



SISTERSHIP  
—CIRCLE—

## *Showing up when you feel like a mess*

It is likely and perhaps inevitable, as a leader, that there will come a time when all is not well in your emotional world and you have something going on at the same time when you are called to lead or facilitate. So how do you show up when you are feeling a mess or in some kind of emotional turmoil. What do you if leading and facilitating is the last thing you want to do?

It's important you are comfortable with your own emotions and clear on what you can do as and when they arise, especially in moments where you are required to facilitate.

**Here is a 5 step guide to showing up when you feel like a mess:**

### **1. *Acknowledge***

First, acknowledge that we will have bad days & we are cyclical beings. This is something to remember and to try to understand your cycle. Where is your ovulation or period in relation to the full and new moon so you can start to see how you are effected.

Next, acknowledge what is happening for you.

When we resist or attempt to block the flow of our emotions we are shutting down and suppressing our energy which can lead to a multitude of problems. The first thing to do is to acknowledge what is happening for you, bringing consciousness and awareness to what is going on rather than trying to brush it under the carpet or deny your feelings. It can be helpful here to label and speak out what it is you are feeling. For example, "I am feeling really fucking angry right now", "My heart feels broken and I feel so sad", "I feel so lost and confused", "I feel broken and betrayed" – by labelling what is going on we can begin to feel empathy for ourselves. As well as labelling the emotion, speak out the reason why you feel the way you do e.g. 'I feel really fucking angry because my best friend just humiliated me in front of everyone'. I feel so lost and confused because I've just been made redundant, I don't have any idea what my next step is going to be to and there's mounting bills and now I have to lead a circle and I'm all over the place'.

Note: it doesn't matter if this is the truth or not because essentially this is just our point of view, the point here is to understand what is the trigger?

If it helps you could envisage a mirror image of yourself and see yourself talking to that mirror image. Show that mirror image empathy labelling the emotion and why that emotion is there. You could say "I see that you feel \_\_\_\_\_ (insert the emotion) because \_\_\_\_\_ (Insert the reason/trigger).



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## 2. *Permission to feel & release*

The second step is giving yourself permission to feel, embrace and to immerse yourself in your emotion(s). In order to heal emotions sometimes they really just need to be felt and expressed, instead of going into thinking or analyzing too much about what is going on (although this is certainly an important and healthy part of it) and can take us away from the energy in motion. Like giving ourselves permission to allow and feel the flow of energy etc and to know that this is absolutely OK.

So if it's that you are feeling really angry, allow yourself to be with the anger, to feel it in your body and to express it if it's safe and appropriate for you to do so. You may want to express anger through shouting and screaming and getting your physical body involved – you could scream into a pillow or in your car. To get physical you could hit some cushions or your mattress.

If you are feeling sad, give yourself permission to cry.

Give yourself permission to feel whatever is going on for you knowing that you don't have to hide or block.

It's also important not to make yourself wrong for feeling the way you do. There is always a reason for your feelings and emotions and it's important not to judge them.

Allow yourself to feel the energy in your body – where are you feeling it in your body?

## 3. *Permission to be vulnerable & trust*

Give yourself permission to be vulnerable and to share with others what is going on for you. It's important not to feel like you have to block anything or hold this energy that wants to be expressed back.

It could be that you call someone before you facilitate if you get the chance. If it is not possible then share what is happening for you as you open your circle and facilitation.

Share openly what is happening for you and allow your emotions to flow if they are there.

The art of handling your emotions whilst facilitating is giving yourself permission to acknowledge, feel and share them. Even if it seems like you are not going to be able to facilitate and hold the group – share this, share that this is what is going on e.g. you don't feel like being there, you are not sure you can hold it together right now etc. Then surrender to trust - trusting that by being vulnerable, by sharing your truth and allowing your motions that it will open up the space for you to then be able to move into holding the space for the circle and others once you have shared and expressed what is going on.

## 4. *Allow yourself to be received*

When we are suffering in any way usually the key that will help us transform the emotion is through being received. Firstly, by ourselves (which is why having deep empathy for ourselves is vital) but also by others. We need to feel heard, seen and understood. Often that is what helps us to heal and move on from our emotional experiences.

If you are in circle perhaps the way you will be received is just by having the other women listen and hold space for you or perhaps it will take you to a new depth of empathy for yourself.



### 5. *Seek additional support*

If you have something going on that you feel deeply hurt, wounded or triggered by then look for ways in which you can get additional support – this is a great opportunity for your growth and healing. This may be through seeking some kind of professional help such as counselling, therapy or any other emotional healing modality that you feel drawn to. It may be that you just reach out to a friend or a loved one so you feel held and supported.