

FEEL-FREE HOME STUDY COURSE

Processes One & Two ~ by Joseph Browning

The Feel-Free Processes help you to identify and manage your feelings, as well as your judgments and stories around your feelings, to create more ease and grace around your more challenging feelings.

Process One: pages 1 – 23

Process Two: pages 23 - 41

- ❖ Note: This work is best accomplished by keeping a **Journal** to record your feelings and your precise discoveries as you work through the Feel-Free Processes. The act of journaling will both inform you and inspire you, since it will reveal important information about you and give you answers to your questions as they arise.
- ❖ It is very important that you go back over what you've written to remind yourself of what you've learned and to help you move forward through the Processes.
- ❖ The Journal will become one of your most important tools in doing this feeling work. Journaling provides you with:
 - Discovery of what your feelings are.
 - An understanding of what you decide to do about your feelings.
 - Reminders to you about how you feel and what your feelings mean to you.
 - A personal roadmap of your own feeling experience.
- ❖ Make sure your Journal is easily accessible to you, be it on paper or on a digital notepad or computer.

FEEL-FREE STUDY GUIDE

Your goal with this work is to acquaint yourself fully with your feelings, judgments and stories. By becoming familiar with your feeling and judgment patterns, you are also

easing your relationship with your more challenging feelings and judgments. As you become more and more at ease around the investigation of your feelings, you'll notice that the practice of the Exercises also gets easier.

1. Work your way through the Feel-Free Processes by starting with Process One, working your way through Process One and the Exercises therein, and then continuing with Process Two. This may seem obvious, but it is important to work through the Processes in order since each of them build off the previous one.
2. Begin by simply reading through all of Process One. Familiarize yourself with the ideas presented around identifying your feelings and judgments. Don't start practicing the Exercises, just read through all of Process One.
3. Go back and re-read Process One - Exercise One. Begin putting this exercise immediately into practice. The more focus and attention you can put towards your practice of the Exercises, the faster you'll be able to just do it naturally. And, similar to learning how to ride a bike, you won't forget how to tune back into these Exercises when need be.
4. Re-read each remaining Exercise in Process One, and take as much time as you need to feel comfortable with what you are coming to understand about yourself and how you feel.
5. Make sure you utilize your Journal and write in it as often as you can. Your own writing will inspire you profoundly, and will ease the work involved in each Process and the Exercises therein.
6. Take as much time as you need to practice each Exercise completely. Since this work is personal and unique to who you are, you'll find that there are no *right* or *wrong* answers – just your own answers that serve your own personal needs.
7. Repeat steps 2 through 6 for Process Two.

This work is personal and relatively private, since it deals specifically with you and how you are feeling and how you want to feel. Set aside specific times for yourself to practice in the privacy and comfort of your home. For most of this work, you don't have to tell anyone else that you're doing it unless you want to. This work is primarily for you, about you, and for the benefit of you, and secondarily for those you are in relationship with.



Owning Your Feelings:

A big part of the Feel-Free Processes involves **owning** your feelings and being willing to take responsibility for them as they come up. Owning your feelings means that you begin to really accept that the way you feel is uniquely yours, and no one else's.

Although we all obviously share in having similar feeling states, the way YOU feel is indeed YOURS and belongs to no one else.

Owning your feelings also means that you agree to be completely responsible in terms of how you hold your own feelings. Are you willing to look at how you feel and how you hold your feelings? Are you willing to look closely, honestly, and deeply at your feelings? Taking responsibility for how you feel is a great way to begin getting to know your feelings, and is central to this work.

- ❖ In your Journal, consider your own relationship with your feelings right now. Ask yourself, “Do I have any feelings that are challenging for me to experience, such as sadness, shame, or fear?” It doesn’t matter right now what the ‘story’ is that may be surrounding your challenging feelings. Just begin to focus on what feelings show up as challenging for you and think about how you consider yourself while you are having these feelings.
- ❖ Ask yourself, “How have I been treating myself around my more challenging feelings?” In other words, are you being kind to yourself while you feel a challenging feeling like anger? Or are you being hard and unforgiving to yourself when you are angry?
- ❖ How do you generally feel as you go about spending your days? What does a general feeling for you look and feel like? Are you generally happy and satisfied? Grumpy and cautious? Neutral and bored? Begin to take notice of the answers to some of these questions, and write them down in your Journal.
- ❖ Remember, your Journal is your best resource for you to see and understand the dynamics of how you are personally feeling. The more you ‘research’ your feelings and note these discoveries in your Journal, the faster you’ll gain a powerful new relationship with how you are feeling.

Feel-Free encourages you to look deeper than you usually do at your feelings, so that you can become more honestly aware of what you are truly feeling. You want to get into a habit of checking in with yourself and coming to terms with as many of your feelings and feeling-states as you can. By purposefully becoming more aware of how you feel and what your feelings are, you are building a stronger foundation for your feeling-self to stand on, so to speak.

I think we are all blessed as human beings to be free feeling beings. Our feelings provide us with such rich context for what we experience in our lives. Sometimes I hear people talk about how much they hate certain feelings they have and other times I hear them talk about being ecstatic and amazed with their feelings. The work of Feel-Free emphasizes that you look deeply at not only how you feel, but also at how your feelings define who you are in your life experience.

The Feel-Free Processes require you to both have **trust** and to be **trustworthy**, to be as **open** as you can, to have **respect** for any other person you are sharing feelings with, and to be as **humble** as possible to ease the task of working with your feelings.



Having Your Feelings Work With You, Not Against You:

It is not possible to be without your feelings. You can't ever be separated from your feelings so why not try to build an understanding and functional relationship with them? I think we are all here on this planet to learn how to let our feelings guide us into more and more of what is really true for us. In accepting our own feeling-truths, we can more easily discover together what we most want from our personal and shared feelings. For some of us it may be wanting more money, for others it's finding a great relationship, and still for others it may be wanting to heal an illness. No matter what it is that you want, there are always potent feelings that exist around those wants. These feelings are naturally connected to your wants in order to help define and give a certain 'flavor' to your wants.

- For example when you say, "I want more money for a new car because it will make me feel more fulfilled and successful and therefore happier," you are also telling yourself that your reward for wanting and eventually obtaining the money will be both a new car and all those successful and happy feelings that will come with it.
- On the other hand if you say, "I feel sad that I'm not in a relationship and I think it's because I am unattractive or because no one likes me that much," you are also being influenced by your feelings of sadness and shame around your looks as you ponder your next relationship. Wanting a relationship is now also associated with sadness and shame.

In the first example above of wanting a car because it will make you feel more successful and happy, you are practicing having your feelings of fulfillment and happiness **work with** your desire for a new car. In the second example, you are practicing having your sadness and shame feelings **work against** your desire for a new relationship. The **Feel-Free Processes are about having your feelings work with you and what you want, not against you**. Even if your feelings are challenging feelings such as sadness and shame, by honestly looking at how you feel and owning that these are indeed your feelings, at least in this moment, you have taken the first step in easing your own way through whatever feeling is showing up. Just by being honest with yourself about how you feel is a big step towards having those feelings work with you, since you are consciously beginning to just own them and be with them.

Don't worry right now about how you may be judging any of your feelings as being good or bad or right or wrong - just focus on what the feelings are and how you get to have them show up in a way that is to your benefit, not your detriment, just by quietly acknowledging them to yourself.

The Feel-Free Processes are designed to help you gain a much greater awareness of how you feel around your wants and around your daily life. It is in this new awareness that you can transform your ability to work directly with how you feel. Your feelings, even the challenging ones, can be your allies instead of something you might dread or be a victim to. Your more challenging feelings can stop 'being challenging' just by your willingness to consciously experience them. By understanding that we all share and contribute to an entire "Spectrum of Feelings," we can better simply have, share, and move through our actual feelings individually and together.

Remember that your feelings are also directly influenced by what you eat, any recreational alcohol or drug use or prescription medications, how often you exercise, and how much sleep you get. It is recommended that while you are practicing the Feel-Free Processes you take good care of your whole being by eating healthy foods, avoiding drinking and drug use, getting regular exercise, and sleeping comfortably at night.



FEEL-FREE PROCESS ONE

Naming Your Feelings and Choosing Your Judgments Around Your Feelings

Naming Your Feelings:

The first step in **Process One** is to learn how to simply name your feelings. Getting clear on how you feel requires that you look deeply and honestly at your feelings, especially when you are confronted with something new or challenging in your life.

Let's first identify that there's a difference between **emotional** feelings and **physical** feelings. When you say, "I feel **nervous** and **excited** about talking with that boy over there," you are expressing emotional feelings. Whereas if you say, "I feel **tired** and **hungry** and I want to get something to eat," you are expressing physical feelings. Most of our work here is focused on your emotional feelings, and not so much on the physical ones. When you do the work of naming your feelings, you can see how your emotional feelings influence and define your life.

Naming your feelings also requires you to make quick decisions about what the feeling is and what name you give it. There are many words for the various feelings we all have, and it is now your job to decide which words to assign to which feelings. Don't get too hung up on this part. Practice naming your basic feelings to yourself and writing them down in your Journal:

- "Right now I feel a little **sad**."
- "I got **scared** when that car almost hit me."
- "I'm **bored** and **unsatisfied** with this conversation."
- "I **love** hanging out with my girlfriend."
- "I don't know why this **irritates** me so much."
- "I'm **embarrassed** about not fitting into those pants."
- "I completely **enjoyed** that meal."
- "I'm **angry** at him for not doing what he said he'd do."
- "She didn't call and I'm **hurt**."
- "That movie made me **laugh** so hard!"
- Etc.

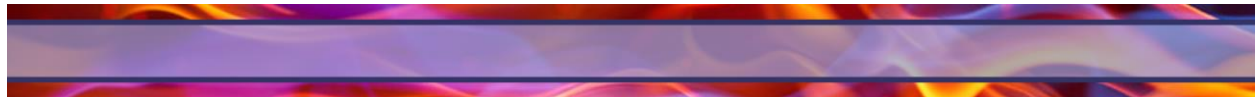
EXERCISE ONE: Naming Your Feelings to Yourself

Throughout your day, begin to take the time to mentally identify with yourself how you are feeling at various intervals. You want to get into the practice of naming your feelings so they can become more identifiable and accessible to you. This can be done quickly and quietly to yourself, for example:

- I am waking up and I feel **worried** and **scared** about the new responsibilities I have at work.
- Taking a shower feels **refreshing** and helps **wake me up**.
- I am **happy** to have stylish clothes to put on and wear for work.
- I **love** driving to work because I see **beautiful** landscapes around me and I get to stop at my local coffee shop and pick up my **favorite** morning pick-me-up.
- I am **nervous** as I enter the workplace due to the new responsibilities I have to **deal** with.
- I **hope** my co-workers don't notice how **scared** I am about these new job responsibilities.
- I am **confident** that I can handle the new responsibilities now that I'm doing them.
- I feel **proud** of myself for doing **very well** on my new job responsibilities today and I **look forward** to doing more of them tomorrow.
- I am **excited** to relate my job **success** story to my partner when I get home.
- Etc.

This first Exercise helps you focus inward to simply get in touch with what you are truly feeling about anything or anyone in your life. It also helps you to recognize how broad the definition can be of what a 'feeling word' is according to you. By practicing discovering and naming your feelings to yourself, you are creating a direct personal access to how you see and interpret the people and events around you as well as with what feelings you may have around them. With this direct access, you are simply practicing the discovery of your own personal feeling-truths, no matter what the feeling is. Your goal is to develop a new kind of relationship with your feelings and with how they define your life. This new personal relationship will become very useful to you as you continue reading and practicing these Processes and Exercises.

- ❖ Come up with your own feeling scenario, similar to the above example, around something that is taking place in your day and write it out in your Journal as it is happening. The more you take the opportunity to write down your feeling experiences, the easier it becomes to both identify and own how you are feeling.



Working With Your Judgments:

Feel-Free uses the words **judge** and **judgment** throughout all the Processes. There are a few definitions of the word judgment, and the one that works best here is:

The forming of an opinion, estimate, notion, or conclusion, as from circumstances presented to the mind, such as: *“Our judgment as to the cause of this accident must rest on the evidence.”* Or *“There aren’t any cars coming in either direction – I judge it’s safe to cross the street now.”* Or *“I judge Jim to be a crook because of that lousy deal he made with me.”* Or *“I don’t like that dress on Shirley, I judge that it makes her look frumpy.”* Or *“I shouldn’t have eaten that second piece of cake because I judge that I’ll get fat.”*

It’s also important to note here that a judgment is commonly thought of as a “bad” thing to do or to have, since most people tend to have negative judgments that in turn make them feel bad. For our work here, try to see your judgments as natural and ongoing. This is not a court of law and you are not sitting in judgment of someone being accused of a crime. These are basic everyday judgments we are looking at in order to simply notice what kind of judgments we are having and how those judgments are influencing how we feel.

You’ll notice that some of your feelings will bring up judgments that you have about yourself, and it is very helpful at this beginning stage to notice your judgments and to begin to monitor which judgments go with which feelings, for example:

- I want to call that nice man/woman I met today but I feel **scared** (*your feeling*) and I **hate** (*your judgment*) feeling scared because this fear makes me feel **small** and **weak** (*your feelings based on your judgment*).
- Today at soccer practice, I really **screwed up** (*your judgment*) by first showing up late and then by having a **lousy** (*your second judgment*) game. I am **mad** at myself for how it all turned out and I get very **insecure** (*your feelings based on your judgments*) when I am mad at myself. It ultimately makes me **depressed** (*your additional feeling based on your judgments*) and then I don't want to go to soccer practice again because now it's **no longer fun** (*your final feeling based on your judgments*) for me.
- I am **craving** (*your first feeling*) some dessert after my **healthy** (*your judgment*) salad meal and I am **struggling** (*your second feeling*) with both my craving and with my thought that I'll just be making a **huge mistake** (*your second judgment*) by eating dessert, and then I'll feel **bad** after the whole meal and **blame myself** (*your feelings based on your judgments*) for **not having enough willpower to overcome the craving** (*your third judgment*).
- All I wanted to do was go to the beach today and **relax** (*your first feeling*) in the sun, but my boss called at the last minute and asked if I could fill a shift today instead. Now I feel **angry** (*your second feeling*) because I was **looking forward** (*your first judgment*) to going to the beach and now I feel **guilty** (*your first feeling based on your first judgment*) if I don't go into work. However, if I do go in and **help my boss** (*your second judgment*), I'll feel **good** (*your second feeling based on your second judgment*) instead of feeling guilty.

As shown in the examples above, when you start to practice really looking at how you are feeling and then notice what kind of judgments come into play around your feelings, you'll see that we are always feeling and judging our way around everything in our lives. We are naturally feeling and judging beings and we all do it effortlessly and constantly. By breaking down your thoughts and identifying your feelings and judgments, you are practicing seeing what's true for you throughout the day. As you do this practice of naming your feelings and noting any judgments around those feelings, you'll get more and more familiar with who you are and how you are operating in the world.

At first this may look and feel complicated. As you slowly and patiently learn to look at what is so for you, your ability to break down your thoughts to look at your feelings and judgments will get more and more comfortable. With continued practice, the identification of your feelings and judgments will also become easier and feel more natural for you.

- ❖ In addition to mentally noting your feelings and judgments to yourself, you can use your Journal to practice keeping a written daily log of how you are feeling throughout your day. This practice will help you get familiar with your own feelings and with the events that are associated with them. Journaling also

increases your ability to become more comfortable and knowledgeable while you are experiencing your feelings, and your ability to create this **knowing comfort** for yourself is exactly what is at the heart of Feel-Free.

By practicing naming your feelings and noting any judgments you have around your feelings, you are consciously creating a new relationship with both how you feel and who you judge yourself to be. This relationship is about being present with what your feelings are and how they affect **who you show up as** to yourself. By creating this relationship, **you are increasing your ability to feel the way you want to feel**, instead of just dealing with the feelings as they randomly come and go.

Naming your feelings is about you building your ability to identify what you are feeling and how these feelings affect you and those around you. The more you can consciously name your feelings to yourself or to a friend or partner, the more you will understand the power that your feelings have in you and the more you will see how your feelings color your entire outlook on life.



The Full Spectrum of Feelings and the Busy Intersection:

There exists a **Full Spectrum of Feelings**, which includes feelings that range from **good to bad** and from **simple to complex**, as well as all the feelings that express everything in between these extremes. This feeling Spectrum is complete with every single feeling known to humans and is always expanding. Every person on the planet is taking part in drawing from and adding to this feeling Spectrum, with all newly created feelings automatically joining the pre-existing feelings in the full Spectrum.

You can visualize yourself in relationship with the Full Spectrum of Feelings by imagining yourself being transparent, ghost-like, and standing in the middle of a busy 4-way street intersection that's full of cars and trucks continuously coming and going.

Take a moment right now and imagine this picture in your mind. Breathe in and breathe out. Imagine your transparent self just standing there watching all the traffic approaching you, moving through your ghost-like body, and then continuing on past you. The cars and trucks are continuously coming and going from the North, East, South, and West directions in this 4-way intersection.

Imagine now that all the cars and trucks represent your feelings, and imagine watching your *feeling-traffic* moving in and out of the 4-way intersection without any traffic lights or stop signs. Most of your feelings travel directly through your ghost-like body, since you are standing right in the center of the intersection, while some of your feeling-traffic

swerves around you. You are feeling the *feeling-traffic that moves through you* on a minute by minute and day to day basis. There's no speed limit so some feelings are moving faster and slower than other feelings. Each feeling is coming and going and you are always experiencing this continual change of feeling-traffic from your place in the intersection.

Can you see this busy intersection of feelings that is happening all around you? Can you feel it? This visualization represents how you and the entire Spectrum of Feelings are connected and working together.

Now imagine there's a parking lot up inside your ghost-like head that some of your feelings can drive into, park, and hang out in for a while. These feelings will stay parked here in your head for various lengths of time, and then will eventually exit and re-join the flow of feeling-traffic in the Spectrum of Feelings. An example of a feeling being parked in your head is when you get stuck on a feeling and can't shake it off, such as when a close friend breaks an agreement with you and you have lingering feelings of **mistrust** and perhaps some **anger** about that friend. As time passes, your parked feelings of mistrust and anger stick with you and begin to color a larger part of your experience, affecting you well beyond the original broken agreement with that friend. So now you have these feelings of mistrust and anger around your friend, and they are 'parked in your head' until something shifts between you and your friend, allowing these feelings to then 'drive out of the parking lot' and rejoin your feeling-traffic that's travelling through the Full Spectrum of Feelings.

It's important to allow for feelings to hang out in your head sometimes and to remember that this happens frequently and is a natural part of our feeling-traffic experience. As you practice allowing your feelings to come and go and be parked once in a while, you can also begin making decisions about which feelings are parking and how long they get to be parked before leaving your head. As you grow more and more familiar with your own feelings in this scenario, you are also increasing your ability to have power over them. From this powerful stance, you will find more ease and grace around simply experiencing your various feelings.

- ❖ In your Journal, take some time to consider what your Spectrum of Feelings looks like. Maybe it's not a 'busy intersection' – maybe it looks and feels somewhat different for you. My 'busy intersection' analogy helps me to visualize my feelings so they become more tangible to me. Write about what you see when you think about your feelings coming and going through your mind, on a regular basis, day in and day out. Think about how you can make your feelings more tangible for you.

