

Practice of the week: Current Weather Report and Inquiry

- What**
- **Current Weather Report and Inquiry** - What is happening in my emotions right now?
- When**
- **Once over the course of the next week, whenever works**
- How**
- **Step 1.** Choose a partner - someone who you trust to listen to you for 5 minutes
 - **Step 2.** Get this person's agreement to listen without interrupting, without commenting and to honor confidentiality (that what is shared, stays between the two of you)
 - **Step 3.** Set a timer for 5 minutes.
 - **Step 4.** Start talking. What is happening in my emotions right now? You can say what's true in this moment or you can talk about emotions that are coming up around a particular event that you'd like to process. If you feel stuck, you can refer to the 5 keys to owning emotion: tune in, stay, name it, choose, and take action.
 - **Step 5.** Thank your partner and you offer to do the same for them.
- Duration**
- **5 minutes (minimum) - 10 if both people participate**

Five Keys to Owning Emotion**Tune in.**

Get present. By bringing our attention to the emotion, we acknowledge it and give it the space it needs.

Stay.

Trust ourselves to stay with our physical sensations that may be arising with the emotion. Conscious breathing, feeling the weight of our body and our feet can all be supportive.

Name it.

Name the emotion we are having: Fear, Anger, Sadness, Shame, Joy

The choice.

We begin to see that we have a choice with what to do with our emotions.

Take Action.

Take the action that is most aligned with how you want to show up.

***innerforce:** our deepest, most authentic self and the source of our vitality.*

The most important connection we have is the one we cultivate with ourselves.

Take time to connect with yourself every day.

