

TTAY Emotions Transcript

Welcome to the Truth About You podcast with me Ali Knight, Intuitive Soul Coach and Empowerment Alchemist. I'm here to share with you the Truth about you, and me, and everyone. We dive deeply and quickly into who we really are at soul level and how it is to be human in this game we call life. This is the podcast for you, if like me, you are willing to question everything, release the conditioning that holds you back, and really create the life you came here to love.

Hello and welcome back to another episode of The Truth About you podcast. This one a bite sized episode, because we're all busy, aren't we, we can all feel like we're a little bit short of time to fit all in, fit in all the things that have to be done, that we need to do, that we want to do, and often the things that we want to do, the things that get dropped by the wayside, right?

So I'm going to be recording some shorter, literal, bite sized episodes of this podcast, just with different Quick Fire themes that mean that 5-10 minutes is all it takes to just anchor back to perhaps learn something new, to perhaps be reminded of something that you already knew but forgot about.

And so here goes. The first one is all about emotion, and this conversation that I'm having with you has been in my energy since July last year, and that's for a very specific reason. So in July, my youngest daughter was unwell and needed to go to hospital rather quickly, it was interesting that we were nowhere near a hospital. In fact, we were set up on a campsite for a festival I was meant to be speaking at, and so that resulted in the quickest pack down ever, with the help and support of some incredible friends, so that I could get to hospital as quickly as possible. She received a diagnosis of type one diabetes, and was obviously in hospital for a good few days getting that all sorted out.

Now, the reason that's relevant to this episode about emotion is because, as you might imagine, as a parent, to any parent whose child is unwell to any degree, there are a lot of emotions that surface aren't there, but the thing I want to talk about most today is how we deal with our own emotions and how we deal with others people's emotions. So one of the things I noticed at that time was just how much everybody wanted me to be okay, which is beautiful and gorgeous and comes from the most well intended place, but how in their desire for me to be okay, what ended up happening was that all These big emotions that I was feeling, very natural emotions like fear, sadness, guilt, because I'm also type one diabetic, they were getting unacknowledged. They were going invalidated. And this was really difficult for me, because I knew I had those emotions.

I'm pretty tapped into my emotions, and I'm okay with all of my emotions, all of them like I can recognize them, I can label them. And so one of the first things I had to do was accept that people were well intended, but that also they were getting it wrong in that moment, and so it was up to me to validate my own emotions, to be able to label them, to be able to sit with them, to be able to take really good care of them.

And this became most obvious to me when a very dear friend of mine picked me up in the car having Knight back from the hospital for a break, she put me up in the car to take me

back there, and I hadn't seen her. Only had messages and phone calls and things, since my daughter was admitted, she picked me up and she sat there, she looked at me. She said, right. Give it all to me. Hand it over, tell me.

And so with that came this beautiful moment of, oh my god, someone finally gets there. They're not trying to persuade me that everything is fine, that my daughter will be fine. I knew all that. I didn't stop the emotions happening, but what my friend did for me was to reinforce what I'd been doing for myself, which is it's okay to feel these things, it's okay to feel these things. And that changed the game for me. So massive. Thank you to that friend. You know who you are, but also just a nod to anybody who's listening, who might be feeling some big emotions, your only job is to know that whatever you're feeling is valid. It's okay to feel those feels, if you can try and label them.

And if you struggle with labeling emotions, which some of my clients do have a Google of the emotions wheel, and you will see loads of images come up of different names of feelings and categories of feelings, and that can be a great place to start.

But first off, validate your own emotions. Don't expect others to do it for you. Do it for yourself first. And if you are around people who are experiencing big emotions, I get it that you want them to be okay, and I get it that you can perhaps see that they'll be okay. Don't skip the most important step of letting them have their feelings. It's so powerful if we don't feel these things, or if others in their quest to help us end up dampening down those feelings or just being the result is that it can feel a bit like you're dismissed. Your emotions aren't real, that they're invalid. So if you're with someone who's having these big emotions, just be alongside them. Let them feel all that they're feeling. It would be the best thing I think we can do for them, the best way that you can help.

And perhaps lastly, some of the work that I do with clients involves really exploring these feelings, like really acknowledging them, really allowing them to be there, and encouraging my clients to sit with them. Feelings are emotions, right? Emotions are energy-in-motion. If we box them down, pretend to ourselves and others that they're not there. They don't go anywhere. They just stay within us. They will come back to bite you on the ass at some point.

So allow these feelings to flow, allow them to be felt. Allow yourself to sit with them, even though that can feel uncomfortable, right? They're there to be felt. They need to be seen and witnessed, heard, acknowledged, unexpected, because then they get to move, sending you loads of whatever you're feeling.

My love. Thank you SO much for listening! My biggest desire is that this episode of Truth has helped you connect more deeply to yours. If you have enjoyed listening, I would love you to share your Truth by rating the podcast on whichever platform you use to listen. I'd love you to connect with me on instagram @alightcoaching, or through the sign up form on my website alightcoaching.com.

Lastly, I'm sending you all my love as you peel back the layers and reveal the most beautiful and sacred part of you - Your. Truth.