And while everyone draws from the same overall Spectrum of Feelings, **we each have our own intersections of feeling-traffic and our own parking lots where certain**

feelings can park and stay. We are, each of us, dealing with our own unique feeling-traffic patterns and habits. We are tending to our own parking lots that may have lingering feelings parked there or that may be empty, depending on what's going on in our lives.

So as you envision your own connection to the Spectrum of Feelings, remember that you get to draw from and be in relationship with the Spectrum in any way you choose, as well as being able to witness others' relationships with the Spectrum. You'll notice that everyone draws different feelings at different times and has relatively different experiences with whatever feelings they are utilizing. You'll notice a broad variation of how people share their feelings together. You'll notice that some feelings may have judgments automatically attached to them, for example:

- Anger is *bad*.
- Sadness is *hard*.
- Hate is *wrong*.
- Shame is *lousy*.

- ❖ Note in your Journal some of your feelings and any automatic judgments you have around them. Notice that some feelings you have you tend to judge as 'positive' and other feelings as 'negative.' Consider why you believe certain feelings to be positive or negative.



The Six Core Feelings:

The entire Spectrum of Feelings is shared by every human being, and is also being added to on a regular basis by everyone. While there are as many different feelings in the feeling spectrum as there are different people, there are a basic set of six **Core** feelings that appear over and over again for everyone. They are: **Joy, Sadness, Fear, Anger, Shame** and **Balance**. Each of these core feelings has a subset of feelings that are directly related to that core feeling, for example:

CORE FEELING	SUBSET FEELINGS
JOY	Happy, Satisfied, Excited, Jubilant, Pleased, etc.
SADNESS	Depressed, Down, Upset, Hurt, Blue, Vulnerable, etc.
FEAR	Worried, Doubtful, Hesitant, Scared, Shocked, Intimidated, etc.
ANGER	Frustrated, Jealous, Mad, Infuriated, Insulted, Rage, etc.
SHAME	Self-conscious, Embarrassed, Belittled, Condemned, etc.

BALANCE	Calm, Peaceful, Agreeable, Content, Neutral, Fine, etc.
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As you pay more attention to how you and others are generally feeling, you'll soon find that most of the time we are feeling a variation of one of the **Core** feelings listed above. For fun, you can start listening for the subset feeling words, like the ones shown in the table above, while people tell you their stories. Notice how some feeling words, like "fine," are said over and over again, and others like "shame" are hardly ever used.

- ❖ Notice any feelings that are coming up for you around your awareness of the "core" and "subset" categories of feelings listed above. In your Journal write down any additional subset feelings that you can associate with the six core feelings.

By naming the core feelings and understanding how all the other feelings can fall into these core categories, we are simplifying the Spectrum of Feelings so that it's more tangible and easier to grasp as a whole. The Spectrum of Feelings is still vast and varied, but for the sake of day-to-day feeling work, it is just easier to work with a limited set of core feeling names like the six mentioned here.



One Feeling Is Not More Wrong or Right Than Any Other Feeling:

When you look at all the feelings continuously coming and going through your Busy Intersection – including those that stop to park and hang out in your head for longer periods of time – you will begin to notice that your feelings are not actually affected when you judge some of them to be **wrong** and others to be **right**. Your feeling-traffic just keeps coming and going no matter how you judge your feelings. The feelings themselves do not change as you judge them and are therefore inherently neither wrong nor right. Feelings are just feelings and each of us gets to judge our feelings as we see fit. It is only within our judgment of a feeling that a feeling seems to become "wrong" or "right" and "good" or "bad."

- What determines that a feeling is wrong or right for you?
- Are you simply remembering what someone else has told you about your 'anger being wrong' or 'your happiness being right?'
- Are you being reminded of what the wrong or the right way to feel is based on moral lessons you've gathered from watching TV or from talking intimately with your friends and family?

- A social media application like Facebook is filled with posts and comments that speak of various interpretations and judgments around how to feel and what are the right and wrong ways to think and feel.
- Who's deciding for you which feelings are wrong and right?
- How important is it to you to have one feeling be a better feeling and another feeling to be a worse feeling?
- What does it look like to consider dropping your judgments of your more challenging feelings?

❖ Take some time now and write any answers to the above questions in your Journal. These answers will help you understand what your own feeling-truth is and help you put your feelings into simpler contexts, so you can more easily work with them. After some time, go back and read your answers again. Note what feelings come up for you around your answers and compare them to the feelings you had when you initially wrote your answers. Notice that time has a strong effect on what we feel and for how long we feel it.

As you go about your day, notice the judgments you have around some of your more challenging feelings:

- “Today I’m feeling **sad** and I’m **ashamed** and don’t want anyone to know.”
- “I don’t like feeling **mad** at that person because it is so **wrong** to me.”
- “I’m **embarrassed** about doing that thing and I **hate** being embarrassed.”
- “This is totally **scary** and I’m **ashamed** of my fear.”

Notice how you judge the feelings and actions of others. Notice how you feel after making a mental judgment about something or someone. Notice if your judgments feel negative or positive. Notice also how your judgments influence your feelings. For example:

- Your judgments: “Yeah, that movie was really stupid, and I bet the idiots who financed it are regretting it now.” How it makes you feel: *Wow that was harsh! I feel bad for everyone involved in making this movie.*
- Your judgments: “Are you kidding me?! Are you listening to yourself?! You’re a freaking moron!” How it makes you feel: *Easy tiger, you’re going too far and will end up hurting their feelings. It’s not okay for you to be this angry.*
- Your judgments: “I am so sad about her leaving and it really, really hurts. I hate her now and I love her too and I’m really messed up.” How it makes you feel: *This feels awful and I feel weak and a little sick.*

❖ Write about what you discover about your judgments and how they feel to you in your Journal. Try keeping a record of your judgments for one whole week around a specific topic such as: Work Commute Traffic or Doing the

Dishes or Watching the Evening News. By going back and reading your Journal, you'll see how from Day 1 to Day 7 of your record keeping, your judgments naturally shift and change just by your keeping record of them. Notice how your interest level in even having a judgment over the course of the week shifts as well. This will help you understand the relative significance of your judgments around how you are feeling.

You are practicing noticing your feelings and judgments in order to be less at the effect of them when you are experiencing them. There's nothing inherently wrong with either your feelings or your judgments around your feelings. It is always okay to experience whatever feeling and judgment that comes up for you. The only time you will suffer from a feeling is when you judge the feeling or yourself to be negative or wrong or bad, and then finding yourself at the effect of that negative, wrong, or bad judgment.

Your work with these Feel-Free Processes is about noticing how you judge things and consciously deciding if that judgment feels good or bad to you. If it feels bad to have a negative judgment of an already challenging feeling, then consider that you now get to shift your judgment to be less harsh and more accepting of whatever challenging feeling you are experiencing. It is in this practice of shifting your judgments that you'll discover how you tend to judge things and people, how those judgments make you feel, and how you'd rather judge things and people so that you can directly affect your own feelings towards feelings that simply feel better for you.

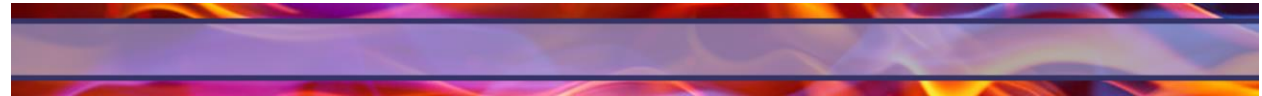
This is important and powerful to remember: For the most part, the only person that is affected by your judgments of your feelings is **you**. And also for the most part, your negative judgments make your feelings that much more difficult to have and hold onto.

As you think about your own ideas around certain feelings, take some time to also consider how **you really want to feel** about any of your feelings. Start to write out statements that describe something specific for you, like:

- "My partner made me angry today, but I want to stop getting so upset and then feeling so bad about my anger. If it's possible to feel good about my anger, then that's what I want to work toward doing."
- "I have been hating my job recently and each day I feel worse and worse about my hatred of my work environment. I want to enjoy my job again and when something happens that I hate, I don't want to hate it and also feel bad about it too."
- "My parents drive me crazy when they talk about my ex-boyfriend. I feel guilty about leaving him after I spoke hurtfully about him behind his back. I just want to be okay with what I did and be able to tell my parents to stop bringing it up."

This work asks that you seriously investigate your own judgments about your feelings and about the feelings of others, so that you can increase your ability to work more consciously with your feelings and develop more awareness, ease and grace, regardless of which feeling is in play.

The Feel-Free Processes focus on identifying, being with, and positively utilizing all your feelings, especially the ones that are challenging or uncomfortable for you. Your feelings make up the entirety of you, and all your feelings are real, valid, and necessary for you to be the elegant and unique being that you are.



Feelings And The Judgments Associated With Them Are Intertwined:

A feeling will almost always beg for a judgment and a judgment almost always creates a feeling. Feelings arise from your judgments and judgments arise from your feelings. Feelings and judgments are so intertwined that it is important to be able to distinguish between the two.

EXERCISE TWO: Identify Your Judgments of Your Feelings

By successfully identifying your judgments you will be able to:

- Understand why you think some feelings are right or good, while others are wrong or bad.
- Ultimately create new judgments that will help you cope with your existing feelings.
- Create a new, easier and more powerful relationship with your feelings and the judgments you associate with them.

Start by honestly assessing your judgments of some of your feelings. Consider which feelings you have that are challenging for you, such as **anger**, **shame**, or **sadness**. Think about how you may judge yourself when you are experiencing these feelings. Think about how you may judge the feeling itself, for example:

- I am *afraid* of my **anger**; it *scares* me and others.
- I *don't like* feeling **shame**; it makes me feel like I *don't belong*.
- I *hate* feeling **sad**; it makes me *depressed*.

