

How to Be With Your Emotions: A Real Guide to Feeling What's in Your Body

This guide will help you reconnect with your emotions by teaching you how to feel them as sensations in your body.

WHY THIS MATTERS:

Emotions like sadness, fear, or rejection show up physically—as tightness in your chest, knots in your stomach, or pressure in your throat. These sensations are messages. Most started in childhood when you learned to hold things in just to feel safe. You may have felt ignored, punished for expressing emotion, or had to act “strong” to survive. Those emotions didn’t disappear—they got buried. And now they shape your behavior, especially in relationships.

You may:

- Over-apologize to avoid tension
- Stay silent instead of asking for what you need
- Try to keep everyone happy to avoid feeling rejected

These are survival patterns. This guide helps you become aware of them and start shifting them.

THE PROCESS:

1. Find a quiet space. Set a timer for 15–20 minutes.
2. Start breathing slowly through your nose.
3. Ask: What am I feeling right now?
4. Drop into your body and notice: Where is it? What’s the sensation?
5. Stay with it. Say mentally: “I’m completely here with you now.”
6. Ask:
 - “What emotion is this?”
 - “When have I felt this before?”
 - “When did I first feel this in my life?”
7. If a younger version of you comes up, sit with them. Imagine giving them what they needed.
8. When ready, say: “I see you. I’m here now.” Then write down anything that came up.

This isn’t about fixing yourself. It’s about staying present with what’s real—so your body can finally let go of what it’s been holding.

Download this guide anytime you need to come back to yourself.