

MORNING

Today, I dedicate my practice to...
(from the awakening Inspiration Worksheet)

The feeling state I intend to cultivate today...

- Freedom & Relief Joy & Optimism
 Confidence & Purpose Calm & Focus

The three troubling emotions I'll be "De-Labeling"
today are...

1. _____
2. _____
3. _____

EVENING

The changes I noticed today as a result of my
"De-Labeling" practice were...
(use the list to the right for inspiration)



R.I.D.E. It Out Emotional Release Technique
Step Three: DE-LABEL

Today we'll be exploring the third step of our four-step R.I.D.E. It Out Emotional Release Technique

When faced with a troubling or uncomfortable emotion today...

De-label the emotion:

Experience the emotion directly. Feel it as pure sensation free from any labels or ideas the mind might have about it.

It's not "anger", it's tightness in the chest and heaviness in the belly. It's not "anxiety", it's pressure in the rib cage and shallowness of breath.

Do your best to remain free and clear of the mind's usual interpretations and just feel.

Possible Changes from "De-labeling"

- Enhanced ability to remain "Relaxed With"
- Less anxious and more relaxed
- Greater clarity of mind
- Quicker to recover from troubling emotions
- A feeling of being more spacious
- Less likely to be disturbed by emotions
- A sense of being more centered
- Emotions seemed more mild
- A feeling of more confidence
- A sense of being more connected to others