Like the first part of this process where you practiced naming your feelings, you'll now practice honestly naming your judgments of your feelings. For most of your *easier* feelings like **joy** and **gratitude**, there may not be any additional judgments, as

in: "I am *joyful* and I **don't** judge my *joyful* feeling to be anything other than *joyous*," or "I am *grateful* and I **don't** have a judgment about feeling *grateful*."

However, sometimes feelings like **joy** can bring up a judgment such as, "I am *joyful* about getting these great birthday gifts but I feel **guilty** because there are people in poorer countries who get no gifts." So even though you are *joyful*, you can also have a judgment of **guilt** right next to your feeling of *joy*.

Looking at your judgments of your feelings starts at the notion that some feelings are potentially **good** and some are potentially **bad**. What actually makes a feeling good or bad? A feeling becomes good or bad solely based on our judgment of the feeling:

- I am **afraid** of my *anger*, and that **fear** feels **bad** so my *anger* feels like a **bad** thing.
- I **don't like** my *shame*, and this **dislike** feels **bad** so my *shame* feels like a **bad** thing.
- I **hate** feeling *sad*, and that **hatred** feels **bad** so my *sadness* feels like a **bad** thing.

And, since everyone can have their own version of what judgment they have on a feeling, the same feeling can be judged differently by different people:

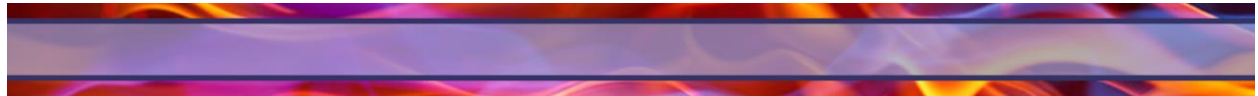
- I am **afraid** of my *anger*, and it makes me feel **bad**.
- I **like** feeling *angry*, it makes me feel **powerful**.
- I am **ashamed** about my *anger* and I **hide** it from others.

Take some time now to write down a few feelings, such as **anger**, **shame**, and **sadness**, and think about what your judgments are around these three feelings and why you judge a feeling the way you do. For example:

- **Anger:** I feel it is wrong for me to get angry. My father used to get angry and my mother would be hurt and leave the room and not talk to him for a couple of days. What I witnessed as a child taught me that anger is bad and just hurts others. When I get angry, I feel bad because I don't like the person I am when I am angry. My judgments are that it is not okay to be angry, that I am a bad person and that no one wants to be around me when I get angry.
- **Shame:** I don't like being self-conscious or feeling like there's something wrong with me because I don't look as pretty as my friend Alice. I don't like how I can see my faults when I look in the mirror and then measure myself against other more beautiful women that I know. I don't like shame because I don't like the belief I have that something is wrong with me. When I see shame in others, I think they are being weak and I don't like how this judgment of weakness makes me feel about them or about myself.

- **Sadness:** When I'm sad, I feel heavy inside and I also feel ashamed that I am sad. I also have a judgment that usually goes against the thing or person that made me sad: "*I don't like my girlfriend now because she won't call me back and that makes me sad.*" Or, "*My mom won't buy me the dress I want and she doesn't care about me and that makes me sad.*" Sadness is something I want to hide because I feel like others will take advantage of me when I am sad. I also think that sadness is a form of weakness.

As you practice identifying and naming any judgments of your feelings, as in the examples above, you'll begin to accept and embrace your judgments as they show up to you on the pages of your journal. Feel-Free **encourages you to breathe in and breathe out and just be with your judgments as they appear to you.** Over time your acceptance of your judgments increases and you'll get more and more comfortable around honestly looking at your feelings and any associated judgments. In this acceptance of how you judge some of your feelings, you'll find peace of mind by really understanding how you *think* about how you are feeling. It is powerful and important to consider that **there is no wrong or right way to judge your feelings, there is only the way you do judge your own feelings.** By truly coming to terms with your own judgments, you can start to *breathe* and *relax* around the truth of how you are *purposely feeling* about your feelings.



Letting Go of the 'Right/Good' and 'Wrong/Bad' Feeling Judgments:

This practice of identifying your judgments is an extremely powerful tool that allows you to see your feelings from different perspectives, helping you determine how you *wish to move forward* in your relationship with your feelings. It is important to consider letting go of the idea that some feelings are **right or good** and other feelings are **wrong or bad**. By letting go of these ongoing judgments regarding whether certain feelings are good or bad, **you are consciously moving into a greater peace with ALL your feelings as they arise.** With continued practice, you'll notice that it gets easier and easier to simply identify how you're feeling by quietly naming the feeling to yourself and then by considering how or if you want to judge those feelings.

Making these distinctions about how you judge your feelings will begin to create a sense of ease about having your feelings, naming your feelings, and choosing your judgments, if any, about your feelings. This sense of ease is vital to helping you begin to **let go of your challenging judgments** around the feelings that have always felt **wrong or bad** to you. Remember that you are doing this work to benefit yourself and how you feel about yourself, your judgments and your feelings.

By naming your feelings and honestly looking at the judgments you have about your feelings, you are also beginning to create acceptance of what your feelings are and why you have them at any given time. Your feelings, which you own and are yours, can then become something that you are in a powerful relationship with instead of them being something you are negatively at the effect of.

By **choosing your judgments** about your feelings, you can more easily begin to determine what kind of relationship you want to have with your feelings:

- I can be relatively okay with this feeling because it is named, it is clear to me and I can own it cleanly and powerfully.
- I can begin to consciously choose to feel any feeling in the Full Spectrum of Feelings and be aware of my judgments I carry around those feelings.
- I am scared of this anger feeling but I can now more deeply understand what the pure feeling of anger is, and hence make more conscious choices around how I want to judge this feeling.
- I can begin to consciously have my feelings and judgments, instead of my feelings seemingly having and judging me.



All the work of the Feel-Free Processes is best accomplished when you are clear about the difference between your feelings and the judgments you create about your feelings. Just like your feelings, your judgments are a natural part of generally determining who you are and what you want to do. The objective here is to practice the art of separating your judgments from your feelings, in order to better recognize the difference between your judgments and your feelings, so you can more easily experience all your feelings as they arise.

EXERCISE THREE: Decreasing the Time You Spend with Challenging Feelings

The thing about challenging feelings is that they are indeed *challenging*. Again, it is important to begin to consider that there is nothing necessarily *wrong* about the challenging feeling nor is there anything *wrong with you* when you are experiencing the challenging feeling. Even though it feels challenging, remember that the feeling is *okay to have* and *okay to be with*. Your work is to acknowledge the feeling, and not try to immediately replace it with another feeling or try to ignore it or pretend like it's not there. For example:

- You just had a fight with your partner and you are feeling **frustrated** and **sad**. The feeling of frustration can also include some **anger** and anger is a

very challenging feeling. Along with frustration, you are feeling sadness, which is a challenging feeling that involves also feeling vulnerable. When these feelings are put together, it is vitally important to quietly acknowledge to yourself that you are simply having these feelings that are very challenging and that it is okay for you to have them. *Breathe in, breathe out.* You are practicing being patient with yourself and with your challenging feelings when they arise. You want to begin to form a friendly conscious connection with your more challenging feelings.

- Start by telling yourself: **“I feel frustrated and sad in this moment.”** Notice how it feels to simply acknowledge and name your challenging feelings in the moment they are happening. Look for any judgments of these feelings that you may have by asking yourself, **“How do I feel about these feelings of frustration and sadness?”** Breathe in and out again. Take a few moments to see what comes up. It is common to feel a little uncomfortable as you look at your feelings because firstly you are simply feeling the challenging feelings, and then secondly you are now choosing to look more closely at them too. This is initially difficult to do, but over time it will become easier as you develop your skills of simply and honestly looking at your feelings, writing them down, and embracing their truth.
- It is common to have judgments about feelings like **sadness**. For example, you may feel **ashamed** that your partner made you sad. This is the time when you want to also acknowledge any judgments, such as **shame**, by saying to yourself something like, **“I feel shame around my sadness.”** *Let yourself in on the truth of what judgments may exist around your feeling of sadness.* This is a private conversation you get to have with yourself in order to better understand what’s really happening and how you feel and judge it.
- Once you are comfortable with understanding how you feel, you can either choose a more positive judgment about your sadness, as in, **“I feel sad and it’s now fine with me that I’m sad,”** or begin to let go of the judgment altogether, as in, **“I no longer wish to feel any shame around my sadness.”** Remember, this is your opportunity to honestly see what’s going on in order to then make a conscious decision about what you want to do next with any of your feelings.

You are purposely focusing on these challenging feelings and judgments in order to then make a conscious choice towards directing your feelings to what you *want to feel next* within yourself and then next with your partner. It is in the clarifying of what the feelings and judgments are for you that allows you to

experience the challenging feelings of frustration and sadness for *less* time by purposely letting go of them sooner.

For example, you can acknowledge to yourself,

- “I have looked at my feelings of frustration and sadness about the fight with my partner and I have looked at any judgments of myself and my partner that may also be present with those feelings. I have taken a few moments to get clear about my feelings and judgments because I know that being clear helps me just have these feelings without being so much at the effect of them. So now, in my own clarity of my feelings, I can consciously choose to create new and improved feelings and judgments that I can then bring with me when I approach my partner next to try to resolve the fight we had.”

You are essentially making a choice to feel any challenging feeling for *less* time by first:

- Naming your feelings and any corresponding judgments quickly and quietly to yourself, and then
- Choosing if you want to change or let go of those feelings and/or judgments, and then
- Consciously choose what you want your next feeling to be in an effort to *move* from the challenging feeling to a better feeling with more speed, ease and grace.

It’s important to understand that you are not learning how to get rid of a challenging feeling or how to avoid certain feelings. It is not really possible to avoid feelings once they show up. You are still experiencing all of your feelings, even the challenging ones, and it helps to remember that all feelings show up for valid and very real reasons. You are giving yourself permission to have the feelings that are in play for you at any time. With the awareness of how to name your feelings and choose your judgments as they show up, you get to teach yourself how to choose to spend less time with each of your challenging feelings just by honestly looking at the feelings as they come to you.



