



## **WHY BECOME AWARE OF FEELINGS?**

Why is it worthwhile to get in touch with feelings? Here are a few reasons given by other people:

1. Because what blocks me are such feelings as fear, guilt, embarrassment, shame, depression and self-criticism. Usually, I'm not even aware that what is blocking me are these feelings. I just know that life seems dull and uninteresting. But if I can get in touch with these feelings and deal with them, I find that my life becomes more satisfying and fulfilling.
2. Because feelings are the key to insight and self-understanding. Discovering my feelings helps me understand what's going on in my inner world.
3. Because I can understand other people better and empathize with them if I can get in touch with and respond from my own feelings.
4. Because it's easier to make decisions if I know what I feel. I don't have to operate from the level of "shoulds" and "oughts"; I can operate from the level of what I really want.
5. The more I'm aware of my feelings, the more grounded and centered I feel. I feel stronger and better able to stand my ground in the face of pressures, attacks and challenges.
6. If I can become aware of my feelings, I can learn that just because I have a feeling doesn't mean I have to act on it. I can think about my feelings and consciously decide what to do about them instead of just blindly reacting, like a machine.
7. If I tune in to myself and what I want, I no longer have to be compulsively tuned in to other people's expectations and demands.
8. If I'm aware of my feelings, and I'm able to express them, I find I can learn to give and accept genuine love and warmth.
9. If I'm aware of my feelings, I can find out how my relationships and communications get tangled up, and I can begin to disentangle them so everything is straight.
10. If I can live life on a feeling level, I find that life becomes more exciting, joyful and zestful.