

## **When Our Feelings Are Hurt and Our Needs Are Being Revealed**

Within the Union of Saints, we approach emotional pain through both spiritual awareness and grounded science. When feelings are hurt, the nervous system is registering a perceived disruption in safety, connection, or expectation. This response is mediated through systems such as the limbic system, particularly the amygdala, which processes emotional salience and signals the body to prepare for protection. In this way, emotional pain functions as adaptive information. It brings attention to unmet needs related to ***belonging, respect, stability, and coherence*** between expectation and experience.

From a physiological perspective, unmet needs can activate stress responses within the body. Cortisol and adrenaline may increase, heart rate may shift, and cognitive processing can narrow toward threat detection. Over time, repeated experiences of unmet needs without resolution can contribute to patterns of heightened reactivity or emotional withdrawal. Within our union, awareness serves as an interrupt to this cycle. By naming these understandings, feelings and identifying the underlying need, the prefrontal cortex becomes more engaged, supporting regulation, decision making, and intentional response rather than reflexive reaction.

We recognize that each individual operates within their own capacity for attunement and response. This capacity is influenced by prior experience, learned behavior, and current physiological state. Discernment becomes essential. It allows individuals to assess relational environments and determine where **mutual regulation and respect** are present. Boundaries, in this context, function as regulatory mechanisms. They help maintain internal balance and protect against prolonged states of dysregulation.

In moments where feelings are activated and needs remain unmet, we encourage reflective practices that support neural integration and self awareness

- What am I feeling in this moment
- What physiological sensations are present in my body
- What need is being signaled beneath this feeling
- Has a personal boundary been crossed
- Have I expressed this need clearly and directly
- Does this environment support regulation and mutual respect

Understanding strengthens neural pathways associated with self regulation and effective communication. As awareness increases, responses become more measured, coherent, and aligned with internal values.

The Union of Saints affirms the use of clear, regulated language to maintain psychological and relational stability. In moments of distress, the following statements support boundary formation while reducing escalation within the nervous system

**I feel stress activated by what was said and I need a respectful tone to continue  
I am choosing to engage in communication that supports understanding and mutual regard**

**I am taking a moment to regulate and will return when I am centered**

**This interaction is creating internal distress and I am stepping away to maintain balance**

**I am available for resolution in a space that supports calm and respect**

**I am maintaining my boundary to support my well being**

**My needs are valid and I am responding to them with intention**

These statements support co regulation and self regulation. They reinforce neural patterns associated with safety, understanding, and self respect while reducing the likelihood of escalation or harm.

As a community, we hold that emotional awareness, supported by scientific understanding and disciplined practice, strengthens both individual resilience and collective harmony. By integrating physiological insight with grounded boundaries, we create conditions where individuals can remain regulated, connected, and aligned with truth.

**Union of Saints**