

# Time Limited Tearfulness

Play the song or songs that brings forth sorrow.. If tears come, allow yourself the duration of the song to cry. You may find a couple songs is needed to release the emotions.

You may not be a crier... that's okay. Tears are not necessary for this exercise to be effective. The idea here is to offer yourself a safe space with a known end time to be in a tough emotion.

Write down 3 songs for you to choose that naturally arise sorrow or your tough emotion.

---

Song of Sorrow 1

---

Song of Sorrow 2

---

Song of Sorrow 3

After the sorrowful, tearful song(s), the music will help you to shift your mindset.

The music choices to consider now are those songs that bring forth a smile. You feel uplifted when you hear these songs. You may even belt out or jam to these songs.

Write down 3 songs that lift you up and instantly shift you from the sorrow.

---

Uplifting Song 1

---

Uplifting Song 2

---

Uplifting Song 3

## Now put your work into action...

You may want to make a playlist with your songs to have them easily accessible for when you need them most.

**Listen** to one or all of your **songs of sorrow**.

After your time of sorrow (approximately 3-15 minutes), then **promptly shift** to your **uplifting songs**.