

## Allowing Phrases

Allowing phrases are designed to help you face discomfort in your body without judgment. Choose the phrases that feel best to you and say them to yourself when working through a difficult emotion.

- “Allow it to be there.”
- “Let it be there, just for now.”
- “Just notice.”
- “Allow it space.”
- “Open up to it.”
- “I can let myself be uncomfortable.”
- “I can let myself feel all of it.”
- “Notice all of it.”
- “My only job is to observe.”
- “Try to let myself feel it, just for a few minutes.”
- “Just be with it.”
- “Watch it with open curiosity.”
- “I care about this feeling.”
- “Notice the part of me that feels it and the part that doesn’t want to feel it.”
- “Notice the part of me that needs to express this and the part of me that judges myself for feeling this. Just notice.”
- “Remember, this is a hurt part of me that needs to be heard.”
- “Notice that I am handling this. It’s not too much. I am not too much.”
- “My job is to hang out with the feeling. That’s it. No need to analyze—I can do that later. Just be with it.”
- “Do not try to *make* it better. The feeling just needs to be heard.”