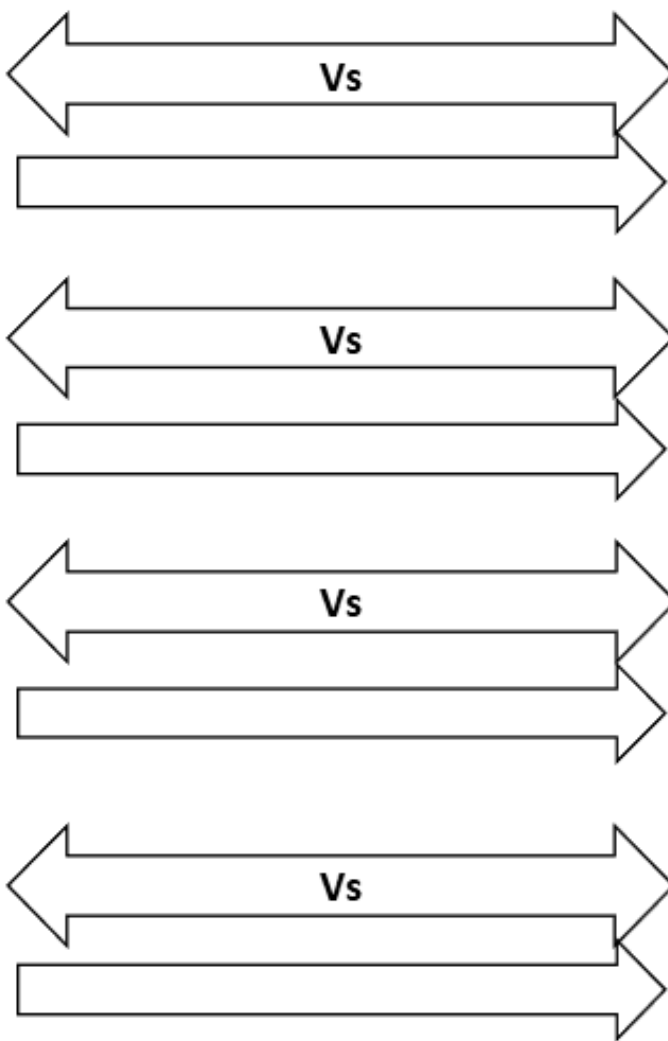


The 5 Steps to “Releasing” Emotions

Identify			
Dispute			
Detach			
Forgive			
Release			

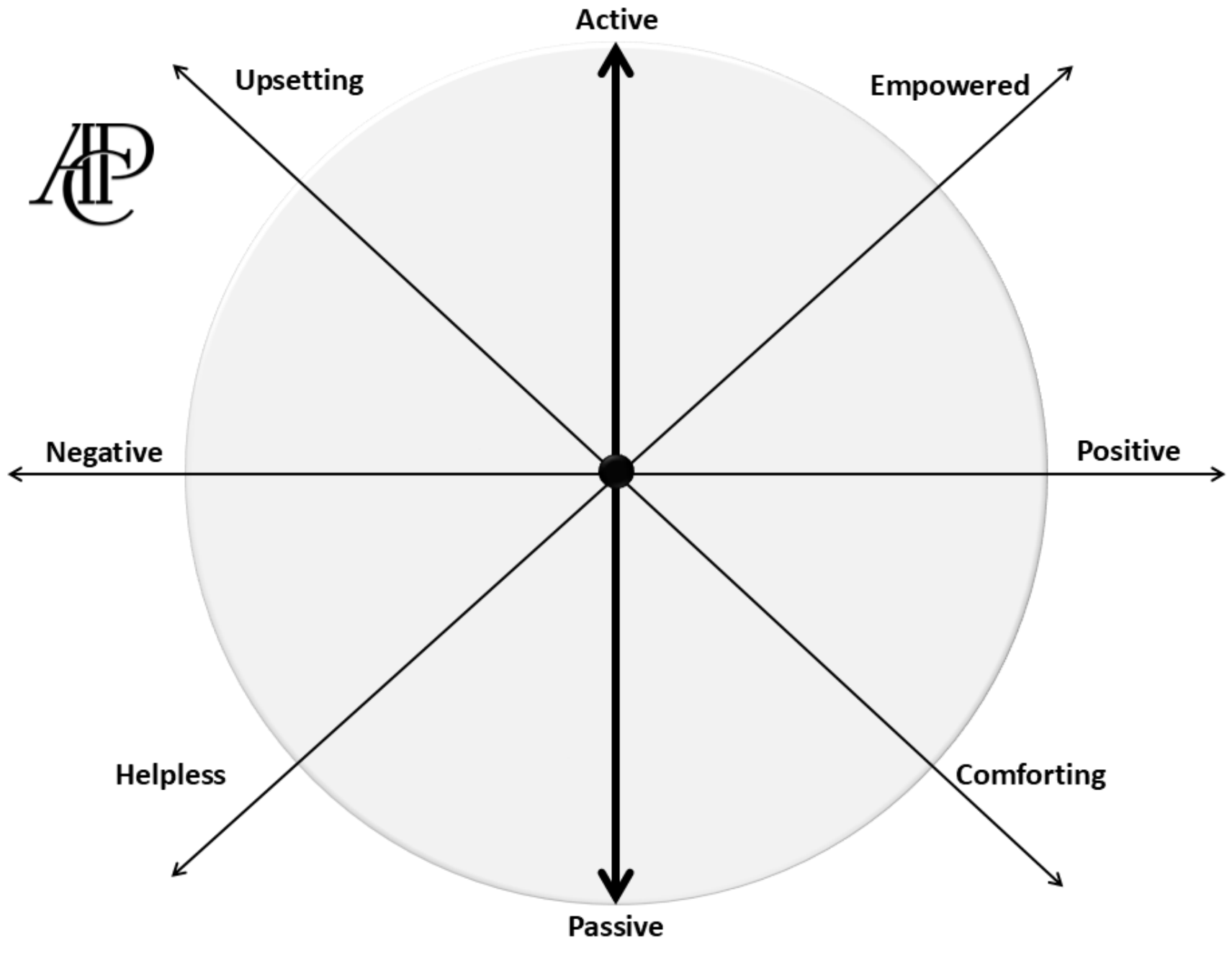
The PATH to adjusting our emotions!

