

Emotional-Mind Unhooking Process

Developed by Ellie Drew

Identify • Acknowledge • Breathe

3 Keys to Emotional Unhooking

1. **Identify** what you are feeling in the moment.
2. **Acknowledge** your emotions with the Emotional Unhooking Statement below. (Remember that the need of the Emotional-Mind is to be *acknowledged for what it is feeling in the moment*, no matter how illogical it may seem. You may logically understand why you feel what you do – but it often does not lessen the issue because the Emotional-Mind is not logical – it is emotional.)
3. Your freedom is in how you do the **Breath!**

Emotional Unhooking Statements

CORE STATEMENT: "Even though I feel _____ I deeply and completely accept myself without judgment." (Use your own words to identify the feeling)

SECONDARY STATEMENT: 2. "I (love and forgive/accept/respect/or some other appropriate word) *myself* for anything *I may* have done to contribute to this situation."

SECONDARY STATEMENT: 3. "I (love and forgive/accept/respect/or some other appropriate word) *anyone else* for anything *they may* have done to contribute to this situation."

USEFUL STATEMENT: 4. "Even though I feel _____ of what others will think I deeply and completely accept myself without judgment."

Emotional Unhooking Process Explained

1. Name what you are feeling (anger, frustration, hurt, disappointment, hate, etc). Sometimes you might have a hard time naming it so start by naming it "this feeling" in the Emotional Unhooking Statement.
2. Give the 'feeling' a number between 0 - 10, 10 being the highest. You do this for two reasons, first to identify the strength of the feeling (looking for the strongest emotions of #8, 9, 10). Second, it helps you to see that the process is working or not as the number goes down.
3. State your Emotional Unhooking Statement (above) as clearly as you can. Remember your logical-mind will think this is silly, but you are talking to an illogical emotional-mind whose need is to be acknowledged for what it is feeling. Then do a proper breath as explained in #4.
4. Next is the key to unhook from being manipulated from your emotions: strong emotions are anchored into cellular memory with the breath, and they get unhooked with the breath. To be successful make sure you take a full-body breath in, then open your throat and breathe out in a sigh or yawn. It is a full-body breath out where your head and shoulders will collapse when you do it properly. When you breathe in imagine that you are unhooking a thick, 15" hook from your solar plexus (stomach) area, and throwing it away with your out-breath. Then keep breathing deeply in and out as many times as necessary until you feel the tension clear. Reevaluate the number you gave the feeling to see if the feeling is still an 8 - 10. If your number is still high, it is most likely that you were holding some aspect of your breath. Do it again making sure to breathe in fully and release your breath fully and freely with your throat open, not tight.
5. When one aspect has gone down, repeat when needed for other aspects or issues. For example, you might clear anger or hatred, then find you have deep sadness that comes to the surface. Clear that, and then have something else bubble up. This is common to the clearing process, like peeling away layers. Simply clear them as they present themselves to you consciously.
6. When you feel like you are finished, stand up take some deep breaths and brush yourself off and go about your day enjoying your sense of freedom.

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