

Touch, Accept, Release, Action (TARA)

1) Choose a situation that's pushing your emotional buttons. (causing upset, stress, anxiety, anger)

2) Touch (Identify the feelings related to the situation)

ANGRY: feeling unrecognized or unimportant

I feel angry that _____

I feel angry because _____

SAD: experiencing loss or relationship changing or ending

I feel sad that _____

I feel sad because _____

AFRAID: experiencing threat to safety or well-being.

I feel afraid because _____

I feel afraid that _____

GUILTY: out of integrity with self or NOT people pleasing

I feel guilty that _____

I feel guilty because _____

GLAD: finding one or more positive things about this situation

I feel glad that _____

3) Acceptance: Is it ok to feel this way? _____

4) Upset Scale: On scale of 0-10 (10 high) how upset are you?

5) Where in your body do you most experience the upset emotion?

6) Release: Take 10 breaths through nose and release out mouth.