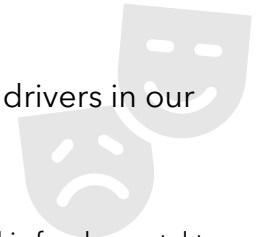


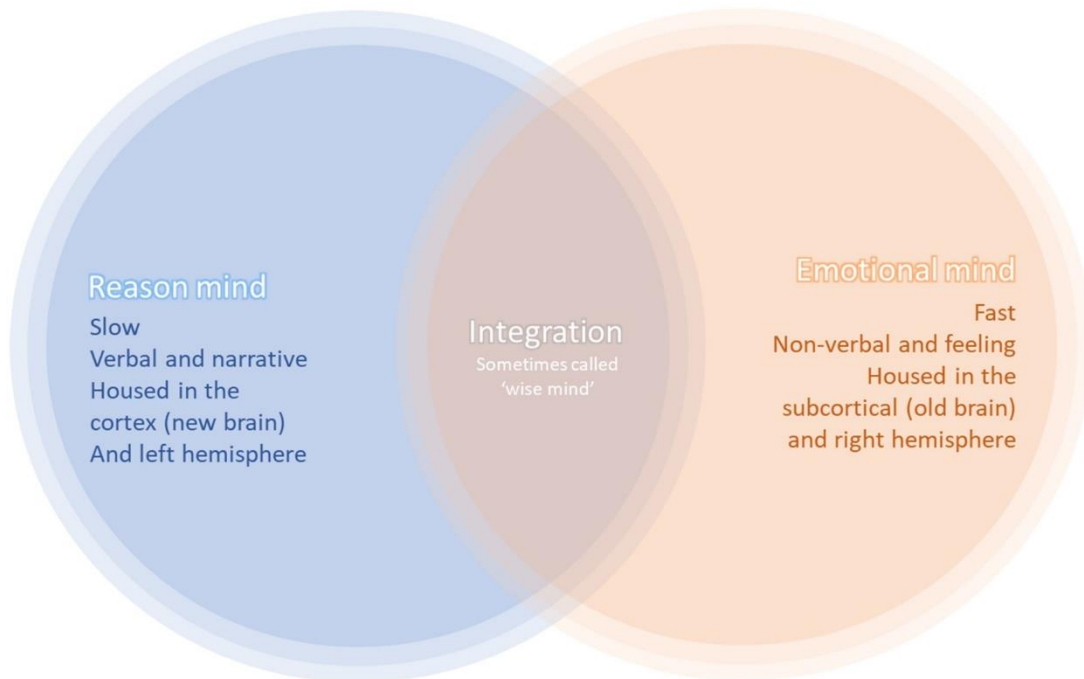
# Cultivate: Emotions 2

Emotions are states which can affect our bodies and minds and are often core drivers in our behaviour.



## Emotions as data - integration

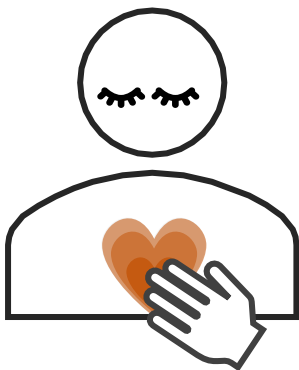
The ability to connect with our emotions and respond accordingly is known as integration and is fundamental to healthy relationships. Caregivers and babies who are attuned do this naturally. Essentially the emotionally attuned parent reacts emotionally to the distress of their child, then engages their rational mind to think about what the baby's distress is about and then chooses how they respond (cuddle, change a nappy, give food, sleep etc).



Integration occurs when our thinking and feeling mind are in full communication. That is when we are able to notice changes in our feelings, consider what these feelings might be telling us about the situation and provide us with information on how we can respond or react.

## Cultivating integration

Learning to pay attention to our emotions and what they might be telling us is something we learn as infants through our relationships with caregivers. However, if we have had difficult relationships we might need to make conscious effort to boost this ability. With practice we can become better at listening to and responding to our emotions to have more fulfilling relationships with ourselves and people around us. Here is an exercise to help with this:



### 1 NOTICE

#### what you are feeling.

Do not judge it as good or bad. Don't try to push it away too fast or become completely drawn into it



### 2 NAME

#### what you are feeling.

Describe what you are feeling in words, images or both quietly to yourself. Remind yourself this what you feel is okay. it is a natural response



### 3 ASK

#### what does this tell me?

What has triggered this feeling?  
Something good or not good?  
Do you need more information?  
Do you need act or will it pass?  
What do you want to achieve?