

Free Guide: 5 Emotional Skills For Empowered Living

Namaste Wellness Rhonda Morales.com

Hello,

I'm so glad you are taking the steps to create the emotional life you deserve.

I created this Guide because I know what it feels like to be **stuck, unseen and unsure of how to heal from the past.**

Many of us didn't learn the **skills** we needed as kids to *navigate emotions, build self worth and create healthy connections*. The good news is, **it's not too late** to learn them now and watch your life pivot to more *inner peace, healthier connections and feel more secure in your emotions*. So let's get started!

1. Self Awareness

Understanding your emotions, patterns and triggers

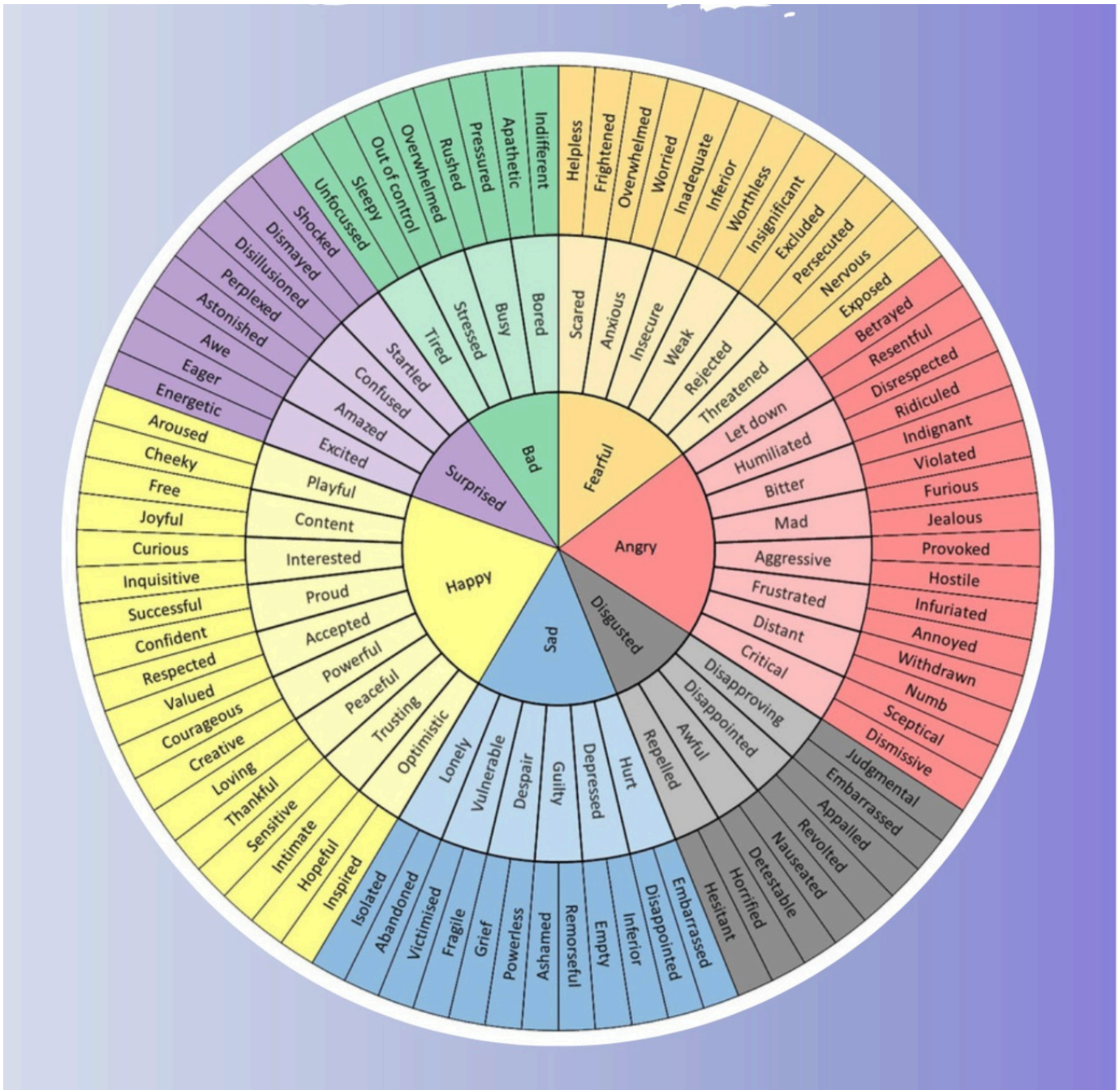
Why does it matter? Self Awareness is the foundation to *knowing self* and emotional healing. Self Awareness helps us notice our automatic reactions. We learn to make *intentional choices instead of impulsive ones* when we grow Self Aware.

Practice Exercise: Start a daily journal. It doesn't have to be an expensive fancy journal. Write down 3 emotions you feel each day, what triggered them and how you responded. **Remember, you can have positive emotions to journal about as well as the negative ones.** This practice helps you identify patterns and improve emotional clarity.

