

# Difficult Emotions

Part 10.1

# Hello, Old Friend





All sorts of emotions  
can come up that  
are really difficult to  
work with.



a technique that you can use  
for particularly nasty emotions  
and feelings

The basis for this practice is understanding that, that which we push away, gets stronger.

So the more we fight a particular emotion, the stronger they become.

If you're pushing sadness away

it's not going to go away, actually it  
just gets stronger.





Photo by [Stijn Swinnen](#) on [Unsplash](#)



the stronger the  
monster gets









it gets smaller  
and weaker



In Practice

Practice Inviting our Painful Emotions in.







“Oh, hello, my  
old friend.”



If it's sadness

“Ah, sadness, hello, my old friend”

# You can do this for any emotion

- frustration
- anger
- sadness
- loneliness

“Ah, hello, my old friend.”

Invite it in, and explore, and  
investigate how does it actually  
feel in the body?



Instead of fighting our painful emotions, we can start to get acquainted with them, and really cultivate some self-awareness around these difficult emotions.

They're much easier to work with  
when you stop struggling against  
them, when you just allow them  
to be there.

“hello”

Next Video

Inviting Everyone