

# HOW TO

(designed to be easy and quick)

1) Print pages 2-4 of this document.

2) Once all sheets have printed, take the pile and move it into the paper tray, without rotating or flipping it.

3) Print pages 5-7 of this document.

4) Trim the edges along the dotted line, without losing the order and orientation of the pages.

5)a) With the pile in front of you and the PREFACE in the top left corner...

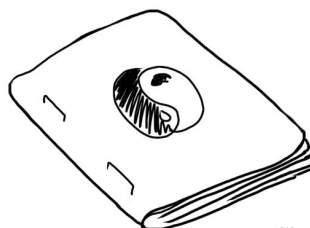
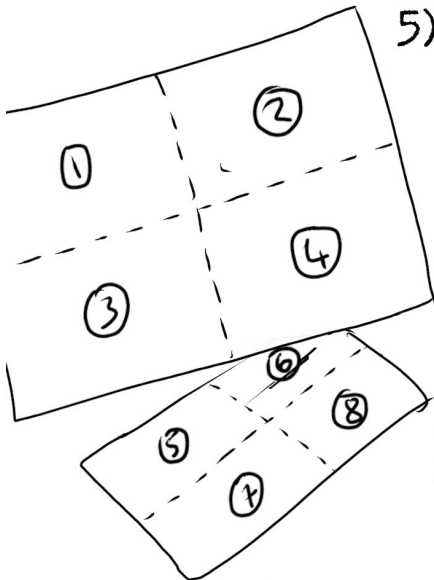
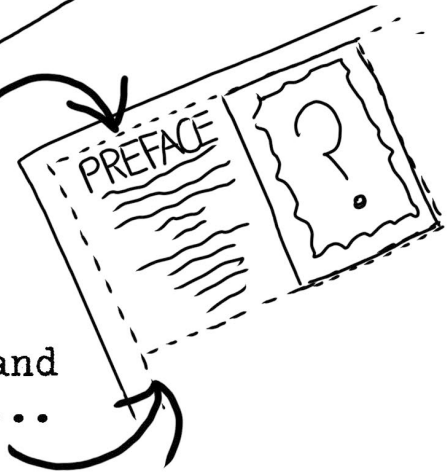
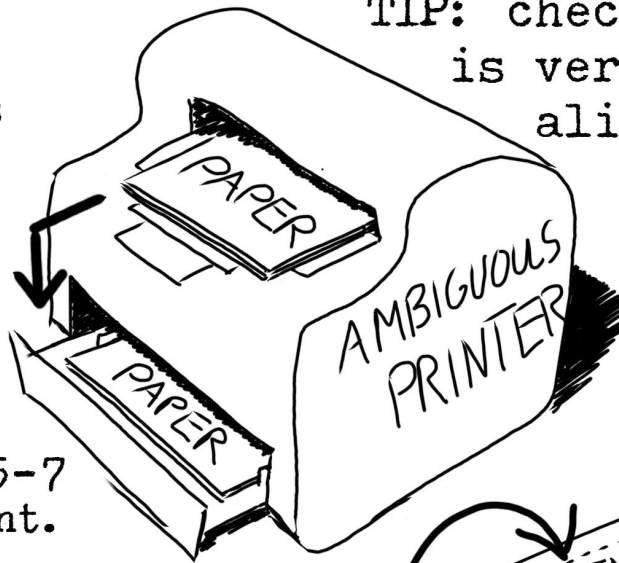
5)b) Cut the trimmed pages into 4 quarters following the dotted lines and edges of the pages...

5)c) As you cut them out, add each page on top of the pile. The order is:  
top-left, top-right,  
bottom-left, bottom right,  
next page, repeat.

6) Fold the pile in half, and staple/bind it in the centre, or at the edge.

TIP: if you lose the order, just refer to the online version!

TIP: check the paper is very centrally aligned in the paper tray.



..Finished! Or rather, just getting started...

## PREFACE:

This is not the thing.  
The thing is in you.

This is only a paper mirror.

Treat this as you feel to.

This has been designed as something you do, rather than something you read.

There is much between each page, a distance crossed by feeling and doing, not just thinking.

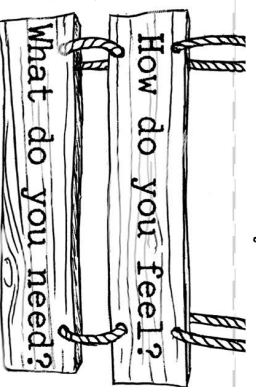
The more you put into this, the more you may get out of it.

