

# THE NAMING TECHNIQUE

This exercise gives you complete permission to acknowledge how you're feeling without judgement. Naming your emotions, allows them to be heard, so you can start to move through them in a more resourceful way.

## THE PROCESS

- Set a timer for 5 minutes.
- Describe what you're feeling by naming the emotion and describing why you're feeling that way.

For example:

I'm feeling \_\_\_\_\_ because \_\_\_\_\_

- Express your feelings out loud, either to yourself or with another person who can hold a space for you as you speak.
- Once expressed, say "thank you" and take a deep breath.
- As you exhale, imagine the emotion leaving your body.
- Move on with the rest of your day and repeat as often as required.

## HERE'S AN EXAMPLE

"I'm feeling angry because all of my plans have been cancelled and I feel trapped, like I can't escape my life. I had so many plans and they've all been ruined. I feel like I work so hard to do good things and now it's all been destroyed."

## HELPFUL HINTS

- Speaking your feelings out loud allows you to be heard and acknowledged, which is powerful as we often coat our emotions in guilt and shame if they are left unexpressed.
- Don't hold back on what you're expressing or filter it, be completely honest with yourself and share the warts-n-all version. If you're not used to expressing your emotions, give yourself permission to start. Step by step.
- If you're working with another person, ask them to remain silent as you speak, so that there is room for your self expression - this isn't an opportunity for them to 'fix', this is an opportunity for you to be witnessed acknowledging how you're feeling. Being seen and heard is incredibly powerful.
- Release any judgement of whether what you're feeling is right or wrong - try to just trust what you are feeling as your truth.
- If you have difficulty identifying your emotions, there are lots of online resources that can give you names of emotions to help you. Alternatively, working with a coach or counsellor can assist you in developing this vocabulary.
- If you are not comfortable expressing your emotions, try describing the sensations in your body instead. Where you would name the emotion, name the sensation (eg: tension in my chest) and then describe the reasons.