

Live(ish)!

Watch as I stop my own downward spiral!

Hi! This is Kyeli. Today we're going to talk about the downward spiral. And, hopefully, stopping it.

The downward spiral is when you feel bad about something, and then you feel bad for feeling bad, and then you beat yourself up for feeling bad because you feel bad. And then you feel bad because you beat yourself up because you felt bad about feeling bad.

And whoosh! There you go, down the downward spiral.

And the reason we're going to talk about the downward spiral is because I am *in* the downward spiral right now.

Ta da!

So live(ish)! Working through the downward spiral with Kyeli.

So. I am feeling bad because my shoulders and hands have been hurting a lot lately and I am behind on a bunch of stuff that I need to be doing and South by Southwest is *this week*, so I'm not working for like five days, which makes it really hard to catch up.

And then I started feeling bad about feeling bad. And then I started beating myself up for feeling bad, because "I know better, blah, blah."

And then I started feeling bad for beating myself up.

And I got trapped in this downward spiral, and I spent all day yesterday feeling really sad and... beating myself up for feeling really sad, I will admit. But just to you guys.

And it sucks.

Yeah.

So. The one way to stop the downward spiral, pretty much the only way, is self-compassion. Is to stop yourself from beating yourself up about feeling bad.

To give yourself permission to feel how you're feeling.

So in my case, it's ok for me to be really stressed out right now. My life is a little on the nutty side, in case you hadn't noticed.

So, it's ok for me to be stressed out. It's ok for me to be sad.

It is. It's ok.

It's ok for me to be wishing I could sleep all day long, instead of wanting to work. It's ok for me to feel that way.

And, ultimately, I will get better.

Because the downward spiral, once you have compassion for yourself and once you give yourself permission to feel crappy and stop beating up on yourself, flattens out.

And then, eventually, becomes an upward spiral, where you feel better, and then you feel better because you feel better, and then you feel better because you feel better because you feel better!

Ta da!

And it stops. With loving yourself, and with giving yourself to be where you are and to feel how you feel.

So you know what? I'm going to do that right now. I'm giving myself permission to feel however I'm feeling.

Because it's ok to feel however you're feeling, to feel however *you're* feeling, and for me to feel however I'm feeling.

So let's have a big "It's ok to feel how we feel" party! And stop with the "Stop feeling the way you're feeling" party, cause that party? That party sucks! There's not even any beer at that party. So let's go over here to the "It's ok to feel how you feel" party.

And then, you can give yourself a great big hug. Uh! {hug}

And let the line, flatten. Let the spiral, stop.

I feel better already.

So, if you are caught in a downward spiral, it's probably because you are being a little, a little rough and tough with yourself for feeling the way that you feel.

I offer to you, give yourself permission to feel however you feel, so that your downward spiral can just flatten.

And thank you, for witnessing me.

See you next time.

xo