

Widows Like Us

4 GREAT TOOLS TO HELP YOU GET STARTED

#3

Feelings

I used to spend a lot of time running away from my feelings. Maybe like you, I was taught (by my religion? family? society?) that negative feelings were something I shouldn't really have--and if I were working hard enough at it, I wouldn't ever have them.

This is absolute and complete and total CRAP.

Guess what? *Every single feeling you have is OK* . Every. Single. One.

Feelings, in and of themselves, have no power to change you or change the world. They are just a set of chemical reactions going on inside your body. Feelings are neither good or bad. They just exist.

But, here is something you may or may not already know. *You are the only one responsible for creating those feelings*. You probably don't even realize you're doing it half the time, but what I've learned (and I haven't found a single example in my own life or my client's lives where this isn't true) is that feelings are never caused by what's going on outside of us. They are, 100 percent of the time, caused by a thought (or many thoughts) we're having about what is going on outside of us.

I'm angry at my kids for leaving dishes out (again) in the middle of the night because *I* think they should know better. I was devastated when an old boyfriend broke up with me because I thought it meant I wasn't lovable and I thought it would be so hard to ever find love again. I have been scared I wouldn't have enough money in the future, because I thought my earning potential was limited by what it had been in the past.

**You are allowed
your feelings. You
can also choose
your thoughts.**

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Feelings. your turn.

Today, I dare you to notice your thoughts and feelings! Don't make this a big deal. Don't try to change a single thing about yourself today. Just treat today like an experiment. Is it possible what I just told you is true?

Open your notebook again. Write the impressions you had today. What thoughts and feelings did you have today. Did you notice the thoughts you were having and how they may indeed be what created your feelings? Does it make you wonder how different it may be if you were to think about things just a little differently?

What if you could learn to think about your loss differently?
