

Listening to What You Feel

A quiet reflection for women in the middle of a season that matters

There are moments in this season when feelings arrive fast ~ sharper than you expected, bigger than you meant for them to be.

Sometimes joy and ache show up together. Sometimes you feel excitement and grief within the same breath. Sometimes your heart reacts before your mind understands why.

I felt this, too ~ times when a small moment opened something tender, and the emotion surprised me with its force. It didn't mean I was broken or doing it wrong ~ just that I was feeling my way through a transition that mattered.

If this happens for you, you don't need to make sense of it right away. You don't have to calm it, fix it, or explain it.

**Just notice what rises ~
and let the feeling be felt with gentleness.**

**Emotions are not problems to solve.
They are signals that something matters.
They are meant to be felt ~ not hidden, rushed, or explained away.**

Before you continue... take a slow breath.

Let your shoulders drop. Unclench your jaw.

Notice what's here ~ without changing it.

How Emotions Live Within Us

Emotions are not just thoughts ~ they are full-body experiences.

Emotions don't only live in the mind ~ they show up in the body, too. Sometimes we feel an emotion before we can name it ~ as tension, heat, pressure, fluttering, a tightness, a drop, a pull, a holding.

Emotions may show up as:

- ~ tightness in the throat
- ~ warmth in the chest
- ~ fluttering in the belly
- ~ heaviness behind the eyes
- ~ tingling, pulsing, or pressure anywhere in the body
- ~ a catching of the breath

I'll share just one moment from my own experience: when sadness comes for me, it often feels like a heavy lump in my throat ~ my voice softens or catches, as if the feeling is asking to be spoken before it fully finds its words.

Your body may speak differently ~ through your chest, your jaw, your stomach, your shoulders, your back, your breath, your heartbeat. There is no right way for emotions to appear. There is only how they show up for you.

These sensations are not problems. They are signals ~ meaningful data from your inner world. Every emotion has a somatic signature, your body's way of responding to life ~ a shape, weight, texture, speed.

Noticing is the beginning.

Understanding and naming can come later.

Your Somatic Map

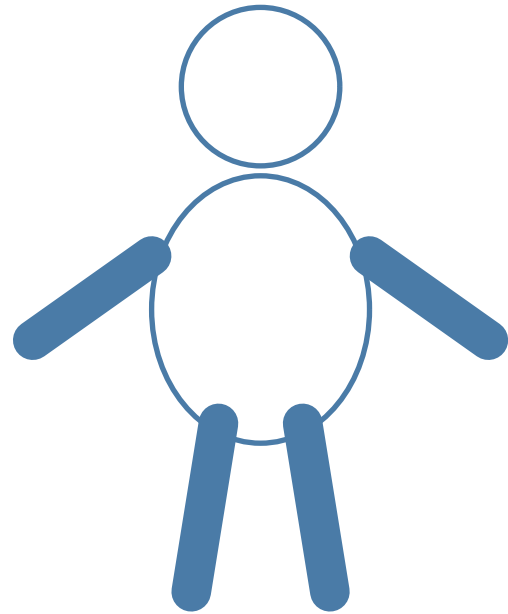
Where does this feeling live in your body?

Use this outline to gently explore where emotions or sensations show up in your body today.

There is no right way to do this ~ it is simply a reflection of what you are feeling inside.

You might try:

- ~ Adding color to areas where you notice something ~ warm colors for heat or intensity, cool colors for calm or heaviness
- ~ Drawing smooth lines for feelings that feel gentle or flowing
- ~ Drawing jagged or bold lines for feelings that feel sharp, tight, or intense
- ~ Shading or darkening areas that feel heavy or full
- ~ Leaving areas blank where there is quiet or nothing present yet
- ~ Writing words anywhere around the figure that feel true to what you notice



You can start anywhere.

Just let this page hold whatever your body is quietly telling you.



Name What You Feel

The more clearly you can name a feeling, the more compassionately you can support yourself through it.

Emotions often arrive as a swirl ~ especially during transition. This practice helps you bring gentle clarity to that swirl.

STEP 1 ~ PAUSE AND NOTICE

Take a moment. Notice what you're feeling. Write down 1 to 3 emotions that feel most present today or this week:

STEP 2 ~ CHOOSE ONE

Let the words sit for a moment. Notice each emotion in your body. Is one standing out more than the others right now? Circle that emotion above.

There's no right answer ~

only what feels most true in this moment.

Awareness is an act of compassion.

Step 3 ~ Refine the Feeling

Use this list to refine or find a more precise word for what you're feeling. Circle those that are present for you.

aching	conflicted	hesitant	releasing
adrift	courageous	hopeful	relieved
alive	curious	in-between	renewed
amazed	delighted	inspired	restless
anxious	disappointed	invigorated	scattered
anticipating	disoriented	irritated	sensitive
apprehensive	drained	joyful	settled
awakening	eager	light	shaken
balanced	elevated	longing	soft
bewildered	emerging	lost	steady
bittersweet	energized	moved	stretched
blocked	engaged	nostalgic	strong
bold	exhausted	open	surprised
brave	expanding	overwhelmed	tender
bright	floating	peaceful	touched
calm	fragile	proud	unmoored
centered	full	quiet	uplifted
comforted	grounded	reflective	warm
connected	heavy	refreshed	yearning

*The more precisely you can name a feeling,
the more gently you can tend to it.*



What Is It Telling You?

Every emotion is a messenger. It's pointing to something you need.

Now that you've noticed where it lives in your body and found a word for it ~ sit with it just a little longer. Not to fix it. Not to make it go away. Just to listen to what it might be trying to tell you.

IF THIS FEELING HAD A MESSAGE, WHAT MIGHT IT BE ASKING FOR?

WHAT DO YOU NEED RIGHT NOW ~ EVEN IN THE SMALLEST WAY?

WHAT COULD YOU OFFER YOURSELF TODAY?

A gentle reminder

You don't have to fix this feeling. You don't have to explain it or earn the right to have it.

Awareness is an act of compassion.

Feeling is enough.



*These are the kinds of conversations I hold space for ~
the real ones, the tender ones,
the ones that don't have clean answers but deserve to be spoken out loud.*

You don't have to navigate this season alone.

*If something in you stirred while reading this ~
that's worth paying attention to.*

With warmth,

Kristin



Scan to visit
sparklingpositivity.com



© 2026 Sparkling Positivity LLC ~ All rights reserved