



# FindingHome

## Healing

## Emotional Digestion

### Step 1: Tag the Trigger

1. At what specific moment did I become upset (either in the present or in the past)?

I became upset when \_\_\_\_\_

*I became upset when I found the dishes were still dirty after George said he'd clean them up.*

2. What specifically was said/done or not said/not done that caused me to feel upset or emotionally overwhelmed?

\_\_\_\_\_

*George didn't do the dishes after I asked him to and he said he would.*

### Step 2: Accept the Feelings - Breathe

With whatever feelings, emotions, and/or sensations are coming forward from this trigger, ask yourself...

1. Can I become even more ok with this feeling? Circle one.  
Yes | No
2. Can I allow it to be here?  
Yes | No
3. Can I give it an undivided awareness?





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Yes | No

4. Can I let go of wanting to change it even more now?

Yes | No

5. Can I welcome what I'm experiencing right now, even more now?

Yes | No

*If you answered "no" to every single question above, ask yourself the following:*

1. What am I getting out of resisting, running from, hiding, numbing, distracting or rejecting this feeling?

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2. What if I could get that benefit in some other way? Would I be willing to? Circle one.

Yes | No

3. How can I get that same benefit in some other way besides resisting, running, hiding, numbing, distracting, or rejecting?

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4. If I could get that same benefit in some other way, would I be willing to become ok with feeling this feeling?

Yes | Maybe | No

5. Can I imagine any kind of benefit to saying yes to any one of these questions?

Yes | Maybe | No





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6. What positive benefit could I get out of saying yes to at least one of these questions?

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7. Am I willing to find the strength inside myself to say yes and welcome this experience I'm having right now for the greater purpose of healing and happiness?

Yes | Maybe | No

### Step 3: Identify the Feelings

1. What am I/was I really feeling? Do I feel angry? Sad? Afraid? Hurt? Guilty? Anxious? A combination of those? List out the general emotions you're feeling.

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*I feel angry, sad, hurt, and anxious.*

### Step 4: Unpack the Feelings using the Feelings Wheel (below)

1. When I feel/felt {more specific emotion}, what is this person/are these people doing that are causing me to feel this way?

I feel \_\_\_\_\_ when \_\_\_\_\_  
*emotions*

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*I feel angry, frustrated, bitter, and let down when George doesn't do the dishes when he says he will. I feel sad, discouraged, and unimportant when he doesn't listen to me. I feel hurt, rejected, and disrespected when I ask him to help me out and he doesn't follow through. I feel stressed, frightened, and distrusting when I don't know if he's going to do what he says he's going to do.*

Expand the general feeling to more specific ones like this. Use the Feelings Wheel (see below) to help:

*"I feel angry" to --> "I feel/felt insecure, annoyed and resentful when..."*

*"I feel sad" to --> "I feel/felt unimportant, abandoned, and lonely when..."*

*"I feel hurt" to --> "I feel/felt vulnerable, rejected, and powerless about..."*

*"I feel scared" to --> "I feel/felt threatened, anxious, and worried when..."*

Too broad of an example is:

*"I feel angry at you. I feel frustrated by your actions."*

A more appropriate and specific example is:

*"I feel jealous and suspicious about your attractions to others whether you act on the feeling or not. I feel insecure when I talk about my feelings and our relationship with you. I feel anxious, vulnerable and "crazy" when I share all my thoughts and feelings with you. I feel frightened and inadequate knowing you could think my feelings are stupid, illegitimate, or made up and not true. I feel annoyed, ignored and unimportant when you don't share any comments or feedback with me after I share very vulnerable thoughts, feelings, and meaningful insights I uncovered. I feel rejected and wrong when you say I talk too fast. I feel confused and angry that you used to love me a certain way at the beginning of our relationship and now that I'm back, ready to*





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*"play the game," getting all my "gear" ready and shoes just fucking tied that you're over the game and don't wanna play anymore! WHAT THE FUCK IS WRONG WITH YOU!"*

### Step 5: Express & Let Go

As you feel all the feelings, express physically in one or more ways:

- Cry
- Scream into a pillow or in your car
- Pound your fists on your bed
- Go on a brisk walk or run
- Stomp your feet into the ground (as long as you're not disturbing anyone)
- Shake your wrists and arms like you're flicking off water
- Curl your body into a tight ball then open your whole body up quickly by reaching your hands above your head and stretching your feet all the way down and repeat.
- Breathwork
- Yoga
- Qi Gong
- Tapping (EFT)
- Snuggle with a pet

During or after your physical expression, ask yourself:

1. Could I let this go?  
Yes | No
2. Would I let it go, if I could?  
Yes | No
3. When?  
(which is an invite to let it go)





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4. Could I allow myself to let it go even more?  
Yes | No
5. Could I let go of even more of it now?  
Yes | No
6. Could I let go of wanting to change it even more?  
Yes | No

### Step 6: Release

Imagine any remaining negative feelings releasing from your body & dissolving into the air or disintegrating into the ground like taking an emotional poop. We want to dissolve the intensity of the emotion so that our brains can cognitively think and learn from the feelings without being distracted by them.

