



Connection Is, LLC

For Creating the Life of Your Dreams
Connection Is All There Is

Feelings List

Self-Connect to Your Feelings Anywhere

This exercise is intended for your good. If you do not want to do it or do not feel safe doing it, stop immediately and take action to keep yourself safe. You are unique and no single self-connection method works best for every person.

1. Take a break from other activities and people, and find something to write with—a scrap of paper, pen/pencil, phone app, computer.
2. Take a good, deep breath.
3. Start by identifying any physical sensations you're having in your body. Write them down, in brief.
4. Next, identify any feelings or emotions you are having. Write them down by name, one at a time. The feelings don't need to agree with each other. Be as honest as you can—this list will not be judged.
5. When you have finished, take another breath and read the list back to yourself. Breathe again.
6. Ask yourself how you feel about having the feelings. Write those feelings down too.
7. Read the list again while breathing.
8. **Do the “Triple A” Exercise. Say to each feeling:**
 - **“I am aware of you.”**
 - **“I acknowledge and accept you are here to help me.”**
 - **“I allow this feeling.”**
9. Remember that you don't need to understand HOW the feelings will help you. If you find this part a challenge, see if you can think of your feelings as helpers (with little minds and faces even!) whom you don't fully understand, and appreciate their intent. If you're not beginning to relax, you could go back up to #2 and look for a few more feelings that may be hiding.
10. Take a few more breaths.
11. When you are calm and feel finished, throw away the list and resume your activities.

If you are in crisis or believe you are in danger, please contact your local police department, in the USA by dialing 911, or go to your local hospital emergency department. If you do not have access to local crisis services or do not wish to use them, in the USA the National Suicide Prevention Lifeline may be called at 1-800-273-8255. Text 'help' to 741741 for crisis text services. [suicidepreventionlifeline.org](https://www.suicidepreventionlifeline.org) offers chat service, including services for the deaf and hard of hearing.

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