

Ride the Wave



This skill is about learning that our emotions and impulses are always with us, just like the tides. They come and go. They are strong at times and weak at other times. The tides create waves, just like your emotions. Use this skill to harness the energy of your emotions to "Ride the Wave." By being mindfully aware of your emotions, but not acting on them, you can take the energy of the emotion and redirect it in a more effective manner.

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Ways that I get knocked down and washed over by my emotions:

Ways I can keep my balance to "Ride the Wave" of my emotions:

Riding the wave of my emotions will be useful to me because:
