

WELCOMING

YOUR



FEELINGS

BY FOX

(OF TEAM MEG-JOHN BARKER)

INTRODUCTION

- THIS ZINE GOES WITH OUR OTHER ZINE, 'WELCOME MONSTER FEELINGS'.
- IT'S FOR ANYONE WHO WOULD LIKE TO TRY MAKING MONSTER VERSIONS OF THEIR FEELINGS THE WAY WE DID IN THAT ZINE.
- DON'T WORRY IF THAT'S NOT FOR YOU. DIFFERENT THINGS WORK FOR DIFFERENT PEOPLE. YOU CAN ENJOY THAT ZINE WITHOUT ENGAGING WITH THIS ONE.
- YOU MIGHT JUST LIKE TO LOOK AT THAT ZINE AND REFLECT ON WHETHER ANY OF THE MONSTERS THERE RESONATE WITH YOU, WHETHER THEY LOOK/FEEL DIFFERENT TO YOU, OR WHETHER YOU HAVE ONES WE DIDN'T DO (YET).
- IF YOU'D LIKE TO MAKE YOUR OWN MONSTERS, READ ON. THIS ZINE WILL TELL YOU ALL ABOUT HOW YOU CAN DO THAT.

IMPORTANT!

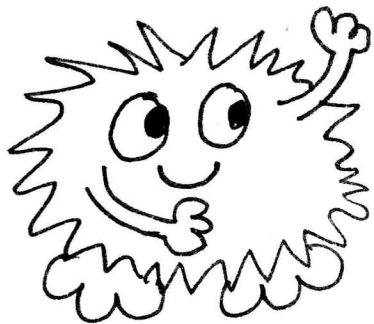
- YOU DON'T HAVE TO BE GOOD AT DRAWING - IN FACT YOU DON'T HAVE TO DRAW AT ALL
- YOU ONLY NEED TO GO TOWARDS FEELINGS YOU FEEL SAFE-ENOUGH TO GO TOWARDS - IT'S REALLY OK IF SOME DON'T FEEL READY YET
- IF YOUR MONSTER FEELINGS ARE A LOT RIGHT NOW, IT'S FINE TO LEAVE THIS TILL YOU FEEL MORE READY. IT'S ALSO FINE TO GET A LOT OF SUPPORT - FROM MENTAL HEALTH PROFESSIONALS AND/OR TRUSTED FRIENDS. WE DID BOTH THESE THINGS.

MAKING YOUR MONSTERS

TO MAKE OUR MONSTERS WE DID A THREE-STAGE PRACTICE:

- ① ACCESS A FEELING
- ② DESCRIBE THE FEELING
- ③ MAKE A MONSTER, BASED ON THE DESCRIPTION

HERE'S SOME MORE ABOUT THE DIFFERENT WAYS YOU MIGHT DO EACH OF THESE STAGES...



① ACCESS A FEELING

There are a few different ways into this:

Find whatever feeling is most live for you at the moment

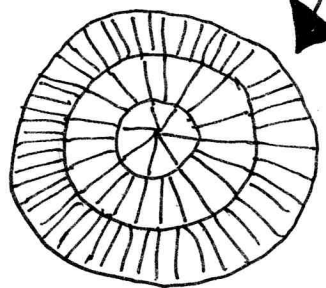
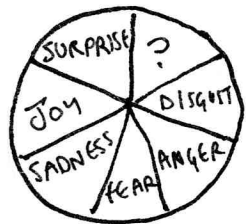


Reflect on what feeling has been predominant for you today, or in the last week or month



Check out a list of feelings and pick one to focus on. You could use:

- The emotions wheel (dralbertwong.com/feelings-wheel),
- Kate Kenfield's Tea and Empathy cards (katekenfield.com/teaempathycards)
- The Book of Human Emotions by Tiffany Watt Smith or
- The Emotion Thesaurus by Angela Ackerman and Becca Puglisi



② DESCRIBE THE FEELING

If you can, tune into your body and access how the feeling is for you in there.

MORE ON HOW TO DO THIS IN OUR

STAYING
WITH
FEELINGS

ZINE

If not, just sit with the feeling word and see if

anything comes up for you.

REWAITING-THE-RULES.COM/ZINES

THESE QUESTIONS MIGHT HELP...

Whereabouts in your body can you feel it?

What kind of sensations are there?

MY FACE FEELS
HOT AND RED, MY
CHEST TIGHT
THERE'S AN URGE
TO HIT OUT



How does the feeling land on any/all of your senses e.g. its colour and texture, its volume and type of sound, its density and tactility, its flavour, scent and temperature

IT'S JITTERY
SHARP, SILVER,
METALLIC AND
SCREECHY



Do any images come to mind? Any words? Any memories? Anything else?

You could imagine the feeling appearing out in front of you to see how it appears, listen to it, or touch it.

