

Mourning and Celebration Practice



An opportunity for self-study and increasing your Needs, Emotions and Sensations literacy.

Introduction

This self-study exercise is an opportunity to practice both

- mourning without aversion, and
- celebrating without attachment.

This is NOT an exercise for assigning blame, trying to 'fix' things, or strategizing to recreate favourable circumstances. It is an exercise for being with the energy of mourning and celebration.

This is NOT an outcome-based practice. It is a procedural practice where the Good is simply the doing of the practice. The practice itself is enough.

Note

This exercise - especially the mourning section - tends to increase in difficulty as the situation you are mourning increases in intensity. This is at least in part because increased intensity is often associated with increased complexity. Increased complexity can make it more difficult to identify (un)met Needs and associated Emotions and Sensations.

Please gift yourself space to practice, and let it be okay if you don't experience immediate clarity. It takes practice to connect with the body and learn its language of Needs, Emotions and Sensations. Take your time. Any amount of effort that you put towards cultivating this relationship will be fruitful.

The Practice

Step 1

Review the Needs, Emotions and Sensations lists on pages 3-5 to familiarize yourself with the vocabulary. Notice if any words particularly resonate for you in this moment.

Step 2

Take 5 minutes to reflect on your last [choose a time period: year, month, week, day, hour]. This may involve jotting down important or memorable moments, or just revisiting them in your mind.

Mourning and Celebration Practice



Question 1

First, consider which of your Needs were unmet in this time period (see page 3). Make a list of them, one per line, on a piece of paper.

Then, considering each unmet Need individually, do you notice any Emotion(s) associated with it (see page 4)? You can list the Emotion(s) beside each associated Need on the same line.

Step 3

Pause for 3 minutes. Practice being with the unmet Need(s), trying not to push away any dense Emotion(s) that may be associated with them.

You may or may not begin to notice associated Sensation(s) in your body (see page 5).

At this point you could practice slowing down your breathing and taking deep belly breaths. Perhaps you choose to try directing your breath energy towards any dense Emotion or Sensation, offering it some soothing. When your pause is complete, take a moment to thank yourself for your practice, then move on to question 2.

Question 2

Which of your Needs were met in the time period outlined in Step 2? Again, make a list of them, one per line.

Then, do you notice any Emotion(s) associated with these met Needs? You can list them beside each associated Need on the same line.

Step 4

Pause again for 3 minutes. Practice being with the met Need(s), and this time, try not attaching to any expansive Emotion(s) but instead just appreciating them in this moment.

You may or may not begin to notice associated Sensation(s) in your body.

You could again practice slowing down your breathing and taking deep belly breaths.

Perhaps you choose to try directing your breath energy towards any expansive Emotion or Sensation, letting it spread further and deeper through your body with every inhale, while you relax/rest with every exhale. When your pause is complete, take a moment to thank yourself for your practice.

And that's it! The self-study you have just engaged in is enough. Feel free to return to this practice at any time; the more you do, the more your Needs, Feelings and Sensations literacy will increase.

Needs List

Needs are non-tangible energies addressed through thought, word and action.



Wellbeing

Sustenance/Health

abundance, thriving
basic survival (air, movement, food and water, sleep, clothing, shelter)
exercise
nourishment
sustainability
support, help
wellness
vitality, energy, aliveness

Safety/Security

comfort
confidence
emotional safety
familiarity
order, structure
peace (external)
physical safety
predictability
protection from harm
stability
trust, faith

Rest/Recreation/Fun

acceptance
appreciation, gratitude
awareness
balance
beauty
ease
equanimity
humor
play
relaxation
rejuvenation
simplicity
space
tranquility
wonder

Connection

Caring

affection, warmth
beauty
closeness, touch
companionship
compassion, kindness
intimacy
mattering, importance
nurturing
respect, honouring
valuing, prizing

Empathy/Understanding

awareness, clarity
acceptance
acknowledgement
communication
consideration
hearing (hear/be heard)
knowing (know/be known)
presence, listening
respect, equality
receptivity, openness
recognition
seeing (see/be seen)
self-esteem
sensitivity

Community/Belonging

cooperation
fellowship
generosity
inclusion
interdependence
harmony, peace
hospitality, welcoming
mutuality, reciprocity
partnership, relationship
support, solidarity
trust, dependability
transparency, openness

Self-Expression

Autonomy/Authenticity

accessibility
choice
clarity
congruence
consistency
continuity
dignity
freedom
honesty
independence
integrity
power, empowerment
self-responsibility

Creativity/Play

adventure
aliveness
discovery
initiative
innovation
inspiration
passion
spontaneity, flexibility

Meaning/Contribution

appreciation, gratitude
achievement, success
celebration, mourning
challenge, opportunity
efficiency, productivity
effectiveness, excellence
feedback
growth
learning, clarity
mystery
participation
purpose, value
self-actualization
self-esteem
skill, mastery, competence

Emotions List

Emotions are a kind of feeling. They are messengers of met and unmet Needs.



