

this is the case, acknowledge how sad or overwhelmed you feel as a result, and mourn your unmet need.

We often feel relief when we can connect to the unmet needs that are the source of our feelings. We feel even deeper relief when we have a plan for meeting that need, or mourn if we realize we can't meet it. Connecting to ourselves in this way is a powerful, healing tool that is always available to us.

Be aware of your feelings today and the unmet or met needs that cause them. Make plans to meet them or mourn them if you can't.



NOVEMBER 3

I have to stay “turned on” all the time, to keep my receptivity to what is around me totally open. Preconception is fatal to this process. Vulnerability is implicit in it; pain inevitable.

—Anne Truitt

Getting Past Our Hurt Feelings

Are you feeling hurt, disappointed, or angry? Often these feelings signal a need for recognition or acknowledgment. When you consider your underlying needs, you may be unable to think of a way to meet them. You may instead tell yourself that you are too needy, and continue to feel uncomfortable.

Try another strategy. Rather than tell yourself that you won't be able to meet your need, simply understand it.

Just sit for a moment in your sadness and your desire to be acknowledged or recognized. It is OK to want these things, even if you can't think of how to accomplish them, and it's less likely that you will find a solution if you tell yourself there isn't one. Once you have empathized with your unmet need and the feelings associated with it, a solution often comes naturally. One possible way to meet a need for recognition and acknowledgment is to ask someone to tell you one or two reasons they enjoy working with you or enjoy you as a friend. Ask them to be specific. Ask them to tell you why they think you're fun rather than just "because you're fun." The more information you receive, the greater your sense of relief. All people need recognition and acknowledgment. Although you may feel a little embarrassed the first time you ask someone for this information, the chances are very good that the other person will enjoy this exercise as much as you do.

Ask at least one person today to tell you two reasons why they enjoy having you in their life.



NOVEMBER 4

*We look out and see the goodness in other people,
but we don't see it in ourselves. The act of turning
around and catching the goodness in ourselves
is to wake up. Our consciousness, that lost,
scared soldier, finally meets itself.*

—Natalie Goldberg