

To avoid being carried away by difficult emotions:

## The WELCOME Method

Get in the habit of using this Welcome Method whenever you feel a difficult emotion coming on, such as FEAR, ANGER, ANXIETY, FEELING OFFENDED or SHAMED, EMOTIONAL HURT, a big DISAPPOINTMENT, etc.



St Jeanne Antide  
Foundation

Here below, we are using FEAR as an example:



### STEP 1

**BECOME AWARE OF THE EMOTION** that is coming, or has come: FEAR

(Note: To become *aware*, the best way is this: Take a step back from your anger so that you can see it clearly, and do not judge or condemn anything.)



### STEP 2

**REMEMBER THAT IT IS NOT YOUR ENEMY**, because it (the FEAR) is trying to protect or help you.

(Note: Fear, Anger, and other difficult emotions are often the result of an ancient *instinct* in the human body, that is there to try and protect the person from attacks by animals, and other dangers. There is no thought or intelligence in this *instinct* and sometimes it exaggerates because all it really needs is to be heard or felt).



### STEP 3

**SPEAK TO THE EMOTION:** "Hello, FEAR. Thank you for trying to protect me! Now I am inviting you to my house so that I can feel you, so I can feel your suffering, your pain."



### STEP 4

**FEEL IT FOR A FEW MOMENTS**, without fighting it in any way. Don't forget that it is not your enemy. All it wants is to be felt. Feel the suffering, the pain, of this emotion of "FEAR"



### STEP 5

**THANK IT**, after those few moments, and tell it, "Thank you, FEAR, for coming to my house and for letting me feel you. Now it is time for you to go. Thank you, and goodbye!"



*If you also know the EFT Tapping Method you can tap on some of the tapping points while doing Steps 2 and 4*

As you use it more and more, this method will become more and more effective. This is because you will learn to become aware of the monster earlier and earlier, when it is still small. It is easier to manage when it is small and weak.

For help with difficult emotions that "carry you away" (if you do not have diagnosed mental illness) phone the St Jeanne Antide Foundation (of the Sisters of Charity) at 51 Tarxien Road, Tarxien tel. 2180 8981 . Make an appointment with the **Emotional Freedom Service** by asking any social worker at the Foundation. The service is free. [www.antidemalta.org](http://www.antidemalta.org)  
Facebook: [Fondazzjoni St Jeanne Antide](https://www.facebook.com/Fondazzjoni-St-Jeanne-Antide)

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