Giving Yourself Time To Allow For Feelings To Come, Be Recognized, and Go:

Feelings generally need a certain amount of time to be active within you before you look to replace them or let them go. Feelings come and go for very real reasons and by

giving them time to come and go, you are honoring their importance and allowing your natural process of freely feeling all your feelings.

As you move through time, the simple process of generally naming your feelings helps you gain consciousness and clarity of the feeling which allows you greater perspective and an easier experience of simply being with the feeling as it shows up. As you practice being able to look more objectively at your feelings to see them as tangible and manageable things, it becomes easier and easier to make choices about what you're feeling, about what you want to do with those feelings, and when to let a feeling go back into the feeling-traffic, and allow a new feeling to take its place.

The Feel-Free Processes ask you to look deeply and honestly at how you feel and at how you judge those feelings in order to have an easier relationship with your feelings. You always have the choice to be in a powerful relationship with how you feel just by paying attention and telling the truth to yourself about your feelings. Over time, you will find it is easier to take note of your authentic feelings and then consciously decide how you want to gracefully proceed with them. Your feelings will begin to work with you, not against you, as you freely feel and then freely flow into other feelings, no matter what the feelings are. You get to decide what you are feeling, how you want to judge that feeling and where you want to go with that feeling, all day, every day!

EXERCISE FOUR: Being Less at the Effect of Your Feelings

As you practice naming your feelings, the feelings will start to work in cooperation with your desires and intentions, and will noticeably shift in their relationship to how your life shows up. Over time, you can learn to be less at the effect of and more empowered by your feelings, simply by practicing the art of naming your feelings and choosing your judgments.

What does it mean to be at the effect of your feelings? Example: There are times when you may have extreme feelings due to a sudden event such as:

- a. The death of someone close to you, causing you **shock** and making you **cry uncontrollably**.
- b. Being in a sudden and jarring car accident, causing you to become really **scared** and then really **angry**.

The a. and b. examples above represent times when most of us are at the effect of our feelings usually because we are not expecting the event to happen and we are caught momentarily unaware. These are times when your feelings will come upon you fast and show up in your mind and body with real intensity. Again, there is nothing *wrong* with being at the effect of your feelings, it happens naturally to people and it is simply part of life. It is important to allow whatever feelings that

come to show up and have the time they need to be acknowledged by you, for example:

- a. I am **shocked** and extremely **saddened** by the news of the death of my friend. I can slowly begin to become aware of my **waves of crying** and of the feelings of **pain** and **confusion** that are also present.
- b. I saw my life flash before my eyes at the moment of impact with the other car and I felt really **scared** in that moment, but now I feel **really shaken (relief with fear)** and **thankful** that I'm not badly hurt. I also feel **anger** because I judge the other driver to be at fault for the accident and I'm also **mad** that it was me who was the victim.

As some time passes, your feelings don't necessarily stop being challenging since crying uncontrollably and being really scared and angry are indeed challenging feelings to experience. But as you begin the practice of naming your feelings and choosing your judgments of both your feelings and of the events that took place, you'll notice how you can also regain your ease and grace around these challenging feelings:

- a. I am very **sad** and I am already **missing** my friend who died. I want to remember the **good** things about our time together and I want to hold their passing in **respect** and with as much **light** as I can shed upon it now.
- b. I am **consciously breathing** in and out and allowing myself the grace of **patience** and time to figure out what happened and make sure everyone involved in the accident is **okay**. There is no need to **rush** or to **stress** out now, but there is a need to **relax** and focus my feelings towards being as **peaceful** as possible so I can **ease** into the next step of handling this accident.

As you practice naming your feelings to yourself and looking at your own judgments, these intense feelings will begin to play out a little softer and with less hysteria and panic. The events themselves are still extremely jarring, but how you choose to react around your feelings over time can dramatically change how the whole event continues to show up for you. Again, there's nothing *wrong* with extreme feelings or with being at the effect of your feelings. But if you have the choice and ability to consciously shift out of extreme sadness or anger a little faster and with greater ease, why wouldn't you?

Being "less at the effect of your feelings" requires that you become conscious of how you are feeling in order to then make choices about how you want to move forward with, or potentially without, your challenging feelings. You are essentially taking the reins of your feeling-reactions so that you are more in control of them, rather than your sudden challenging feelings controlling you as time goes by.

This is at first a very subtle shift that you are making internally, so that you can be more objective in the face of an unexpected event like news of a death or a car accident. Again, this is not about you denying your feelings or pretending that you feel something other than what you are truly feeling. By embracing your feelings and judgments, you are actually consciously becoming less at the effect of them while they are in play.

There is incredible power in consciously moving away from being at the effect of your feelings to being in cooperation with and having more awareness of your Full Spectrum of Feelings. By naming your feelings and choosing your judgments, you can now take a new step in your ability and awareness around what your feelings are at any moment and how you wish to generally manage them minute to minute and day to day.



The Feel-Free Processes and Exercises encourage everyone to look a little deeper at how they are feeling and how they want to feel, in order to better accept all their feelings, which brings more ease and grace, one feeling at a time.

If you have any questions or comments regarding **Feel-Free Process One**, please utilize our [Questions, Comments and Testimonials Form HERE](#).

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FEEL-FREE PROCESS TWO

Separating Your Feelings From the Story

Remember that your feelings are directly influenced by what you eat, any recreational alcohol or drug use or prescription medications, how often you exercise, and how much sleep you get. It is recommended that while you are practicing the Feel-Free Processes you take good care of your whole being by eating healthy foods, avoiding drinking and drug use, getting regular exercise and sleeping comfortably at night.



The Benefit of Separating Your Feelings From the Stories:

We are what we feel yet we are *not* the story that we create around what we feel.

When I use the word “story,” I am referring to any event, action, or object from which a feeling is produced or to which a feeling is attached. Most anything can have a story attached to it:

- ❖ Take a moment right now to look around your home and pick out one object, it can be anything like a recliner chair or a used plate by the sink. Notice any memories you have around the object you picked and ask yourself a few questions: When did I last use it? What was I doing when I used it? How long have I had it? Did someone give me this object or did I purchase it? Each question you ask and answer brings you more into the story you have with that object. Notice that you have a kind of “relationship” with your various objects, because each object holds memories for you, and from those memories you get to create a little story about that object, such as, “I bought that chair especially to go with the couch and also because it reclines, and my back was giving me trouble so I figured the new reclining chair would help. It did help because my back now feels fine and I am so happy I bought that chair 3 years ago.” Etc.
- ❖ Every object you see in your house used to be something ‘not associated with you,’ but once you came into contact with it and now own it, it immediately became ‘an object that you now live with, see regularly, and hence feel something about.’ It is now an object that is clearly associated with you personally.
- ❖ Each object now has a history with you, and with each passing day, that history grows. And from these histories there are stories and you are always adding to your stories that you are creating or have created around each object, as in, “I was so tired last night that I just fell asleep in my awesome recliner! I didn’t even notice I was in it until I awoke at 6:30, and thankfully I was still able to get to work on time. I love that chair!”
- ❖ Think about some other kinds of stories in your life, such as: A favorite musician coming to play in your home town, an upcoming birthday celebration, kayaking down a river, breaking up with a partner, spilling some milk on the kitchen table, smelling a flower, eating at your favorite restaurant, etc. Think of these events and actions and consider what little stories you tell yourself or others about the events. What do these events mean to you and why? Note some of your answers in your Journal. Some events or objects won’t hold any meaning or story for you. Other stories are balanced or neutral, such as, “That’s my carpet and there’s no story or anything else to say about it, because it’s just my carpet.”

- ❖ Try to get a sense of how you are in relationship via your stories, with all the objects and events surrounding you right now. How do you generally feel while you are reading this and surrounded by all your stories? Notice if any painful or uncomfortable feelings arise around a particular story. In your journal, briefly write out the story and the current feelings you are experiencing in relationship with the story. See how just by you writing the story that you are in turn creating the feelings you are having around the story. This is your story and these are your feelings – breathe in, breathe out – and as you take ownership of your stories and feelings, you can find an increased sense of power and ease in simply accepting what you have created. Breathe in again, breathe out.
- ❖ We are all natural story makers and story believers. It doesn't matter if we are creating our own story or if we are hearing someone else's story – our stories help to generally define our reasons for being here and doing what we do.
- ❖ Like feelings, our stories come to us, hang out for varying periods of time, and then go. And also like some feelings, some stories can actually hang out with us for our entire lifetime.

It is **beneficial** to get to the feelings at hand by occasionally separating the 'telling of the story' from the feeling that's attached to it. Doing this gives you a clearer understanding of how you are reacting and feeling when you encounter a challenging story in your life. By consciously being able to separate your feelings from a given story, you are also making a clear choice to be much less at the effect of the story, and move into being aware of exactly **how you want to feel** regardless of the ongoing stories in your life.

Similar to the practice in **Process One** where you looked at your judgments of some of your feelings, in this **Process Two** you are looking at the story that is usually attached to the feeling. You are investigating what happens in the story, what the story looks like, and how the story feels. For every story in your life, there are feelings that come along for the ride and that are fully connected to that story. Sometimes the feelings around a story are ecstatic and sometimes they are painful.

In this Process Two, you are going to practice looking at the relationship between the stories in your life and the feelings you have around those stories. **You will consider the full potential around how your feelings can create a story and, in turn, how a story can influence your feelings.** You will begin to make conscious choices from this powerful place of knowing your own role in the stories of your life.