Having something to write answers and musings is recommended; a notebook or journal you can come back to is ideal.

There is some space at the back.

Everything herein can be ignored, doubted, criticised, avoided, modified, or reproduced as you feel. Especially it should be, because it is definitely trying to brainwash you. All declarations ask not be mistaken for attempts at objective truth.

This is for you.  
Do with it what you will.



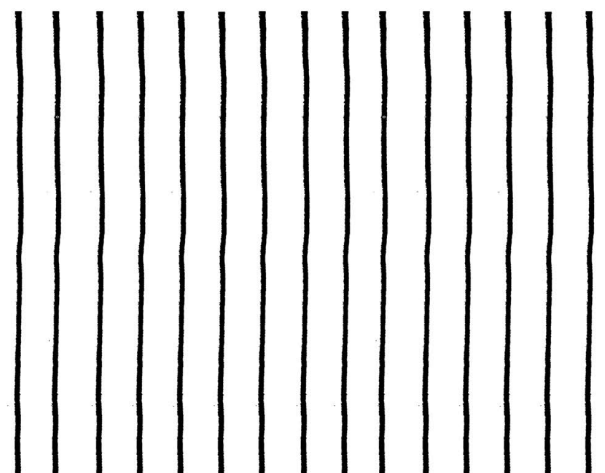
**FEEL = NEED**

HUNGER	⇒	FOOD
THIRST	⇒	WATER
COLD	⇒	WARMTH
LOW	⇒	LOVE
SHAME	⇒	SEEN
FEAR	⇒	SAFETY
TENSE	⇒	FREE

## Resolving Tension

Whatever happened, it only matters because of how we feel. We argue about what is 'right' or 'true' to validate our feelings.

We all perceive and interpret things differently. If we can accept that, and take mutual responsibility for our emotions, we can resolve the tension by talking it out and taking space.



So, how can we support each other?

The gift we can give to each other:

Being Seen



If someone has a problem with you, and you haven't broken any agreements, then they actually have a problem with how they feel.

But it works the other way around as well; if you have a problem with someone else...

Other people's actions can make us feel things, but the feeling only exists because we need something.

What have other people told you to feel/not feel?

What does the world around you say that you should feel/not feel?

What do your beliefs tell you to feel/not feel?

What do you tell yourself you should feel/not feel?

What do you judge yourself harshly for?

You can shame yourself for anything if you try hard enough. All you need is an idea of what you 'should' be.

No idea is more 'you' than how you feel. A feeling won't give way without being accepted, eventually the idea that's saying 'should' will.

Suggested Safety List

- to not be to judged or told be/not be/feel something
- to be heard and not interrupted
- to not be subjected to prejudice
- emotional responsibility
- ...

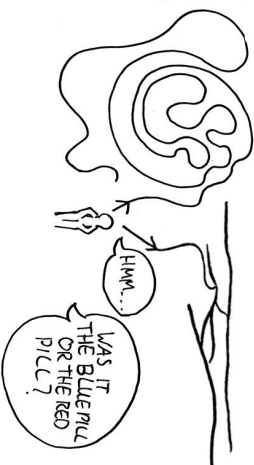
ONE OF THEM LIFE CHOICES...

Option 1.

'Things should be a certain way'  
Deny how you feel, and stay the same.

Option 2.

'I feel because I need something'  
Accept how you feel, and go somewhere.



In what moments do you feel safe?

Why do those make you feel safe?



So, how do you truly feel?



Take some time, not working, off screen; time to do nothing. See how you feel.

Feelings will out.

Some Other Stories:

I wanted change  
I was afraid  
I did it anyway  
I've moved on.

vol. 1

Part 1:  
I put others first to feel good  
I'm lonely and I don't know why.

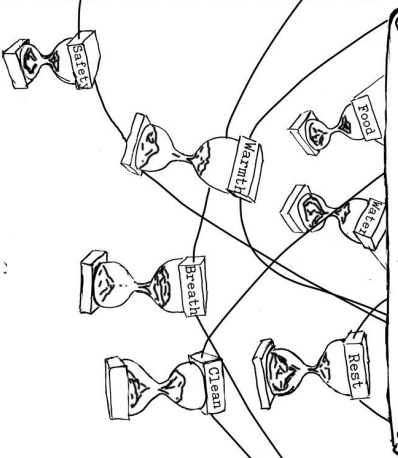
didn't think anyone else felt this way. I told my friends, they judged me.

I left them.  
I felt alone.  
I am not alone anymore.

