feeling _____ (choose an emotion) then over exaggerate the emotion. Act it out!

4. This allows you to create a real emotion and feeling!

Message from Coach K

Feeling the emotion of fear and sadness can be tough but it's necessary. The process requires balance. You can't bypass the process and pick the emotions you want to explore. Sometimes life happens! Think about it…. You can't have happiness without sadness because you wouldn't know one from the other. You wouldn't know be able to identify it because you'd have nothing to compare it to. When you decide to go against the grain and chase your dreams you're presented with a number of obstacles mostly mental obstacles. You tend to generate thoughts of negativity that cause you to pause because of your fear of failure. If you allow your thoughts and emotions control your have a goal you'll never achieve anything. On the flip side if you learn to control your emotions you can use that power to remove fear and courageously push through anything. You will be more willing to explore the emotion and conquer it! Facing your emotions head on allows you to learn how to manage your emotions. You can't avoid your feelings because they'll eventually destroy you chances of truly LIVING! Practice this skill on purpose! You will quickly start to realize that you aren't the victim you're the producer. You'll be able to create and produce whatever it is you need to be successful! The only reason you aren't reaching our full potential is because you aren't willing to FEEL the bruises and RESPECT THE PROCESS! You can do this! Don't become a slave of your thoughts and emotions. Take authority over your emotions. Don't fight the feeling invite the feeling. You got this!

-Katrina Williams
Coach K