

Riding the Wave, Not Fighting It

Practice letting a strong feeling rise and pass without fighting it or acting on it.

WHEN TO USE THIS

Use this when a feeling is building and you want to get through it without making it worse.

Feelings move like waves. They build, they peak, and they come down. You do not have to stop a wave to get through it.

What is the feeling doing right now - building, peaking, or starting to drop?

How strong is it right now?

0	1	2	3	4	5	6	7	8	9	10
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Barely there

As big as it gets

What will you do for the next ten minutes while it passes?

Something small: sit down, hold something cold, walk to the door and back.

Ten minutes later - where is the wave now?

You did not have to fight it. You waited, and it moved.