Part 2:

I put myself first  
I give when I feel like I don't expect from other  
I trust.  
I am loved.

Have you met your basic needs?



Our bodies and how we feel are not so separate...

Talk to the people who love you, and ask them to accept you and how you feel without trying to change it.

Being allowed to feel it is vital. It's not a problem that needs to be fixed. It's just how you feel.

Afterwards, you can ask for advice if you want it.



# FREE WRITING

Pick a moment.  
How did you feel  
in that moment?  
Why did you feel  
that way?  
Did you express  
yourself?

Repeat for other  
moments as you feel.

Try writing down how  
you feel, moment by  
moment. There is no  
way to do this  
wrong, it doesn't even  
have to make sense.  
Trying to do it  
wrong can even help.  
Whatever you write  
is what you need to  
write.

Have you shared  
how you feel  
with anyone?



Each of us  
struggles so  
let's talk  
about it.  
Let's be honest  
with each other.

To get hold of an emotion,  
try making it real.

How do you  
express yourself?

Creative People to  
Practices: be honest

with: \_\_\_\_\_

What do you When do you  
love to do? feel like  
yourself?

How do you How do  
style you talk?  
yourself?

## Need: Feeling Safe

...is the space to feel whatever and be accepted.

(*having your basic needs met*)

...however you feel to define it - What does safety mean to you?

What makes you feel safe?

Friends

Hugs

...

Home



Those who mind don't matter; those who matter don't mind.

Don't Hang Around in Loveless Places

There is no wrong way to feel

Feeling is as natural as breathing. It is the only guide who knows who you are. It is the only reason anything matters. It is the only reason we do anything.

### QUESTION PAPER

What's bothering you?

What are you worried about?

What have you done that you feel good about?

What have you done that you feel bad about?

How does it feel to be you right now?

What's right in life? What's wrong?

What are you afraid of?

Listen closely, what does your heart tell you?

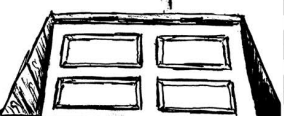
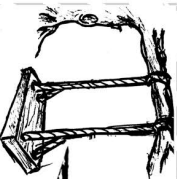
What do you need?

Your feelings are a consequence of you and your life experiences, but they are not your fault. They are not anyone else's fault.

They happen, and trying to stop them happening usually only makes things worse.

So, we need to take responsibility for them. Emotions are the responsibility of the person feeling them.

What spaces do you love?



What people do you love to be around?



Shame and 'Shoulds' are attempts to control how we feel.

That'd be ok, if they worked.

### INVESTIGATION:

Can you make yourself love someone? Can you just drop fear? Can you stop what you feel, without distracting yourself from it? Can you choose to feel differently than you do?

EVERYTHING YOU FEEL IS OK

(people who say this, truly care about you)

EVEN IF YOU DON'T FEEL OK, THAT THAT IS OK.



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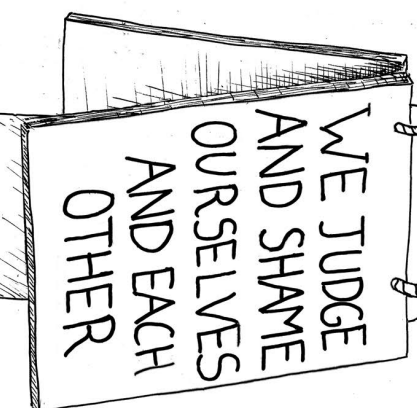
Hey, things can  
get pretty  
emotional, so  
I just wanted  
to take this  
page to say  
that what you  
feel - it's  
ok. I wholly  
accept it,  
and you.

...and yet, emotions  
are often unwelcome

Blaming other people or  
ourselves implies that  
we shouldn't feel the  
feeling, as we attempt  
to escape/control it.

By taking  
responsibility for how  
we feel, and feeling  
it, we can find out  
what we need.

Being honest with  
yourself and others  
about how you feel is  
the start of so much.  
Try it.



as though we shouldn't  
be feeling them.

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'Put on your own  
oxygen-mask first'

Just like in an  
emergency, you can  
best care for others  
if you have taken care  
of yourself.

There is a balance,  
but if you compromise  
your own needs, it can  
be increasingly  
difficult to provide  
support.

How do  
I feel?

- + why everything -  
you feel is ok.

(2)

Our feelings  
tell us what  
we need. So  
how are we  
going to get  
that, if we  
dont take  
time to  
f e e l ?