Amazed

absorbed
alert
awed
curious
enchanted
engaged
fascinated
interested
intrigued
spellbound
stimulated
wonder

Courageous

brave
encouraged
energetic
enthusiastic
excited
motivated
strong

Peaceful

calm
comfortable
centered
composed
content
fulfilled
relaxed
relieved
satisfied

Rested

alert
alive
energized
invigorated
refreshed
rejuvenated
relaxed
renewed
strong

Glad

amused
appreciative
grateful
happy
hopeful
pleased
thankful
thrilled
touched

Joy

alive
awe/wonder
moved
optimistic

Love

affection
compassionate
friendly
sympathetic
tender
warm

Annoyed

bitter
edgy
exasperated
frustrated
grumpy
impatient
irritable
irked

Angry

agitated
enraged
exasperated
furious
irate
outraged
resentful
upset

Confused

baffled
bewildered
conflicted
dazed
hesitant
lost
mystified
perplexed
puzzled
torn

Discomfort

agitated
alarmed
discombobulated
disturbed
perturbed
rattled
restless
shocked
startled

Disconnected

apathetic, unmotivated
bored
distant
distracted
indifferent
numb
uninterested
withdrawn

Disgusted

appalled
aversion
contempt
dislike
horrified
repulsed

Embarrassed

ashamed
flustered
guilty
self-conscious

Fearful

afraid
apprehensive
anxious
distressed
frightened
hesitant
nervous
panicked
paralyzed
petrified
scared
tense
terrified
worried

Pain

agony
devastated
grief
heartbroken
hurt
lonely
miserable
regretful
remorseful

Stressed Out/Tired

burnt out
depleted
exhausted
fatigued
listless
overwhelmed
restless
sleepy
weary
worn out

Sad

depressed
despondent
disappointed
discouraged
disheartened
dismayed
gloomy
heavy hearted
hopeless
sorrowful
troubled
unhappy
wretched

Vulnerable

fragile
guarded
helpless
insecure
leery
powerless
reserved
sensitive
shaky
tender

Yearning

envious
jealous
longing
pining
wishful

Sensations List

Sensations are a kind of feeling. They often accompany emotions, and also communicate met and unmet Needs.



- | | | | |
|--|---|--|--|
| A
achy
airy
alive | F
faint
floating
fluid
flushed
fluttery
frantic
frozen
full
fuzzy | N
nauseous
numb | spasming
stale
sticky
still
stiff
stretchy
stringy
strong
stuck
suffocating
sweaty
swirling |
| B
bloated
blocked
breathless
brittle
bubbly
burning
buzzing | G
goose bumpy
gurgling | O
open | |
| C
calm
chilled
clammy
clear
clean
clenched
closed
cold
congested
constricted
constricted breath
contracted
cool
cramped | H
hard
heavy
hollow
hot | P
paralyzed
pounding
pressure
prickly
puffy
prickly
puffy
pulled
pulsing | T
tender
tense
thick
tough
throbbing
tickly
tight
tightness of the skin
tingling
trembling
twitchy
tingling
trembling
twitchy |
| D
damp
dense
disconnected
dizzy
dull | I
icy
inflated
intense
itchy | Q
quaking
queasy
quiet
quivering | |
| E
elastic
electric
empty
energized
expanding | J
jagged
jittery
jumbly
jumpy | R
radiating
ragged
raw
restricted
rigid
rolling | V
vibration |
| | K
knotted | S
shaky
sharp
shimmering
shivery
shudder
silky
smooth
soft
spacious
spacious breath | W
warm
weak
wobbly |

MORE SENSATIONS

Faux Feelings List

Feelings mixed with thoughts/judgements that imply wrongness/blame.



When you say:

Abandoned
Abused
(Not) accepted
Attacked
Belittled
Betrayed
Blamed
Bullied
Cheated
Coerced
Cornered
Criticized
Discounted
Disliked
Distrusted
Dumped on
Harassed
Hassled
Ignored
Insulted
Interrupted
Intimidated
Invalidated
Invisible
Isolated
Judged
Left out
Let down
Manipulated
Mistrusted
Misunderstood
Neglected
Overpowered
Overworked
Patronized
Pressured
Provoked
Put down
Rejected
Ripped off/Screwed
Smothered/Suffocated
Taken for granted
Threatened
Trampled
Tricked
Unappreciated
Unheard
Unloved
Unseen
Unsupported
Unwanted
Used
Victimized
Violated
Wronged

What might you feel?

