

Emotion Processing for Healing

With Van Hagestad

The Importance of Emotion Processing

Emotional work is missing from many nutritional healing protocols - but our emotions do connect to our health.

Releasing stuck emotions with ourselves allows us to be better parents with a clear purpose and achieve our goals without getting stuck in a rut.

Emotional processing in our children helps them to feel heard, prevents them from being stuck in emotional patterns, and teaches them healthy habits for navigating feelings.

The Importance of Emotion Processing

Everyone needs emotion processing

- We all speak the language of the heart
 1. Feel your feelings
 2. Tell the truth of your heart
 3. Trust the process - admit our need to others to help us complete ourselves

The Importance of Emotion Processing

Two deep seated needs:

1. The need to matter
2. The need to belong

Emotional Processing is hard work

It takes

- The willingness to know our hearts
 - To walk in pain and recognize our needs
 - Takes patience
-
- Like scrubbing gravel out of a wound

Emotional Processing in Real Life

Where are you at?

- Hurt
- Sad
- Lonely
- Fear
- Anger
- Shame
- Guilt
- Glad

The first check in

- Share yourself
- Be prepared for silence
- Where are you at 'right now'?

HURT IS REAL, PAIN IS REAL, HELPING IS REAL

Processing as a family

- Keep it age/ability appropriate

Topics: News, neighbors, family interactions, church events, chores, food, etc

The core feelings

Hurt

Sad

Anger

Lonely

Shame

Guilt

Glad

Fear

In public, using to prevent meltdowns

Am I worried about what other are thinking of my parenting or lack of parenting vs am I worried about what is going on with my child?

Processing reinforces that they do matter and belong.

What they are really saying...

Staying consistent

Your heart is always feeling, feel it

Where am I at?

Where are you at?

Scheduled time for family processing is a great approach, set a timer and go for an hour.

“What do you need from me?”

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