Joy		X	1 2 3 4	=		
Interest		X	1 2 3 4	=		
Surprise		X	1 2 3 4	=		
Sadness		X	1 2 3 4	=		
Shame		X	1 2 3 4	=		
Fear		X	1 2 3 4	=		
Anger		X	1 2 3 4	=		
Contempt		X	1 2 3 4	=		



Joy		X	1 2 3 4	=	
Interest		X	1 2 3 4	=	
Surprise		X	1 2 3 4	=	
Sadness		X	1 2 3 4	=	
Shame		X	1 2 3 4	=	
Fear		X	1 2 3 4	=	
Anger		X	1 2 3 4	=	
Contempt		X	1 2 3 4	=	

ACP



Detaching from Our Emotions

--

**Name your emotions and
commit to feeling them without judgment.**

--

**Deep breathing, mindfulness, (yoga, meditation)
or sensory focus to anchor yourself in the present.**

--

**Limit time with overwhelming memories,
places, or conversations until you feel steadier.**

--

**Schedule moments for remembrance
and moments for engaging with daily life.**

--

**Shift from “I’ve lost everything” to
“I’m learning to carry this loss.”**

--

**Talk with trusted friends, counselors, or support
groups who can help you see beyond the pain.**

**My Ability
to Detach**

1	6
2	7
3	8
4	9
5	10

Total



Understand the Emotions



My Emotion	
-------------------	--

Why Am I Holding On?

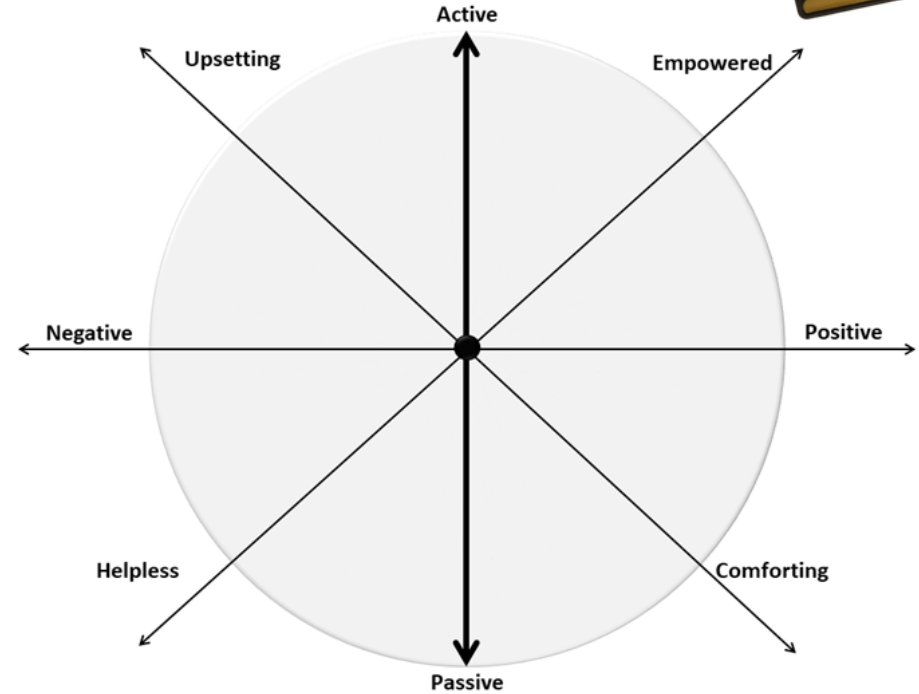
Someone Needs to "Pay"	Social/Cultural Expectations	
I Want To Honor Their Memory	I'm Afraid of the Unknown	
My Pain Protects Me	The Attention Feels Special	
Helping Me Or Hurting Me	What's the Real Reason?	Could I Choose Different?

Detaching From Emotions

Acknowledge Your Emotions	Use Grounding Techniques	Set Realistic Boundaries
Balance Feeling and Living	Reframe Your Thoughts	Seek Perspective

Who Do I Need to Forgive?

The Wrongdoer	Family Friends Professionals
The Universe	Myself



Seek Positivity	
Seek Activity	
Seek Comfort	
Seek Empowerment	
My Release Ritual	