It's fantastic that we as humans get to experience the story along with the full Spectrum of potential feelings that come with the story. It's wonderful that our feelings and stories will forever be changing in content and form as time goes on, allowing us the time to find greater ease by *focusing on what our feelings are while slowly letting go of the story.*



Feelings Can Create Stories and Stories Can Create Feelings:

Our feelings lead us to create stories about what our feelings are and why they are happening. And conversely, when we encounter stories (events, actions, and objects around us), we also create the feelings that we associate with these stories.

Some examples of how **a feeling can create a story**:

- I am **sickened** by my **anger** (the feelings), and this anger **makes my stomach ache** (the story).
- I **hate** feeling **sad** (the feelings) because my sadness **reminds me of my friend who's always down and loves to complain about it** (the story).
- I am **afraid** (the feeling) that **my skill set is not good enough to land me the job** (story #1) and **I am convinced that the new employer will see right through my act** (story #2).

Some examples of how **a story can create a feeling**:

- My partner is **35 minutes late** (the story), and this story makes me **fearful** (the feeling) that something is wrong.
- **I got pulled over for speeding** (the story), and I am **angry** (the feeling) and now late for work.
- He **has too many items in the '10 items or less' checkout lane** (story #1), and the **stupid grocery store won't do anything about it** (story #2), so now I'm **annoyed and impatient** (the feelings) as I wait for my turn to purchase my groceries.
- ❖ In your Journal, write a couple of your own short examples of each variation as shown above. Try to be easy about it and notice how small and simple a story can be, or how large and complex a story can be. Notice how you can feel two or three different feelings around certain stories. Notice if a story you're writing about is an ongoing story or a finished story.



How Stories Influence Our Feelings:

Understanding and working within the fact that our feelings and the stories that surround our feelings are powerfully intertwined, allows us to gain greater peace of mind and grace around the more challenging events that can and do take place. None of us is immune from difficult stories and events taking place in our own lives or in the lives of

those we love and care about. As we know from the practice exercises in **Process One**, our feelings determine the quality of our everyday lives, no matter what they are, all day, every day. Since we have the natural ability to investigate the relationship between how we feel and what is going on around us (the stories), we also have wonderful choices about how we can feel in spite of the stories that come with our feelings.

EXERCISE ONE: Consciously Separate Your Feelings from the Stories

We are surrounded by stories – the various events, actions, and objects around us. The stories we encounter come from our own experiences, other people, as well as from the media sources we choose to tune into, such as: cable television, the internet, email, or cell phones. There is nothing inherently wrong or right about our stories, they are a natural part of our experience as human beings on this beautiful planet. It is, however, important to start to recognize how your feelings are directly influenced by both the stories you see and hear about as well as your interpretation and judgment of those stories.

In this exercise, you will begin to consciously separate your feelings from the story that is attributed to them, in an effort to see more clearly how your feelings and the story are connected. Going forward, the idea is to increase your ability to consciously separate your feelings from the stories, as you deem necessary, to help you manage your way through your more challenging feelings, such as fear, pain, or sadness.

This is not meant as a permanent separation by any means. This is just an exercise to practice once in a while, to help you establish a deeper understanding of how you are in relationship with both your stories and your feelings around the stories.

Begin by simply determining what your feelings are from what the story is:

1. When you are thinking about an upcoming dinner with friends:
 - I am **smiling** and **excited** (*this is how I feel*)...
 - when I think about hanging out with John and Julie, eating John's really good barbecue chicken and drinking delicious wine in their lovely home (*this is the story that is influencing my feelings*).

2. When you see a disturbing story on TV:
 - I am watching a news story about a man that is accused of murdering someone (*this is the story #1 that is influencing my feelings*)...
 - and I am **scared** and **sad** (*this is how I feel*) now...

- because I am reminded of such awful things taking place in my community (*this is the story #2 that is also influencing my feelings*).

3. When you look in the mirror:

- I see myself reflected before me and I don't like certain things and I am **ashamed** (*this is how I feel #1*),
- but I do like other things and I am **satisfied** (*this is how I feel #2*),
- and I need to start exercising those parts more so that the next time I look in a mirror I'll like more of what I see (*this is the story that is influencing my feelings*).

4. When you make a mistake:

- I completely botched that task (*this is the story #1 that is influencing my feelings*)...
- that I was given and I'm **embarrassed** (*this is how I feel #1*) to own up to it,
- **scared that someone will judge me badly** (*this is how I feel #2*),
- and **worried** (*this is how I feel #3*) that I may not get it right on my second try.
- I'll ask someone for some help and let them know I made that mistake (*this is the story #2 that is now going to influence my feelings*).
- This option will feel **the best** (*this is how I feel #4*) out of all the options I could think of to correct my mistake.

5. When you are thinking about what someone said to you:

- I can't believe that Cindy told me to stay out of her business - especially after all we've gone through together in the past (*this is the story #1 that is influencing my feelings*).
- I am so **angry** with her, but I am also **sad** and a little bit **ashamed** too (*these are my feelings*).
- Maybe I am too **nosy** sometimes (*this is the story #2 that is influencing my feelings*).
- I am replaying the story over and over in my mind and I can't seem to let it go. Each time I think of Cindy I get more and more **upset** (*this creates variations on story #2 that are influencing my feelings*).
- I am aware of what my stories are about Cindy, and of what I am feeling around my stories and I hope Cindy will call me soon so we can talk this out and move forward together (*this creates a new story #1*).

- In addition to my current anger, I also really **love** Cindy and hope we can clear this up quickly (*this creates a new story #2*).

As shown in the above 5 examples, you are practicing paying attention to the relationship between how you are feeling and the stories that are happening around you at different intervals throughout the day. Stating to yourself how you feel and then stating briefly what the story is, helps you to gain some objectivity, allowing you to see this relationship simply for what it is: *Something happens to me (a story) and I always feel something because of that story happening.*

- ❖ You can do this exercise quietly and to yourself whenever you wish to. You can also write it out in your Journal, which allows you to revisit it later and gain a deeper awareness that way. As with all the Feel-Free Exercises, the more you practice writing and doing them, the more ease and grace you'll develop around your more challenging feelings.

When you simply and consciously practice seeing the distinction between how you feel and the surrounding story, you are also experiencing clearly how they are connected and related to each other. You will also notice your **judgments** of the stories coming up too, since all three aspects: **your feelings, your judgments, and the stories, are all interrelated.** It is by consciously separating your feelings from the stories that you gain more awareness of what is true for *you personally* regarding how *you* feel, what *you think* the story is, and how *you judge* the story to be. Focusing on what *your own feeling-experiences are* is important for the development of your own ability to then manage and create your ideal feeling life.

Remember, the goal here is not to *get rid of* any feelings or stories, but to look closely at **what your feelings and stories are and how your feelings affect the story and vice-versa.** In this effort of looking and investigation, you will naturally gain more experience in having and acknowledging your challenging feelings, as they are happening, which allows you to move through these feelings in less time than usual.

These Processes are about helping **you develop your own skillset** around how **you** want to deal with your feelings. You have the natural ability to both monitor and adjust your feelings as you see fit, so this work invites you to consciously flex those abilities by writing in your journal, similar to how you would work a muscle by lifting weights. This conscious building of your relationship with your feelings takes ongoing practice, and over time the practice gets easier and easier. These Processes and Exercises ask you to look deeply at your own true feelings so that you can be in a more powerful and manageable relationship with all the feelings that come up in your life, especially your more challenging feelings.

Grace comes naturally with your new knowledge of how your feelings, your judgments, and your stories work together to essentially make up whom you are and what your life looks and feels like. **Over time it becomes easier to see these relationships between your feelings, judgments and stories; and easier to forgive yourself and others around the more challenging feelings and stories that may arise.** You will naturally learn new ways to instill kindness, patience, and peace around any of your challenging stories and feelings.



The Benefit of Seeing the Stories as Your Own:

Stories (events, actions, and objects in your life) are all around us and vary in scope, from minor things like leaving the cap off the toothpaste tube to major things like troops being called off to war. Some stories are about things happening way over there far away from you, some stories happen right next to you, while other stories happen inside your mind, directly to you. What is the common denominator between these three occurrences? You are. The fact that it is you who is in some way witnessing the story is both a key element and a potentially very powerful tool for you to use.

No matter what the story is, where it comes from, and who's involved in it, as long as you are somehow a witness to the story, then you are also involved in the story to some degree or another. **Our work here is to note our involvement in these stories and then to determine how we want to or do not want to be further involved in them.** You may not be able to choose whether the story is happening or not, but you can choose how you wish to be involved in the current story.

The powerful tool I spoke of is to practice seeing every story that you encounter as both the independent story that it is, and also as a story that you can see yourself being a part of. What I mean by this is for you to practice understanding that once a story is presented to you – you are then immediately at the effect of the story. You'll immediately have feelings and judgments come up around the story. The story, in essence, then becomes part of you, part of your personal considerations, part of your next decision, and **part of what's so about you in that moment.**

EXERCISE TWO: Own that You Naturally Become Part of the Story

In **Exercise One**, you practiced separating your feelings from the stories in an effort to see more clearly that although they are connected, they are also distinct from one another. And in pulling them apart, you can have more power over what you're feeling in regard to the story.

