



**90 SECONDS TO
EMOTIONAL
FREEDOM**



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NEUROSCIENTISTS SUGGEST THAT WHEN YOU HAVE A MENTAL REACTION TO SOMETHING IN YOUR ENVIRONMENT, THIS CAUSES A 90 SECOND CHEMICAL PROCESS IN YOUR BODY. IF YOU CAN LET IT BE BY SITTING WITH YOUR FEELINGS FOR 90 SECONDS, ANY REMAINING MENTAL RESPONSE AFTER THAT IS A PERSONAL CHOICE TO STAY IN AN EMOTIONAL LOOP. YOUR MIND AND BODY ARE ON HIGH ALERT THAT SOMETHING DOESN'T FEEL GOOD. IN 90 SECONDS YOU CAN OBSERVE THE RESPONSE, ACCEPT YOU ARE HAVING AN EMOTIONAL REACTION, AND STAY IN A PRESENT STATE OF EMOTIONAL AWARENESS.

30 Seconds to OBSERVE: Sit with your emotions and allow them to be there resisting the urge to get rid of or avoid the pain and not judging yourself for having emotions.

30 Seconds to VALIDATE: Validating yourself for having emotions means accepting them. "Let it Be". Again, don't judge your emotions, and thereby trigger extra pain.

30 Seconds to remain PRESENT: Focus your awareness in the present moment rather than fixating on the experience. Judging yourself, another person, or the situation that triggered your feelings, will prolong negative thoughts, feelings, and rumination on details.

 **IT'S A BEHAVIOR**