Namaste Wellness Rhonda Morales.com

Use the Feelings Wheel to help you increase your emotional vocabulary and learn to accurately identify what you are feeling. We tend to name feelings that are vague like angry, sad, happy.

The better we can identify the feeling, the easier it is to understand our reaction to the event that caused the feeling.



2. Self-Compassion



Being kind and supportive to yourself, especially in difficult moments

Why does Self Compassion Matter? It allows you to ***break free from self criticism and shame!!*** Sounds good, right?! Many of us did not receive compassion in childhood. Instead, we received criticism. Therefore we don't give it to ourselves naturally; ***we need to develop the skill.***



Practice Exercise 1: When you notice your negative self talk, pause and ask yourself, "what would I say to a friend in this situation?" Then, replace your negative self talk with what you would say to a friend. You might want to repeat it a few times, so your brain hears your kinder softer words.

Practice Exercise 2: Mindfulness - place your hand over your heart, take a deep breath, and repeat a kind phrase like: "it's okay to struggle. I'm doing my best," "I am enough, just as I am," "I can do hard things. I've done many hard things in my life," "I deserve to learn these skills. I'm creating a happier life."

3. Boundary Setting

Communicating your needs and limits and preferences clearly and respectfully.

Why it matters? Healthy boundaries *protect your energy, prevent burnout and ensure you are treated with respect*. Boundaries create space for more fulfilling relationships.

This can be a *challenging skill for those that did not see boundaries modeled in the childhood home. Many of us weren't allowed to share our feelings, our needs, limits or preferences*. We may have been punished for these important self expressions. It's not unusual to start from scratch and learn what your limits, preferences, needs, and feelings are. *We need to learn ourselves* so we can share our boundaries with others. Take your time on developing this skill. *Refer back to the Feelings Wheel to identify your feelings, as triggers and events come up.*



Insider Tip: It's not unusual to feel angry when someone behaves in a

way that is off putting to you. This may be an indication that such behavior violates a boundary. This can help you identify your boundaries so you can communicate them to others.



Practice Exercise: Identify one area in your life where you need a boundary. For example, say NO to an invitation that you aren't very interested in attending. Or, say NO to a request that isn't aligned with your core values; like being talked to or treated in a way that is disrespected. Write down how you will kindly and firmly communicate this boundary. Consider role playing your new skill of saying NO.

4. Emotional Regulation

Managing your emotional responses will improve relationships.

Why does it matter? As you learn to handle your emotions effectively, you **communicate more clearly, build trust, and create stronger, healthier connections with others.** That's what we want, right?! ***Emotional Regulation is a vital skill for personal peace, relational harmony*** as you learn to respond thoughtfully to challenging situations.



Practice Exercise 1: When you feel emotionally triggered, try the ***5-5-5 Method***. ***Take 5 deep breaths, count to 5 as you inhale and exhale, then name 5 things you see around you as you begin to ground.***

Depending on the level of agitation, it might be helpful to move your body by walking, doing some yoga, dancing, or jogging in place before you try the breathing exercise.





Practice Exercise 2: Schedule *“Check In” moments* throughout the day **to observe how you are feeling emotionally and physically**. Refer to the Feelings Wheel. Listen to your body’s feedback and consider how you can respond to what it needs. For example, if you’re agitated bc you skipped breakfast and lunch - pause and get something to eat.



Practice Exercise 3: Before responding to a challenging situation, take 5-7 deep breaths to ground and center yourself.

5. Building Healthy Connections

Forming meaningful relationships rooted on ***trust, mutual respect and emotional safety***.

Why does it matter? Healthy relationships are essential for emotional fulfillment and growth as they enrich your life and provide support during tough times.





Practice Exercise 1: Reach out (this can be a text, call or face to face) to a trusted friend or loved one today and share something meaningful about your day. Notice how they respond and how it makes you feel.

To build this skill we need to be **selective** as to who we share with. Choose someone that has the emotional capacity to actively listen to you and respond to your sharing.



Practice Exercise 2: Practice active listening when they share.

Practice
GRATITUDE

Practice Exercise 3: Share gratitude for their presence in your life. Building a new friend group based on **mutual respect, trust and support of one another** is an admirable goal. Remember, it will take intention and energy and time.

Conclusion

These 5 skills are a strong beginning to your journey to emotional healing and growth. By practicing them daily, you'll start to see changes in how you feel, think, and connect with others. It was my honor to share these skills with you. I designed this guide as your ***brave starting point in designing small, actionable steps*** where you can feel more in ***control, connected and confident***. I ***celebrate you*** for beginning your journey.

Kindly,
Rhonda



Namaste Wellness
by Rhonda Morales

If you're ready to dive deeper in healing from the past, building your self worth, creating a life with connection and purpose

Join me in *The Emotional Rebuild*.

This course will guide you step by step into the life you deserve by developing self identity, emotional maturity and healthy connections with others.

Click here to learn more about or enroll in *The Emotional Rebuild*.

LEARN MORE