**Dealing with Another's Negative Emotions (Teal Swan)**

1. Become aware of the other person's emotions.
2. Care about the other person's emotion by seeing it as valid and important.
3. Listen empathetically to the other person's emotion in an attempt to understand the way they feel - seek to understand rather than agree.
4. Acknowledged and validate their feelings - helping them find words to label their emotion. To acknowledge and validate one's feelings it is not necessary to validate the thoughts they have about the emotion are correct, but it is valid to feel the way they feel. Example: "They say they feel useless." It not right to say, "You are useless." Instead say, if I was in your situation I can see why you feel this way.
5. Allow the person to feel how they feel. Allow the person to feel their emotion fully before moving towards any kind of improvement in the way that they feel. We need to give them permission to decide when to move up the vibrational scale when they are ready to feel another- emotion. We cannot impose our idea of when or where they should be ready to feel different. This is the step of unconditional presence or unconditional love. We are there as supporting without trying to fix them. Don't be offended if they don't accept our support at this time. There is a benevolent power inherent in offering; this is love in itself.
6. After, and only after their feelings have been validated and acknowledged and fully felt, help the other person strategize ways to manage their reactions. This is the step where you can offer new ways at looking at the situation; here you can offer advice.

You can apply these 6 steps yourself.