**Emotional Awareness Exercise**

Close your eyes and get settled in your chair. For a moment now, turn your attention to yourself in the room. Picture the room — imagine what the room looks like, what is in the room, where the furniture is laid out. Now picture yourself sitting inside the room and exactly where you are. Notice how it feels to be sitting in the chair. Begin to observe how your body feels, and any sensations that are there. Notice any physical reactions you may be having in this moment. Pause for a moment, and just allow yourself to observe your physical sensations.

Slowly bring your attention to your own breathing. Notice yourself breathing in and breathing out. Focus on your breathing as it is happening right now, in this moment, using your breath to help anchor yourself to the present moment. Focus on the sensation of your breath entering your body, then leaving your body. Your breath is always with you, and your breathing is always happening in the here and now. Use your breath to remind you to pay attention and observe what is happening right now. Pause for a moment, and just allow yourself to notice your breath.

As you stay focused on your breath, bring your attention inward towards your own thoughts. Notice how your thoughts are constantly changing. Sometimes you think one way, sometimes you think another. Some thoughts just pass by, others may distract you, some of them may be hard to let go of. Simply notice what you’re thinking. If you notice yourself getting caught up in or carried away by a thought, just acknowledge it, without judgment, and gently try to bring your attention back to observing your thoughts as they occur, using your breath to help anchor you. Allow yourself to watch your thoughts for a few moments — and, as you do, notice how they come and go.

As you take note of these thoughts, start to shift and explore how you’re feeling. Emotions, just like thoughts, are constantly changing. Sometimes you feel love and sometimes hatred, sometimes calm and then tense, joyful — sorrowful, happy — sad. Sometimes emotions come in waves, sometimes they linger; sometimes they are brought on by certain thoughts, other times they seem to come out of nowhere. Simply acknowledge how you’re feeling in this very moment. Allow yourself to observe your emotions, without judgment. Notice how they ebb and flow. Pause for a moment, and just allow yourself to observe your emotions.

Continuing to use your breath to anchor you, begin to take note of your entire experience — how your body feels, what you are thinking, what emotions you are experiencing. If you notice that you are trying to change your experience in some way, take note of that, and gently guide yourself back to your experience. Notice whatever you’re experiencing in this very moment.

Using your breath to anchor you, allow your awareness to shift so you can take in what’s going on around you. Notice the temperature of the room. Notice any sounds occurring outside the room. Notice any sounds occurring inside the room.