

Rubber Band Ball – The Exercise

1. **Choose a topic** to help narrow your focus: (Examples: The argument I had with my partner, my situation at work, my fears about the future, etc)
2. **Complete the following sentences** either out loud or in writing, on your computer or another sheet of paper, until you have expressed all of your feelings in each category related to this topic.

I feel angry that _____ (example: nothing ever works out for me!) _____

I feel angry that _____ (example: no one understands me!) _____

I feel angry that _____

Complete the above sentence over and over until you feel your anger begin to transform into sadness. Then complete this sentence...

I feel sad that _____ (example: I've lost so much) _____

I feel sad that _____ (example: I'm so alone) _____

I feel sad that _____

Complete the above sentence over and over until you feel your sadness begin to transform into fear. Then complete this sentence...

I feel afraid that _____ (example: I'll never get what I need) _____

I feel afraid that _____ (example: something bad will happen) _____

I feel afraid that _____

Complete the above sentence over and over until you feel your fear begin to transform into remorse. Then complete this sentence...

I feel remorse that _____ (example: I said something hurtful) _____

I feel remorse that _____ (example: I didn't act fast enough) _____

I feel remorse that _____

3. **What's your part in this situation?** Your part is your power. Focusing on how you're contributing to the situation gets you in touch with the only thing you have control over; yourself. Is it an action you took or a choice you made? Maybe it's an unreasonable expectation you have of yourself or someone else. Perhaps there's a belief or judgment you're holding on to, or maybe it's a familiar pattern you're repeating. What is your most skillful leverage point in this situation? This can be tricky. Ask for help if needed.

4. **Create your empowering statement:** With the insights you've had while identifying your part, create a statement that summarizes the best expression of your power in this situation (examples: "I can learn to set boundaries for myself." "It's safe for me to accept myself as I am." "I can acknowledge myself for my progress.")
5. **Complete the following sentences** either out loud or in writing, feeling your feelings fully while taking the time to anchor these positive feelings in your body. Continue out loud, on your computer, or on another sheet of paper until you've expressed all of your feelings in each category related to this topic.

I feel grateful that ____ (example: I have the support I need) _____
I feel grateful that ____ (example: I have what I need in this moment) _____
I feel grateful that _____

Complete the above sentence over and over until you feel anchored in your feelings of gratitude. Then complete this sentence...

I feel happy that _____ (example: I can enjoy nature) _____
I feel happy that _____ (example: I have my pets to love and care for) _____
I feel happy that _____

Complete the above sentence over and over until you feel anchored in your feelings of happiness. Then complete this sentence...

I feel secure that _____ (example: my friends are here for me) _____
I feel secure that _____ (example: I know how to take care of myself) _____
I feel secure that _____

Complete the above sentence over and over until you feel anchored in your feelings of security. Then complete this sentence...

I feel proud that _____ (example: I did this exercise!) _____
I feel proud that _____ (example: I'm learning how to love myself) _____
I feel proud that _____

Complete the above sentence over and over until you feel anchored in your feelings of pride.

6. **Take a deep breath**, close your eyes, and sit in the glow of these emotions for as long as you need to. This anchors these feelings in your nervous system and makes it easier to access them in the future.