\*\*\*Add in bubble building for more support to help extract any remaining energy and emotion out of your space.

### Step 7: Learn

Say or write:

"I know I feel/felt this for a reason. I wouldn't be feeling/have felt it unless it was important to me. It's showing up FOR me. This is a gift"

1. How is this feeling a problem for me?

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*It's a problem because I don't like feeling angry with or let down by George.*

2. How is that (the answer to the previous question) a problem?





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*That's a problem because feeling angry and let down by George makes me feel like I can't trust him.*

### 3. How is that a problem?

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*That's a problem because it hurts me. I was let down a lot as a kid by my dad and it hurts when George does it, too. I want to feel like I can trust him. I feel like I can't when he does stuff like this.*

Keep asking this question, "How is that a problem" until you find a core wound like "I'm not good enough", "I'm unsafe", "I'm alone", "I'm lost", "I'm rejected", "I'm abandoned", or another limiting belief like, "I can't trust people", or an answer to question 4).

### 4. Where might this be coming from? Childhood? Baggage? Past life? Genealogy? A need you have that's going unmet?

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*Childhood—my dad often said he would do something fun with me and he would rarely follow through. I grew to distrust him or believe anything he promised. Now when George doesn't follow through, even with simple things like the dishes, I feel like I can't trust him. A need that's going unmet—I need people, especially George, to follow through in order to build and keep my trust in our relationship.*

### 5. Why is this showing up for me? Is there a purpose for this feeling/problem?





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*This feeling is showing up for me to show me that I have some hurt to heal and resolve from childhood. I also need to make a request to George to follow through in our relationship to build and preserve my trust.*

6. Is there something positive I can learn from it or get out of it?

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*I now know I can do some release work to let go of this hurt from childhood. I also learned a specific way that my trust can be built and broken.*

7. Even if there's not something positive I can get out of it, what can I learn from this experience/feeling(s)?

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*I learned how people can build and break my trust in relationships.*

8. What is it showing me about myself, the situation, the other person/people that is positive/important for me to carry forward?

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*I don't think George is maliciously trying to hurt me or break my trust. He probably doesn't know this superficial thing like not doing the dishes is impacting me so deeply and breaking my trust.*

### Step 8: Gratitude

Repeat out loud or write down:

"Thank you {emotion} (anger, frustration, hate, sadness, fear, hurt, guilt, shame) for being here. Thank you for this feeling. Thank you for talking





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to me. Thank you \*person\* for giving me the opportunity to feel this feeling. It's teaching me something to unravel inside myself and ultimately giving me a gift. I am coming to understand what that gift is.

"I am thankful that this strengthens me, makes me better, wiser, stronger. Thank you, anger, for making me better. Thank you {person/people} for supporting me in becoming a better, wiser person and teaching me to understand myself more. Goodbye {emotion}. I don't need you any longer. I appreciate what you've given me. I release you now for good."

Cut the cord of attachment to this emotion.

### **Step 9: Congratulations! You're Complete.**

Now practice this process so it becomes your automatic response.

The most important parts of Emotional Digestion are asking yourself these thought-provoking questions to be able to learn where the triggers are coming from, why they're here, what deeper problems they're related to, how those deeper problems were created, and what you need to do about them to heal them.

Next steps are to heal any parts of yourself that have been wounded or broken—pieces of you that you knowingly or unknowingly gave away or had taken from you—so that these triggers disappear. The best ways to do that are through release work and other healing modalities like MER, Soul Surgery, psycho-somatic work, breathwork, etc.





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Schedule a 1:1 session with me for deeper support at [findinghomehealing.com/work-with-me](https://findinghomehealing.com/work-with-me).

Otherwise, your next step may be to have a conversation with this person/people to set new boundaries, propose new agreements in the relationship, or make a request.

My trainings on Conscious Communication can help you handle that conversation when it's appropriate. I can also coach you 1:1 on how to do this properly.

**ALWAYS!!!!** Emotionally digest before opening any conversations with others. Refer to my Conscious Communication resources for additional support.

