

(Add this section to the “Dear_(Emotion)” letters),

... I am curious, is there something or someone underneath this emotion?

Is there something else that has happened to cause this emotion to be so strong in me?

Is there another part of me deep inside that is also upset?

I breathe in slowly and deeply, listening...
I let it out slowly.

Who in me is so upset right now?
What words do you have to say to me?
What sounds?

I breathe deeply and slowly,
pausing and listening.
How old are you?

I breathe in slowly, pause and listen
and then let my breath out.

I see you, I hear you.
Welcome little one. I acknowledge you.

What happened to make you so upset little one?
I am here.

I will not abandon you.
I welcome you and your message.

**I breathe in deeply, pause and slowly let it out,
listening...**

**All of me, all of us is welcome here, right now.
We will get through this together,
one step at a time...
One breath at a time.**

**What do you have to show me little one?
I am open to you. I love you and accept you.
You are safe... here... now. I am here for you.**

**I promise to be gentle and compassionate
with all of me... all of us...
I breathe in slowly and let it out.**

I pause... and listen...

**I ask for help from God, Creator and the Angels,
please help us right now.**

**Help me with this young aspect of myself.
Help me to understand what they have to say.
Help me to be with them, hear them
and love them.**

**To accept them as they are
and to help us heal.**

**I try to feel compassion for myself,
for all the parts of myself
that are going through this.**

**But right now all I have to do is breathe...
Just breathe, stay here... in this moment...
in this now.**

**I don't need to run away or be scared.
There is nowhere to run to.**

**I just have to get through this moment.
These are just emotions and won't hurt me/us
or the young aspect of myself that is here now.
We are safe right here...
right now.**

**I take a deep breath in, pause and then let it out.
I stay in this moment... this now.
I breathe again.**

**I can go back to the beginning and re-read the
letter if I need to, or parts of it, if I want to.
It is ok.**

**It really is all ok... right now... In my not feeling ok.
I am safe, we are safe,
right now...**

**I just need to breathe.
We just need to breathe**

And just be.