In this **Exercise Two** you get to make conscious decisions about being both a witness to the original story, and then choosing how you want the original story to

shift or play out in a quicker and more graceful way by asking yourself these key questions:

- **Whose story is it now?** By accepting and embracing your part in any story that you are witnessing, you once again can gain power in knowing that the story is also *being determined by you, to you*. The story essentially becomes *your story* and therefore gives you the power to determine aspects of how *you want to feel* around the story.
- **What do you have to gain from being part of the story?** If the story is also being determined by you, to you, then you now have a say in how you want to feel or not feel in regard to the story. *“My involvement in this story is that I see that I can feel any way I choose to about the story. I no longer need or want to be at the effect of the story, and since I can see the story in an “ownership” way, then I can give myself the power to decide what I want to do with the story.”*
- **What do you want to do with the original story?** Now the original story is also *your story* to do with what you want. *“I may not be able to change the original story, but I can always change my own version of how I am involved with the story. I can even re-write the story in my head to be something more pleasing and satisfying if I want to.”*
- **The difference between the original story and my own new version of the original story:** You can tell yourself a different version of any story as you see fit. Since the goal is to create a more pleasing relationship with the original challenging story, you get to choose how you want to see and experience the original story for yourself. You are essentially creating your own version of the original story to suit your own desire for more peaceful and graceful feelings. *“I am choosing to be at the effect only of **my version** of the original challenging story. I am consciously feeling my way through the original story by choosing how I want the story to show up and unfold. I can mentally create or feel my way around any story that I choose to.”*

Note: You are not ignoring, denying, or pretending anything else about the original story. The original story is simply what it is when you practice looking at it without the feelings and judgments attached. This work is about increasing your ability to monitor and manage your feelings and judgments to allow you greater ease and grace, especially around your more challenging stories. As you practice seeing the original story simply for what it is, your ability to add your own versions of feelings and judgments to a story gets easier too.

Here’s an example that utilizes the above points:

I’m walking with Olga and our two visiting training dogs, Loki and Bruno, along with our own trusted canine companion, Beckett. The five of us are walking

along our familiar route, on our familiar road, on a typical Tuesday morning. As I walk, I am looking both at the dog I'm in charge of, Loki, and at the lovely trees, vineyards and sky around us. I am aware of my feelings of peace, worry, some doubt about something vague, joy, and a high level of satisfaction.

Olga is silent during one part of our walk, so as I'm walking I begin to think about a recent phone call that made me feel doubtful about a business transaction, and I begin to imagine the story of my relationship with the client in that moment. In my mind I can see faces, expressions, decisions, choices being made and words that were spoken previously. I am aware now of feeling even more doubt and some additional worry. As I see this original story unfold in my mind, my feelings show up exactly in proportion with my story thoughts: I think of a doubting aspect in the story and I immediately feel that doubt. I think of something worrisome about the story and I feel worried. I am aware of how my story is affecting my feelings as I walk and look around and think and feel. I make a decision right then to communicate effectively with the client when I return home, in order to move forward past my worry and doubt, on purpose, while I walk. This new version of the original story makes me smile and allows me to let go of the original story and move right into my new story of function and resolve regarding my client.

Now, as we are walking our dogs together, Olga begins telling me a story. As she is speaking, I already know that whatever leaves her mouth is part of *her* story and may have nothing to do with me. I also already know that just because she's *telling me* her story, doesn't turn her story *into my story*, unless I allow it to become my story. This clarity around whose story it is will serve me in how I react to Olga's current story as we walk. As she continues her story, I am now aware of her own feelings and judgments around her story. I can see the feelings play out on her face and in the tone of her voice. I am also aware of how I too am judging and feeling about her story. All of this is going on automatically in my mind and in any considerations I may have, as we keep walking and talking, all while training the dogs on leash beside us. As I gently continue to hear her story, I am also easily managing my own feelings around her story, quietly and to myself.

Example Note: It's easier to have my experience of Olga's story, no matter what her story is, when I'm clear on whose story it is and how each of us is feeling and judging the story. I am also generally much more interested in our stories because we are now consciously in relationship with each other's stories, judgments, and feelings. This kind of mutually conscious feeling, judgment, and story awareness plays out gracefully and delightfully between Olga and me, and often leads to mutually improved feelings in general.

- ❖ In your Journal, write about something you do regularly, either alone or with someone else, which shows up as a challenging story for you. It could

be anything like being late too often when you carpool with a co-worker or how you hate waking up on Mondays. Write down how your challenging story feels to you, and then consider how you want the story to show up and how you would shift your feelings and judgments to have the story feel differently for you. What can you do with your feelings and judgments to have the story become less challenging? Sometimes all it takes is a small shift in your judgments to produce an entirely different feeling around the original story. There are no right answers here, you get to make up your feelings, judgments, and even your stories as you wish, in accordance to what would bring you more ease and grace.

Can you begin to feel how much fun it is to play with your feelings, judgments, and stories? Is it possible to have more 'fun' when you're dealing with the challenging feelings, judgments and stories? What does it look like to have something truly challenging remain challenging but also feel like fun and be adventurous?

You have more power around the story when you see yourself as part of the story. Even if the story is happening "over there" somewhere away from you, by seeing how you are connected to a story just by thinking about it, immediately puts you in the driver's seat as to how that story plays out for you. You get to make up your own mind about what the story is and even how it will play out, at least as far as you're concerned.

Any story that you become aware of is now essentially your own story. No matter what anyone else is doing or saying regarding the story, you also get to do, think, or say anything you want to in regards to the story:

How do you really want the stories around you to develop and take place? Since it is possible for you to now co-create alongside any story, what kinds of stories do you prefer to have in your life? What do your preferred stories look like and feel like? What kind of story helps to ease your struggle around the challenging aspects of your life? What is your favorite kind of story?

Becoming part of the story is a wonderful aspect when viewed from the powerful perspective that being part of any story offers us that much more choice in how we move forward in determining both our feelings and our stories. The myriad of interconnected stories taking place all day, every day, provides us all with an incredible and endless opportunity to decide how we intentionally want to play together in our various stories. And even though there are sometimes very challenging stories and feelings that come into the overall play, **the work of Feel-Free is about making conscious choices towards greater understanding and acceptance of all your feelings, all your stories and all**

your judgments. It is within this acceptance of yourself with your feelings, judgments, and stories, that you will find more comfort, ease and grace during your play.



Determine For Yourself What the Story Is:

We live in extraordinary times – times that demand not just our attention to self, but our awareness of and attention to our individual power to make stuff up for ourselves. We all have the power to mentally conjure up all kinds of fantastical stuff and we all have the *audacity to consider that stuff to be real*. This kind of audacity can be a wonderful tool to work with.

There are two different **base realities** that are always in simultaneous play together: the **inside-of-you** reality and the **outside-of-you** reality. Each, obviously, influences the other: *what I think (inside-of-me) shows itself in the world around me and what I see in the world around me (outside-of-me) influences what I'm thinking about and how I feel*. Your practice of being mindful of the inside-of-you reality allows you to specifically manage it towards your own likings and towards your own determinations.

- ❖ In your Journal, take note of any feelings you have around the fact that the stories are always happening, with some beginning while others are ending, and with some of the stories existing outside-of-you over there and some of them happening inside-of-you right here. What does it look like to be part of your current story? How do your current stories make you feel? Is there a challenging story currently in play that you'd like to shift the dynamics of? If so, how specifically would you like to shift your feelings and judgments of that story? What kinds of shifts would give you the most relief, calm, or delight around that story?

By consciously choosing what the story looks like in a “you can make it up” kind of way, you are automatically asserting your own ability to make up the present story into a story that is more pleasing to you. I'm not suggesting that you try to change the actual story or deny that the original story is in play. The story, outside of your considerations, can simply be what it is. However, by taking ownership of exactly how *you wish* the story to continue around you and in your mind, you can also make clear determinations as to how the story proceeds and concludes, at least as far as *your choices* are concerned.



Most stories will change as you shift your feelings and judgments of the story:

Time is your friend with these Feel-Free Processes and Exercises. It takes time to have a story develop, take place, and then conclude. You are making conscious choices about how you want to feel about and judge a story *within the time span of that story taking place*. Since you are an intelligent and creative being, you get to create beyond simple choices of yes or no and good or bad – you get to choose what your version of any story is while also respecting the original story in play.

EXERCISE THREE: Make the Story Up to Please Yourself

In **Exercise Two**, you practiced embracing your natural connection to and involvement with the various stories around you. You started to consider what you wanted to do with your part in the story, from a place of ownership of the story which gives you the power to shift aspects of your feelings and judgments around the story.

Now in this **Exercise Three** you get to consciously choose how the actual story is playing out and even direct where that story will go:

- **“I see the actual story and I respect the truth of it and now I wish to shift my personal experience of the story while it is in play.** I can think of and determine any story in any way that I choose to, simply by consciously considering how I want to feel around the story. I am also aware of the kinds of stories that challenge me and of the specific feelings these challenging stories bring to me.”
 - ❖ In your Journal you can write out some of your own examples of challenging stories and the feelings they bring. You want to become more and more familiar with your own challenges so you can better focus on what your feelings are and how you’d like them to shift or change in relationship to any given story you have. Writing will help you see what’s currently in play and help you to imagine what you’d rather be playing with, regarding both the story and how you feel about the story.
- **“I am aware of my reactions around this challenging kind of story and I want to face these reactions and then determine how I’d rather react and what the story would need to look and feel like in order to have my new feelings take place.”** Begin by stating your feelings around the actual story, for example: “This story feels **scary** (*my challenging feeling*) and I am not questioning what the actual story is or why it’s being told. Now I can make a conscious choice to see the story in a way that is more pleasing to me personally and in turn, I can see it a little more objectively. I am consciously choosing to shift my own reaction to the story

by seeing the story exactly as *I want to*, and not necessarily the same as how others may see it... The story is already beginning to feel less **scary** and **more reasonable** to me. I can breathe into this story and as my **fear** continues to shift, I can **breathe easier** and feel **more confident** in now knowing **what I really want** to do regarding the story... I no longer want to be at the effect of the challenging story so I am choosing specifically how I want to approach, hold onto, or even let go of any story that is playing out in my life.”

- **“This story will now play out directly in accordance to how I think it will, at least as far as I’m personally concerned.** How do I want this story to go? What can I gain from or lose from the existence of this story? How is this story affecting me and how can I affect it? I am the one determining what the story is and how the story will continue or not continue to evolve. I have complete power over my interaction with any story that shows up in my life. Now I can actually create a new and improved direction for the story to go in, just by consciously thinking differently about the story. I get to make it all up for myself first, and then consider how the story may play out for others second. This story is now, for all intents and purposes, my own story that will play out the way I specifically see it playing out.”

