

# spinning to reduce emotions

## When the feeling/emotion is strongest ...

1. Give it a number from 1-10
2. Find where that feeling is in your **body**
3. Ask yourself...  
“If this feeling had a **shape**, what shape would it be?”  
“If it had a **colour**, what colour would it be?”
4. Ask yourself...  
“If I could bring this feeling **out in front of me**, and it was **spinning**, what **direction** is it going?”
5. Now, when you spin it **faster**, does it make the feeling stronger or weaker?
6. **If weaker** – How fast would it need to go before the feeling disappears?  
I want you to do that - so fast it disappears.  
  
**If stronger** – Slow it back down to where it was before.  
Now slow it down even more until it's down to the next number (if you gave it an 8, slow until it's a 7).  
Continue until it goes down to 0 (just keep slowing it).
7. If you now let it **spin in the opposite direction**, what feeling do you notice now? It should be a **positive** emotion.  
And just enjoy that for a while.