Terrified, hurt, bewildered, sad, frightened, lonely
Angry, frustrated, frightened
Upset, scared, lonely
Scared, angry
Angry, frustrated, tense, distressed
Angry, hurt, disappointed, enraged
Angry, scared, confused, antagonistic, hostile
Angry, scared, anxious, resentful, overwhelmed
Resentful, hurt, angry
Angry, frustrated, frightened, scared
Angry, scared, anxious
Pain, scared, anxious, embarrassed
Hurt, angry, embarrassed, frustrated
Sad, lonely, hurt
Sad, frustrated
Angry, overwhelmed
Angry, anxious, overwhelmed, frightened
Irritated, distressed, angry, frustrated
Lonely, scared, hurt, sad, embarrassed
Angry, embarrassed
Angry, frustrated, resentful, hurt
Scared, anxious
Angry, hurt, resentful
Sad, angry, lonely, scared
Lonely, afraid, scared
Pain, anxious, frustrated, angry, embarrassed
Sad, lonely, anxious
Sad, disappointed, frightened
Angry, scared, frustrated
Sad, angry
Upset, angry, frustrated
Lonely, scared
Angry, helpless, confused
Angry, tired, frustrated
Angry, frustrated, resentful
Anxious, resentful, overwhelmed
Angry, frustrated, hostile, resentful
Angry, sad, embarrassed
Hurt, scared, angry, defiant
Angry, resentful, disappointed
Frustrated, scared, desperate
Sad, angry, hurt, disappointed
Scared, frightened, alarmed, agitated, defiant
Angry, frustrated, overwhelmed
Embarrassed, angry, resentful
Sad, angry, hurt, frustrated
Sad, hostile, frustrated
Sad, bewildered, frustrated
Sad, anxious, frustrated
Sad, hurt, resentful
Sad, anxious, frustrated
Sad, angry, resentful
Frightened, helpless
Sad, agitated, anxious
Angry, hurt, resentful, irritated

What might you need?

Nurturing, connection, belonging, support, caring, inclusion
Caring, nurturing, support, well-being, consideration, safety
Inclusion, connection, community, belonging, acceptance
Safety
Respect, autonomy, to be seen, acknowledgement, appreciation
Trust, dependability, honesty, care, consideration, commitment
Accountability, dignity, cooperation
Autonomy, choice, safety, consideration
Honesty, trust, reliability, dignity, accountability, cooperation
Choice, autonomy, freedom
Autonomy, freedom
Understanding, acknowledgement, recognition
Mattering, acknowledgement, inclusion
Connection, appreciation, understanding
Trust, honesty
Respect, consideration
Respect, space, consideration, peace
Serenity, autonomy, space, peace
Connection, belonging, inclusion, community
Respect, consideration, acknowledgement
Respect, to be heard, consideration
Safety, equality, empowerment
Appreciation, acknowledgement, respect, mattering
To be seen and heard, inclusion, belonging
Community, inclusion, belonging, contribution
Acceptance, understanding, acknowledgement
Inclusion, belonging, community, connection
Consistency, trust, dependability
Autonomy, empowerment, choice, trust, freedom, equality
Trust
To be heard, understanding, clarity
Connection, inclusion, participation, mattering, community
Equality, autonomy, freedom, integrity, dignity
Respect, consideration, rest, caring
Recognition, equality, respect, mutuality
Choice, clarity, space, consideration, relaxation
Respect, consideration
Respect, acknowledgement, understanding
Belonging, inclusion, mattering, understanding, connection
Consideration, integrity, dignity, empowerment
Space, freedom, autonomy, authenticity, choice, self-expression
Appreciation, acknowledgement, recognition, consideration
Safety, choice, autonomy
Empowerment, to be seen, respect, consideration
Integrity, trust, honesty
Appreciation, respect, acknowledgement
Understanding, consideration, empathy
Love, appreciation, empathy, connection, care
Acknowledgement, appreciation, to be seen/heard, mattering
Support, understanding, consideration
Belonging, inclusion, care
Choice, autonomy, equality, consideration, mutuality
Empowerment, mutuality, safety, integrity, dignity
Privacy, safety, trust, space, respect
Respect, safety, trust, integrity, dignity