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Self-Connection

Opening the Channels of Feelings & Needs

To make 'Feelings & Needs' vocabulary accessible and available:

Take 10 minutes before going to sleep (or any other moment in the day that suits you better. Take a pen & paper and the Feelings/Needs lists (if you lost it, you can download it from my website):

Ask yourself- "How do I feel now at this moment, what is in my body?"

1) Feeling: Take the Feeling list. Look first at the 'family names' (the words in pink), and go into the details (words in black) of the territories that resonates with you now. Write down on a paper all the words that somehow resonate with you in your body (even if you don't understand why you feel this way). And then explore each feeling separately:

2) Observation: write in few words what stimulated this Feeling (it might be something that happened or will happen tomorrow). If nothing comes, jumps directly to the thoughts.

Thought: And mostly: what are the thoughts (including 'Celebrate your jackals') that are going on in your head behind this feeling? write these down.

3) Need: Look separately into 1-3 thoughts that resonates most in you now, and ask yourself- "what is the longing underneath this Feeling & Thought- what do I want so much/ What do I need?" Scan the Need list, until 1 or few need words touches you and move something in your somatic experience inside your body. 'Need' is when a certain word shifts something inside the body- that you taste it touches a certain core inside me as to what I long for sooooo much.

Then just 'sit' with this need for some 10-30 seconds, breath, take it in, feel your sensations in your body (might come some sadness (mourning), relieve, little opening in the chest, warm in the belly... see if images or memories comes to you and sit with these for a second..... welcome the sensations in the body...

and:

Go to another explore another feeling, or, go to sleep.

If you do this exercise every day for 2 weeks, you will experience how Feelings and Needs words start becoming more available to you, even in the heat of a conflict or situations you are getting triggered with.