Based on what has come up for you here, start to imagine how the feeling might look

as a monster.

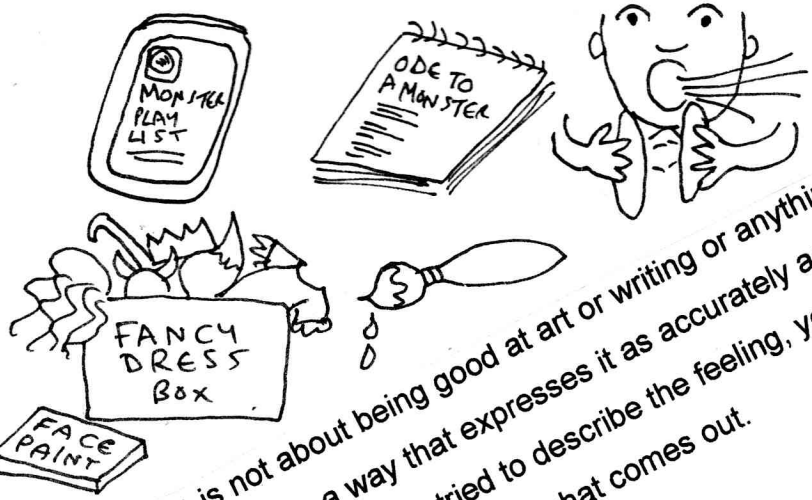
③ MAKE A MONSTER

Using whatever kind of medium works best for you, create your monster.

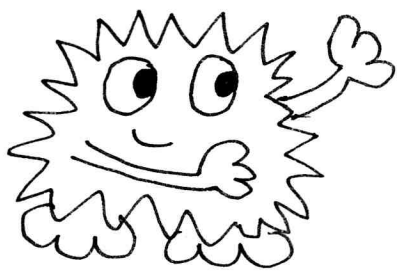
YOU COULD USE A KIND OF ART, CRAFT, PLAY, WRITING, MOVEMENT, OR NOISE-MAKING THAT YOU'RE ALREADY FAMILIAR WITH



YOU COULD USE A MEDIUM THAT RELATES TO THE SENSE/S THAT COME MOST READILY FOR YOU



Important! This is not about being good at art or writing or anything, it's all about capturing the feeling in a way that expresses it as accurately as possible for you. If you didn't get much when you tried to describe the feeling, you can just start with one of these processes and just see what comes out.



YOU COULD TRY ANY OF THESE...

- Draw your monsters like we have

LYNDA BARRY'S 'MAKING COMICS' IS REALLY HELPFUL IF YOU THINK YOU CAN'T DRAW

- Use paint, pastels or crayons on big sheets of paper

CAN BE VERY ABSTRACT

- Cut up magazines, coloured paper, or craft materials to create a collage (it can be very useful to have materials like this if you're not quite sure what to do, just see what jumps out at you)

- Make a model of it with Lego bricks, modelling clay, or craft materials

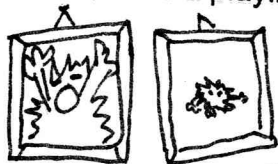
- Write a paragraph description of the monster or a short poem, or a story about them

- Mindmap words and phrases



- Make an audio clip of how the monster sounds with your voice or other noises

- Make a playlist for the monster of songs or sounds that relate to it



- Move around the room as the monster and/or dress up as them. You could video or take a picture of this.

MONSTER COCKTAILS?



MONSTER SCENT?

- Anything else you like!

WAYS YOUR MONSTERS CAN HELP YOU

For some of us it is very hard to find or feel our feelings at all. Others can find it all too easy to feel them, to the point that they are extremely intense or overwhelming.

HMM, IS ANYTHING HAPPENING?



For many of us we're a bit of both. Perhaps some feelings are very hard to access and others always feel extremely over the edge, or difficult to feel.

MAYBE PARTICULARLY IF WE MAKE THIS A REGULAR PRACTICE

VULNERABILITY?
LONELINESS?
WHAT'S THAT?
ALL I FEEL
IS RAGE!



Monsters can be useful for both of these things: helping us to get in touch with feelings that we struggle to access, and/or helping us to be with feelings that threaten to overwhelm us, so they become more bearable.

WE FOUND MAKING OUR MONSTERS HELPFUL IN THESE WAYS

Instead of wanting to avoid or get rid of a feeling, it helped us to approach them with some interest and curiosity, even eventually being quite pleased when they showed up because it meant we had a new monster to make, or a familiar one to revisit.

For the super painful ones, the process of drawing them, inking them, and colouring them in often helped us to calm down from the initial intensity.

Seeing our feelings so accurately represented helped us to recognise how painful they were and feel more compassionate towards ourselves.

Watching the zine build up showed us that even the hardest feelings did change and pass, something we often struggle to believe when we're in them.

Sharing them with others helped us to feel connected, even in feelings that we'd felt very alone with, as others related to what we'd drawn.

