



Allow space for all your feelings

Accepting your emotions means giving up the struggle with them.

When we struggle with, avoid or control uncomfortable emotions, they build up and get worse over time. Uncomfortable emotions need as much space as good feelings!

Avoiding or struggling with emotions gives short-term relief, but can lead to emotional difficulties in the long-term. Allowing, or letting be, means accepting your emotions. Avoiding and struggling against emotions is the opposite of acceptance.

LEARN TO SURF YOUR EMOTIONS



Avoiding emotions is like trying to learn how to surf without wanting to get wet.



You use up lots of energy struggling to avoid the water.



Then you get exhausted and frustrated because you are doing everything you can to stay dry, but you are still getting wet!



Allowing space for all your feelings is like learning to surf while accepting that you **will** get wet sometimes.



Even if you get a bit wet, you can still surf the wave and eventually hit the beach.



If you let go of the struggle to stay dry, you are not going to drown. You will be OK.



ALLOWING