

# Touch, Accept, Release, Action (TARA)

1) Choose a situation that's pushing your emotional buttons. (causing upset, stress, anxiety, anger)

2) Touch (Identify the feelings related to the situation)

ANGRY: feeling unrecognized or unimportant

I feel angry that \_\_\_\_\_

I feel angry because \_\_\_\_\_

SAD: experiencing loss or relationship changing or ending

I feel sad that \_\_\_\_\_

I feel sad because \_\_\_\_\_

AFRAID: experiencing threat to safety or well-being.

I feel afraid because \_\_\_\_\_

I feel afraid that \_\_\_\_\_

GUILTY: out of integrity with self or NOT people pleasing

I feel guilty that \_\_\_\_\_

I feel guilty because \_\_\_\_\_

GLAD: finding one or more positive things about this situation

I feel glad that \_\_\_\_\_

3) Acceptance: Is it ok to feel this way? \_\_\_\_\_

4) Upset Scale: On scale of 0-10 (10 high) how upset are you?

5) Where in your body do you most experience the upset emotion?

\_\_\_\_\_

6) Release: Take 10 breaths through nose and release out mouth.