



# CONSTRUCTIVE WALLOWING

HOW TO BEAT BAD FEELINGS BY  
LETTING YOURSELF HAVE THEM

TINA GILBERTSON

# Constructive Wallowing How To Beat Bad Feelings By Letting Yourself Have Them

**Susyn Reeve**



## **Constructive Wallowing How To Beat Bad Feelings By Letting Yourself Have Them:**

*Constructive Wallowing* Tina Gilbertson, 2014-05-19 Constructive wallowing seems like an oxymoron Constructive is a good thing but wallowing is bad Right But wait a minute is it really so terrible to give ourselves a time out to feel our feelings Or is it possible that wallowing is an act of loving kindness right when we need it most Just about everyone loves the idea of self compassion the notion that maybe in spite of our messy emotions and questionable behavior we really aren't all that bad In recent years there's been an explosion of books that encourage readers to stop beating themselves up for being human which is terrific Unfortunately readers who aren't interested in Buddhism or meditation have been left out in the cold Self compassion is an everyday habit that everyone can learn even if they aren't particularly spiritual but find most books about self compassion too serious or else they have already overdosed on meditation *Constructive Wallowing How to Beat Bad Feelings by Letting Yourself Have Them* is the first book to cut right to the chase bypassing descriptions of Eastern philosophy and meditation techniques to teach readers exactly how to accept and feel their feelings with self compassion for greater emotional health and well being while making them laugh from time to time It seems that the wisdom of keeping your friends close and your enemies closer applies to emotions as well as people It's tempting to turn away from menacing uncomfortable feelings like anger grief or regret and treat them like unwanted guests however ignoring them just seems to make them stick around They lurk in the background like punks with switchblades waiting to pounce as soon as they see an opening By learning to accept and embrace rather than suppress difficult feelings people can keep their sense of personal power and better yet gain greater understanding and ultimately esteem for themselves Feeling bad can actually lead to feeling better faster

**Constructive Wallowing** Tina Gilbertson, 2014-05-13 Presents advice for dealing with self critical thoughts and negative emotions about the past along with techniques for developing self compassion and a more positive outlook

*Reconnecting with Your Estranged Adult Child* Tina Gilbertson, 2020-05-05 Parents whose adult children have cut off contact wonder How did this happen Where did I go wrong What happened to my loving child Over time holidays birthdays and even the birth of grandchildren may pass in silence Anguish may turn into anger While time in and of itself does not necessarily heal actions do and while every estrangement includes situation specific variables there are practical effective and universal techniques for understanding and healing these not uncommon breaches Psychotherapist Tina Gilbertson has developed these techniques and tools over years of face to face and online work with parents who have found her strategies transformative and even life changing Gilbertson cuts through the blame shame and guilt on both sides of the broken relationship Parents will feel heard and understood but also challenged and guided to reclaim their role as tone setter and grow psychologically Exercises examples and sample scripts empower parents who have felt powerless Gilbertson shows that reconciliation is a step by step process but the effort is well worth it It is never too late to renew relations and experience better than ever bonds

**Jeff Herman's Guide to Book Publishers, Editors & Literary Agents** Jeff

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Moff,2024-07-10 Do you often find yourself looking at situations with a pessimistic mindset focusing more on the negatives and what could go wrong rather than the potential successes Maybe you have decided that enough is enough and that it is time that you discovered your inner strength and made a change for the better Perhaps you haven t always felt this way but recently you have been very pessimistic and you are desperate to recreate yourself into a more positive person Or perhaps pessimism is something that has been rife throughout your life but you want to finally rid yourself of these negative thoughts by recreating yourself with new principles and more influential peers If this sounds like you then you re in luck Your Principle Your Brand Eruptic Principles will provide you with all of the information and strategies that you could ever want to change your mindset for the better Discover the Power Of You to become a more positive and successful person in the process Erupt Your Personal BrandWorth Negative mindsets and pessimistic thinking are habits that occur all too easily and far too often They can be created through our environment when something bad happens in our life or they can stem from childhood The good news is that it doesn t mean you can t change your way of thinking With this book you will be able to harness the information provided to you and become a more positive person This change will help you become more successful as well So if you are someone that is seeking more success in your work life your personal life or any aspect of your life then this is a book that you cannot afford to miss out on Inside Your Principle Your Brand Eruptic Principles discover The Power Of You The importance of having a positive mindset in business The impact that positivity can have on motivation and success levels The different benefits that can come in your personal life when you have a positive mindset How to become more accepting of situations that occur that are out of your control Ways that you can channel your inner strength redefine your personal brand to Erupt Your BrandWorth And much much more Don t waste another day living in a world of negative thinking and

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nuggets and meditations all of them gentle suggestions designed to bring more ease and equanimity into your daily life Written in the candid conversational style of a good friend and accompanied by delightful cartoon illustrations *Walking on Sunshine* is a constant supportive companion that will see you through your ups and downs *Toasts* June Cotner, Nancy Tupper Ling, 2014-11-18 A well chosen toast can make simple moments special and special moments memorable Whether it is celebrating a wedding a job promotion a birthday or a new direction in life toasting is a tradition that remains a part of honoring important occasions For nearly 20 years June Cotner has been the go to for blessings housewarmings new babies graces and all of life's rites of passage Here she joins forces with award winning poet and author Nancy Tupper Ling to provide the right words for every occasion *Toasts* is the perfect resource for any moment where one needs to raise a glass Organized by category and containing many original toasts written just for this book this timely tome contains sayings famous and profound suitable and sentimental Covering births weddings graduations and other events both major and minor *Toasts* also provides inspirations for adding meaning to life's special moments When it comes to making a toast knowing what to say and how to say it is a talent that takes practice *Toasts* is the perfect place to find fresh original toasts in addition to traditional favorites **Of Fear Itself** Curt Christian, 2019-11 How do you deal with your fears Or do you Are you one of the multitudes of persons whose fears do the dealing Have you ever taken the trouble to get to know the most common and yet perhaps the least understood animal emotion Take a little trip through these pages You may find that fear isn't quite the enemy imagined You may find that it's actually a valuable companion that requires proper exercise not exorcism Kurt Vonnegut wrote We are what we pretend to be Could it really be that simple If we pretend to be unafraid could our fears just melt away As one of the leading writers of the Victorian era Mary Ann Evans more widely known as George Eliot is often credited with once having said It is never too late to be who you might have been What will you pretend to be Paperback available from LULU com

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