By looking deeply at your own involvement with and around a given story, and writing out your feeling-truths in your journal, you are automatically setting yourself up to take responsibility and to co-create your new story right alongside the actual story. Remember, you are not denying or negating the actual story, but you are determining solely for yourself how you want to feel about the story, and then potentially how you want the actual story to evolve based on your conscious choices around how you want to feel.

Your ability as a free feeling being that gets to make up your own reality, and base it solely on your own choices about your feelings, stories and judgments, is at the heart of these Feel-Free Processes and Exercises. This ability can be easily increased with practice and makes up what is truly magical about you and the shared experiences you have with everyone else on this beautifully abundant planet.



Letting Go of the Story:

Since stories are always in play and based on our joint realities with one another and there's no way to stop them from taking place, it becomes important to recognize a story's lifespan. The majority of stories come and go relatively quickly, for example:

- "Will you please feed the dog at 6pm each night?"
- "Yes I will – no problem."

End of story.

Other stories happen and then seem to take on lives of their own, hanging out past their prime importance and sort of shifting and morphing into new stories over time, as you consider and then reconsider the story over and over again:

- "She told me that I couldn't do that thing anymore, but I'm still going to do it because I don't like her telling me what to do."
- "I caught him doing that thing again and this time I got really angry at him."
- "She got really angry at me and she's just so controlling about that thing, so now I think I better tell my friend about it so I can get another opinion."
- "I can't believe you told your friend about that thing between us because now he's going to think poorly of me."
- "I can't believe she's now also mad at me for telling my friend about that thing. Doesn't she know that he doesn't care that much and that I just wanted his opinion?" Etc.

As in the example above, some stories can seemingly go on and on, continuously shifting into new additional stories that now include other people like friends and what they may be thinking and feeling about your story. With these kinds of ongoing stories, it becomes harder to determine when they will end, or how long of a lifespan they'll have.

So with what we now know and understand about our involvement in a given story, we can choose to both shift the story for ourselves (as you did in Exercise Three) or we can let the story go completely and therefore watch it end. Remember, since you are always part of any story that you happen to be aware of at any given time, you can then take your part of the story and recreate it any way you want.

In the example of the ongoing story above, you can let go of that story about 'her telling you that you couldn't do that thing anymore' by consciously deciding: "Even though she is telling me what to do, I can check in with her about how she feels about the story of me not doing that thing, and then choose to work with her to end the potential argument and get to the heart of what's bugging her around me doing that thing." So, in this example, not only have you shifted the story as it is in play – both of you have also chosen where the story will go and how it will end.

There is nothing stopping you from making these kinds of determinations regarding your own involvement in any story, even if someone else keeps the original story going. Once you truly let the story go, you no longer play a part in the story. The story may still

continue without you and is going to be whatever the story will be, only now it's continuing outside of your involvement with it. Meanwhile, you get to move forward, determine what you want to happen next without involving the previous story, and then simply begin to engage with whatever shows up next.

EXERCISE FOUR: Letting Go of the Story When You Are Done

To successfully let go of a story, you must recognize, as fully as you can, what part you are personally playing in the story, as well as how the story makes you feel. Since most stories have a natural lifespan of their own, most stories don't need you to do anything with them. But when you are engaged in a particularly challenging story that is causing you to feel in a way that you'd like to shift, you can begin the exiting process by owning your part in the story, checking in with yourself as to how you are feeling about the story, and then by consciously allowing yourself to disengage from the story:

- **“This story is not a good one for me and is creating feelings that I'd rather not have.** I know that I can think of and determine any story in any way that I choose to, simply by consciously considering how I want to feel around the story. In this case however, I want to let go of the story because it no longer serves me at all. I may feel a little guilty by stating my intention to let this story go, but I am still going to let it go.”
- **“I need to remember why I am letting go of this story and allow myself the freedom that will come once I step away from it.** There is nothing wrong with my choice to let go of this story since it is essentially my story now, and I can do with it whatever I choose. No one else need even be aware that I am letting it go, as it is my business, my choice, and my story. I therefore get to let it go as a testament to my own ability to move on from this story and engage in a new story that feels so much better than this one.”
- **“Some stories are difficult to let go of because of the weight of how they make me feel.** I need to remember that sometimes it can be tough to give myself permission to truly let go of a challenging story. In these times, I will encourage myself throughout the letting go process to keep at it – but be careful not to judge myself too harshly in the face of the challenging story. I know and accept that sometimes I'll need to let the story go *over and over again* until it's really gone. I will be patient with myself and persistent in my desire to move on to an entirely different story.”
- **“In my commitment to let the story go, I'll consciously put the story out of my mind.** Since I know that stories are always coming and going, I can also trust that this story I am letting go of will not be the last story I ever encounter. It is always okay to either adopt or let go of any story I choose. In fact, I may also choose to consciously replace the story I'm letting go of with a new story that feels infinitely better, simply as a way to

reinforce my ability to put the old story out of my mind and keep it out. As in all the Feel-Free Exercises, I am practicing being aware of how I feel first, and then to consider what the story or judgment is second, so I can be clear about what path I wish to take regarding both the story and my judgments. It is entirely up to me to make these determinations and to benefit directly from my efforts.”

- ❖ Use your Journal writing to focus on a challenging story that you are ready to let go of. Write out what your feelings and judgments are around this story. Think about how you want to shift this story in order to move past it and let it go and write a description of that ‘shift.’ You want to focus on looking directly at the space that your challenging story resides in, and then try to see that story-space as completely empty. Notice and write down what your immediate feelings are as you see this new empty space in your mind. Breathe in, breathe out.
- ❖ Notice any self-critical judgments that arise, such as, “I’m not allowed to let go of this story,” or “If I let this story go completely then someone will hate me and then I’ll have to deal with that new story of having someone upset with me.” Look carefully at any of your doubtful or fearful scenarios that may arise around the fact of you truly letting go of the story. These are *your* doubts and fears, and by owning them you have the option to keep them or to let them go.
- ❖ Now consider letting go of these self-judgments completely. Consider what it feels like to consciously stop making the self-judgments and to not create a new or continuing story in place of the one you’re letting go of. Can you feel the ease that comes when you decide to stop judging yourself in regards to your challenging stories? Can you see how this interruption in creating judgments also aids you in letting go of the story completely?

During your practice, take a look at how much of your stories are made up primarily in your mind. **Look at your ownership of your stories and embrace this ownership for yourself.** We tend to see stories as these events that happen outside of us, but which we also internalize and then have to deal with. By bringing your stories closer to you and into a kind of ownership, you have the opportunity to completely and truly shift your feeling dynamics that are in relationship with the story. It’s much easier when you consider any challenging story that you are aware of to be your story, rather than it being someone else’s story, happening outside of you and outside of your control.

We all have the ability to both make our stories up and to un-make the same stories, as we choose and whenever we want. Our ability to take any story “out there” and so easily

make it “my story here inside of me,” also gives each of us the opportunity to be responsible for how our stories develop and play out for us, as well as being naturally mindful of how others are responding to the same story.

When you consider that you and everyone else have stories playing out simultaneously, with some of the myriad stories intertwining, you can easily see how important it is to first and foremost have a firm grasp on your own involvement in your stories. As you increase your ability to be comfortable with your stories, you are able to better respond and react to any other stories that may come into play with you.

This work around seeing and determining how you want to interact with your stories requires patience, practice, and more patience and more practice. Take your time while trying to assess your stories and be easy with yourself. Use your journal to help you see and identify what your stories are and the feelings you have around your stories. This takes a fair amount of energy and concentration, so give yourself the time and patience to grasp your own stories and feelings. The more patient and calm you are in defining your feelings, judgments and stories, the easier and more graceful this practice becomes.



Focusing on the Feeling Helps Neutralize the Story:

By practicing separating your feelings from the stories, you are simplifying your whole job of just being with and accepting your feelings at hand. When you focus just on the feelings, you are consciously making it so much easier for the feelings to simply come, be experienced for only as long as necessary, and then to go, which in turn creates space for the next feeling to show up in. The surrounding stories can then be effectively neutralized in their relationship to how you feel. In other words, the stories simply show up as relatively neutral stories, with you determining what the feeling and judgment is around the story, and then how you want to manage and work with the story as time passes. There is tremendous power in knowing, understanding, and working with your feelings apart from the stories that surround them.

Remember, it is mostly you who is at the effect of your feelings, judgments and stories, and only you can practice these Processes and Exercises to help you gain greater ease, grace, and acceptance of how you feel and what is really happening to you. By taking responsibility for your feelings, judgments and stories, you are automatically increasing your own ability to have, be with, or let go of any story at any time and for any reason you want.

- ✓ **This is really fantastic:** Now that you know more about how your feelings and judgments can and do affect the corresponding story, you can consciously approach the story with your **newly chosen feelings** and then watch the story automatically shift to align with those new chosen feelings. One of the great benefits here is the thrill of deciding how you want to feel regardless of the surrounding story, and then being able to watch the story shift as you consciously choose your next feeling.

All the Processes of Feel-Free are best accomplished when you are clear about the difference between your feelings and the stories you create or that happen around your feelings. Just like your feelings, your stories are constant and endless and there's nothing necessarily wrong or right about them when viewed apart from your judgments and resulting feelings about them. By using your ability to peel away your feelings from your stories, you are creating a space between your feelings and the corresponding story. In that space there is room for you to make your own choices which will directly affect your feelings as well as the story.



The Feel-Free Processes and Exercises encourage everyone to look a little deeper at how they are feeling and how they want to feel, in order to better accept all their feelings, which brings more ease and grace, one feeling at a time.

If you have any questions or comments regarding **Feel-Free Process Two**, please utilize our [Questions, Comments and Testimonials Form HERE](#).