

Feeling Good (it's not bad)

a Coaching Hour Class

led by Shannon Wilkinson, life coach for social entrepreneurs

What does *Feeling Good* mean anyway?

There can be a wide range of feelings associated with feeling good. It can be an energized, joyful and alive feeling. It can be a more calm, centered, safe feeling. It varies from person to person and in different situations.

The feeling good I'm talking about is that calm, safe feeling. A deep knowing of "okay-ness". A place of tranquility where you can be very present in the moment and let all the other emotions wash over that.

The essence of it is a core feeling that you're okay, even if you're feeling sad or angry or whatever other emotion comes up.

Contrast that with *Feeling Bad*.

Feeling Bad usually has a base of wanting to protect yourself, of feeling unsafe. You have some sense of a risk of adversity, of danger, of some need to protect yourself.

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It's often about having feelings about your feelings. Which is to say, thinking that you should be feeling differently than you are, that your emotions are somehow not acceptable. Guilt is a good indicator.

Feeling Bad is also recognized by extrapolating out beyond the current situation. Running worst case scenarios, over and over. Or simply a tape of something that has happened. Whenever you delve into the past or the future to accentuate whatever you're feeling.

The essence of *Feeling Bad* is feeling unsafe, at risk, in jeopardy.

What's the benefit of *Feeling Good*?

This is so important because when you know that at a deep level, you are okay, you can respond to just about any situation that comes up, and you can respond to yourself and others, with compassion. It creates space and allows you to be with whatever emotions come up, without all the other stuff getting in the way.

It allows you to experience things more fully and remain present with what's happening in the moment.

How to start *Feeling Good*.

Begin by getting in touch with that core feeling of calm, of okayness. The knowing that in this moment you are okay. And if you're reading this, listening to the audio, you are, in this moment right now, okay at the deepest level.

Keep coming back to this moment. Wherever you are, whatever is going on in the world, in this moment, now, you are okay.

Be sure to pay attention to what it feels like in your body. In your chest, your throat, your belly. Wherever you feel it. Notice what it's like for you.

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Take time every day, several times during the day, to get in touch with this feeling and become familiar with it. First of all, it's nice to experience, plus it will help you access the feeling when you are in more difficult circumstances.

This is what you'll turn to when things become difficult. It doesn't matter whether you are super excited and want to settle down a bit, or are experiencing sadness or anger and want to respond from a place of wholeness.

This isn't about boxing up and putting away whatever emotions you may be experiencing. It's about giving them space so you can feel them fully, unencumbered by other things. It brings compassion and kindness into the situation so that you can respond more fully to serve your needs and those of the people are around you.

It's like when you share an issue with a friend and they start giving you advice, but you're really only ready for some empathy.

Feelings about feelings are like premature advice. While *Feeling Good*, knowing you're okay, is like giving yourself empathy.

The key is bringing yourself back, as often as you need, to the present moment, the knowing that you're essentially safe and okay, and reminding yourself of how you'd like to be feeling.

It can be helpful to ask yourself if feeling bad will serve a greater purpose for you. Is it useful?

There will be times when you want to look into the future, or review the past, to plan or learn. And it's much more useful to do this from a place of feeling strong and capable and okay, rather than when you're feeling scared, worried or unsafe.

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1. Remind yourself you want to feel good.
2. Ask yourself if feeling bad is going to help things.
3. Remind yourself how you really want to be feeling.
4. Get in touch with that deep knowing that you're safe and okay in the moment.

Practice with situations from the past, and then imagine how it might be in a similar situation in the future. This helps the pattern encode in your unconscious mind, and makes it easier to do in situation where you find yourself *feeling bad* and want to *feel good*.

Listen to callers be guided through the process

The first caller finds herself on an emotional roller coaster during a job search, and wonders how to hold on to feeling good and being open to the possibilities when so many things are out of her control. (Starts at 19:45) Listen as she goes through the process and afterwards says, "...my mind has been completely blown by this."

The second caller notices that she has a difficult time holding onto feeling good when she finds herself in a situation with someone who isn't. In particular, she has an uncomfortable situation with a neighbor. (Starts at 38:25) Listen as she learns how to feel good with other people while they're feeling bad.

Please share this with a friend or two who may find it useful.

Take care and stay in touch.

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