Sharing them with others also helped us to articulate things we'd struggled to convey in speech - of course it's important to be consensual when sharing, being aware of potential triggers and ensuring that the other person really does feel able to say if they don't want to see them.

- IT MIGHT BE SOMETHING ELSE FOR YOU
- IT'S FINE TO FIND OTHER WAYS TOWARDS YOUR FEELINGS IF THIS DOESN'T WORK FOR YOU
- IT'S FINE TO GET SUPPORT IF DOING IT ALONE ISN'T POSSIBLE OR DOESN'T FEEL GOOD

OTHER WAYS INTO MONSTERS

Another way into monsters, instead of via feelings, could be to consider different kinds of monsters and how they might show up for you or be useful metaphors for your feelings and experiences. For example, ghosts, demons, vampires, shapeshifters, fairies, fairy godpeople, witches, mermaids, mutants, mystical beasts



THE X FILES
 MARVEL
 Buffy
 MONSTERS, INC.
 STEVEN KING
 SPOOKY DOO

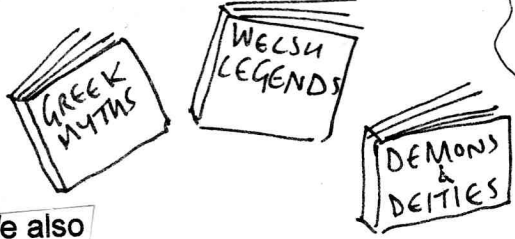
You could get into pop culture that represents monsters

(e.g. horror fiction, sci-fi, fantasy, superheroes, or kids movies)

rewriting-the-rules.com/self/embrace-your-inner-mutant-superpower



You could read fairy tales, or look at various mythologies



CHECK OUT

- 'NAMING MONSTERS' BY HANNAH EATON
- THE MOVIE 'A MONSTER CALLS' WHICH EXPLORE MONSTER FEELING THEMES

We also

use real life animals, nature, and machines as the basis of some of our monsters



MORE THINGS TO DO WITH YOUR MONSTERS

- Stay with them, return to them, get to know them, keep welcoming them
- Revisit them over time and see if they've changed or stayed the same
- Once you've made your monster, reflect that - right at this moment - many other people in the world are feeling the same - or very similar - monsters
- Consider the friends who you know have experienced this monster, the strangers who undoubtedly feel this way too sometimes, even the most difficult people in your life who feel this way - or are trying hard not to feel this way
(lionsroar.com/how-to-practice-tonglen/)
- For the tough monsters you could try breathing in the feeling and breathing out peace and kindness for yourself and for everyone else feeling that way
- You could do the demon feeding practice to spend more time with the monster and see how this might transform it
(rewriting-the-rules.com/self/intergenerational-trauma/)
- You could reflect or write a bit about how this monster shows up in your life, in the world around you, and/or when you've felt it in the past
 - You might enjoy getting together with trusted friends for a monster mash where you all create monsters together (either of the same feeling, or for whatever is live for you today) and have a sharing circle based on your monsters. Do ensure you have plenty of time for grounding and soothing before and after the sharing

MONSTER INSPIRATIONS

OUR MONSTER PRACTICES WERE INSPIRED BY:

- PIXAR'S *INSIDE OUT* AND *MONSTERS INC*
- GAVIN AUNG THAN'S COMIC OF RUMI'S 'THE GUESTHOUSE': ZENPENCILS.COM/COMIC/RUMI
- LYNDA BARRY'S COMIC *100! DEMONS!* AND OTHER WORK
- HANNAH EATON'S COMIC *NAMING MONSTERS*
- LAMA TSULTRIM ALLIONE'S WRITING ON *DEMON FEEDING* (LIONSROAR.COM/HOW-TO-PRACTICE-FEEDING-YOUR-DEMONS)
- **FOCUSING PRACTICE** (SEE ANN WEISER CORNELL'S *THE POWER OF FOCUSING* AND OUR *STAYING WITH FEELINGS ZINE*)

FIND OUT MORE

THERE ARE MANY MORE FREE ZINES AND FREE BOOKS ON OUR WEBSITE, PLUS INFO ON HOW TO MAKE YOUR OWN MONSTERS, IF YOU'D LIKE TO TRY IT

- REWRITING-THE-RULES.COM (SEARCH FOR MONSTERS)
- REWRITING-THE-RULES.COM/ZINES
- REWRITING-THE-RULES.COM/ALL-FREE-BOOKS

SUPPORT OUR WORK

IF YOU ENJOYED THIS ZINE, AND YOU CAN AFFORD TO, PLEASE CONSIDER SUPPORTING OUR PATREON, OR MAKING A ONE-OFF DONATION TO OUR PAYPAL.

- PATREON.COM/MEGJOHNBARKER
- PAYPAL.ME/MEGJOHNBARKER

