



Something is

A tool based on the Radical emotional acceptance approach popularized by Dr. Tara Brach. This soft, feminine tool focuses on mindfulness, acceptance, and compassion. It can help us recognize and honor our emotions. That is especially true in difficult situations when we are inclined to push our emotions away.

By downloading and/or using the free tool "Something is" you agree to understand that the tool is provided for general informational and educational purposes only and is in no way a substitute for professional advice.

Context

We often feel the "something is" before acknowledging it in the brain's rational part. But when we sense something is ... wrong, weird, bad, or not right, etc., we can stop and observe.

Please read the full text first and then complete the exercise.

You can do the exercise as a meditation or approach it any way that feels safe. You can draw, sing, talk, write, etc. There are no right or wrong answers. Anything works.

Let's go.

Feel free to close your eyes and immerse yourself in your "something is."

Focus on your BREATH and meet your "Something." It could be a feeling, a situation, a person, or a story you keep telling yourself.

Here are some questions that could help you in the process of UNDERSTANDING what "Something" is:

- Can you describe it? What is it? A feeling? A situation? A story on repeat?
- Can you feel it? What do you feel? Where is it located?
- Can you visualize it? What does it look like? What color is it?
- Can you vocalize it? How does it sound? Does it talk? What is it saying?

If you want to write down your thoughts, feel free to use the blank page at the end.

Context

Now that you know what the "Something" is, approach it with CURIOSITY.

- Why is it there? What is its purpose? What can it teach you?
- What would you lose if it wouldn't be there?

You can also visualize this "Something" and converse with it. Often in these conversations, we uncover a shield, a coping mechanism, something that is trying to prevent us from getting hurt.

Even though feelings, situations, and experiences can sometimes be uncomfortable, they are usually filled with knowledge that can help foster COMPASSION towards yourself.

- Can you acknowledge that what you're feeling is true to you? It has no value. It just is.
- How can you offer comfort to yourself now?
- How can I be gentle with myself as I move through this experience?
- Where can I find support when I need it?
- What can I do to bring more self-care to this experience?

Armed with new knowledge and understanding, it's time to THANK your "Something".

- What new knowledge have you gained?
- What can you be grateful for?

Finish this session with a few deep breaths and a few moments of stillness.

Something is...

Date:

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