



Emotional Response–Ability

Key Skills for Creating Healthy Relationships

The 3 Components of Emotional Response-Ability

- 1. Containment & Tolerance**
- 2. Re-Source & Reflection (not Retaliate)**
- 3. Conscious Hearted Communication**

1. Containment & Tolerance

Containment

**Instead of Reacting to a tuff situation, Pause,
Contain your Feelings.**

Don't Stuff, bury, or numb your feelings.

**Remember, Re- Sourcing, Reflection, & healthy, timely, Emotionally
Response-Able Communication are what makes the difference between
burying your feelings (which causes dis-ease) & Containment**

**Remember - when you numb,
you don't get to feel the uplifted feelings either.**

Breathe

**With your Consciousness & Compassion
Contain and Feel your feelings.**

**Allow the messages of your feelings and sensations
to speak to you without reacting from them
~ just witness yourself.**



Emotional Tolerance

Develop Emotional Tolerance

It's like a muscle you develop.

**Feelings can be scary but the truth is feelings won't kill us.
The emotions intensify when we make them mean something.**

**Learn to get comfortable in the Unknown.
Learn to be with the feeling.**

**We can develop Emotional Tolerance for our own Emotions & we
can develop Emotional Tolerance for other peoples' Emotions.**

**Practice with the inner witness. Ask yourself: Am I with myself?
Keep returning to yourself. Witness your feelings & those of others
from your center, from a place of compassion. As soon as you use
your attention to witness yourself and your intention to call upon
calm and compassion, your brain and body chemistry will start to
change.**

**If the feelings & sensations are super intense, very
challenging to contain,**

**Pause, Breath,
Take a Time Out, Use Resourcing Practices
(See next Section)**

Don't React - Prepare to Respond

with the help of Resource & Reflection



2. Re-Source & Reflection

(Not React & Retaliate)

Re-Source

Resourcing is the ability to use internal and external resources to achieve a relaxed and alert state of being.

It is a way of calming your nervous system, opening your senses, and supports clear thinking. There are internal and external resources.

When we are under the influence of stress hormones, experiencing various degrees of the fight, flight, or freeze responses, our cognitive thinking part of the brain (the frontal lobe) cannot function properly.

So, Calming is needed for real self awareness and healthy communication.

It's very helpful to practice Re-Sourcing as regular self care that is a foundation to life. This helps to build the energy and capacity for when life's challenges come into full swing and then to do the practices that work for you in times of crisis or overwhelm. Remember, any time is a good time to start.

There are countless ways to create and connect with re-sources within yourself and your life. Allow your imagination to open and tune in to what helps you to feel connected to Life, the Source of all Life, the Energy of Life that flows through all things; to become present with yourself and open to nourishment.

This is the essence of re-sourcing practices, to allow you to reconnect with your awareness and align with the natural energy, the ebb and flow, the expansion and contraction of the Sacred Breath of Life. Balance comes through the journey.

Re-Sourcing Practices - to name a few

Breathing Practices Meditation
Call upon Source Creator Great Mystery
Pray with Gratitude and Compassion
Go to the Water Go to the Trees
Ancestors Make an offering
Ask for & Receive Healing
Sing Dance Create Art Tone Ground
Walk Run especially in the Forest or by the Ocean
Walk in bare feet Take a Spirit Bath in Sacred Waters
Yoga Tai Chi Qi Gong Stretch Work out
Ceremony
Reach out to a friend for Connection - Co- Regulation
Smile ~ do things you enjoy. (not addictions or anxiety
binding behaviour)

It may help to think of Re-Sourcing as a form of connection;
Connecting with the light inside you that is your own
awareness, and choosing a form of nourishment to connect
with that responds to what you are feeling and needing. Re-
Sourcing is a key aspect of Emotional Responsibility and they are
both closely related with the idea of **self-regulation which is**
about the ability to tune into and manage your emotions,
thoughts, and behaviour in ways that create wellbeing, personal
growth, and healthy relationships.



2. Re-Source & Reflection

(Not React & Retaliate)

Reflection

Reflection can happen through calming the inner waters enough to see a clear reflection of yourself inside. To Self Reflect you need to become a grounded and clear observer of your internal experience and process; to be Re-Sourced and present with yourself.

We must be calm for the cognition part of the brain to function so that we can access logic, reason, intuition, and wisdom. The act of observing yourself is called Metacognition. From a Neurobiological perspective, as soon as you use your attention to witness yourself and your intention to call upon calm and compassion, your brain and body chemistry will start to change.

Self Reflection for Healthy Relations

In self reflection we practice self honesty.

Reflect internally on the Experience

**With Compassion & Acknowledge your Reactivity:
judgement, blame, attack, assumption**

Resist Retaliation.

**Don't reflect on how others are wrong and
how you can make them see that or get revenge.**

Instead,

Take 100% responsibility for your 50% of the relationship.

**You can only change you
and when you do there is always a ripple effect.**



Identify & Acknowledge Feelings & Needs (Universal Human Needs)

Remember, Feelings point to Needs

What are your Feelings in the situation?

What are your Needs in this situation?

**What are you sensing may be the other person's/peoples
Feelings & Needs in the situation?**

Remember not to make assumptions. When the time comes, showing empathy and checking in about what you are sensing can be connective and resolution of conflict can only come through connection.

Reflect on: How your Feelings relate to:

Past Wounds & Unhealthy Beliefs about yourself and the World

What do you fear is happening?

What do you fear this means about you? (Limiting Beliefs)

What is the Truth about you?

(Healthy Beliefs based on Love)

Recognize your defense strategies based on Fear.

What do you want to teach? (Love or Fear)

Take 100% responsibility for your 50% of the relationship.

What can I take responsibility for? What will I *not* take responsibility for? What would Love have me do?

3. Conscious Hearted Communication