

Emotions: How to Get Out of My Head

- in addiction, auto-pilot
- anxiety, induced by beginning the recovery journey; the "go to" is always sex, food, etc, quick gratification
- addicts react in extreme measure
- in recovery, you feel the sting, but you catch the reactive emotion
- in recovery, mindfulness counters the emotions
- emotions affect (manifest themselves in) mind and body
- identify where your emotions sit in your body
- consider these emotions as a gift –acknowledge and accept the pain; it will dissipate
- emotion has the word "motion" in it -- there is movement (allow things to move on)
- obsess on negative—it's the only thing you know
- mask it when with others; but the support and care that could be available to you, won't be there, as you're giving others no signals to read
- "it doesn't matter, I don't deserve love anyway"
- my upbringing was devoid of emotions
- denial, confusion, dismissive
- parents never had the tools to deal with emotions, so when faced with their child's emotions, they had nothing to offer – and so they shut down
- I felt it was wrong to have emotions, so I lived without them – never recognized them
- medication can dull / flatten my emotions – and if I don't feel them, I'll never learn how to experience and deal with them
- never dealing with emotions -- never growing / benefiting from the relief and insight that can be gained
- make decisions based on emotions—but do I own these decisions? Do I respect them? Do I understand them? Do I accept responsibility for them?