

# EMOTIONAL SEASONS MAP

HEALING ISN'T LINEAR – IT'S CYCLICAL THIS MAP IS A TOOL TO HELP YOU RECOGNIZE WHICH “EMOTIONAL SEASON” YOU'RE IN AND WHAT SUPPORT OR REFLECTION YOU MIGHT NEED AT ANY POINT IN YOUR JOURNEY

## **REST**

I'm depleted and need to slow down, find comfort, and be still.

## **AWARENESS**

I'm noticing old patterns, triggers, and negative

## **BOUNDARIES**

I'm recognizing my limits and finding self-respect.

## **JOY**

I'm feeling light, playful, and connected to wonder.

## **GRIEF**

I'm sitting with feelings of loss, sadness, or uncertainty,

## **INTEGRATION**

I'm practicing new skills and embracing a different path toward,

## **HOPE**

I'm envisioning new possibilities and beginnings,

## **CONNECTION**

I'm seeking belonging, intimacy, or deep listening.



## How to Use the Emotional Seasons Map

1. Check In With Yourself - Ask how you're really feeling. Be honest.
2. Identify Your Season - Read the descriptions and find the one that resonates with you.
3. Reflect, Don't Rush - Each season brings its own purpose and growth.
4. Honor Your Season - Lean into what you need, rather than resisting.
5. Repeat Often - Return to the map whenever you feel stuck or uncertain.

### Suggested Practices by Season

#### Rest:

Meditation, journaling, gentle walks.

#### Grief:

Cry safely, write letters, and join support groups.

#### Awareness:

Self-inquiry prompts, therapy, and mindfulness.

#### Integration:

Habit tracking, vision boards.

#### Boundaries:

Scripting, assertiveness tools, and coaching.

#### Hope:

Affirmations, visualization.

#### Joy:

Dance, creativity, pleasure practices.

#### Connection:

Community, deep conversation, inner child work.



## **Additional Resources**

### **Books:**

#### **The Body Keeps the Score - Bessel van der Kolk**

<https://www.amazon.com/Body-Keeps-Score-Healing-Trauma/dp/0143127748>

#### **Untamed-Glennon Doyle**

<https://www.amazon.com/Untamed-Glennon-Doyle-Melton/dp/1984801252>

#### **Journey to the Heart - Melody Beattie**

<https://www.amazon.com/Journey-Heart-Daily-Meditations-Freeing/dp/0062511211>

### **App:**

#### **Insight Timer (free meditations)**

<https://insighttimer.com/guided-meditations>

### **Tool:**

#### **FeelingsWheel.com - for emotional vocabulary**

<https://feelingswheel.app/>

### **Podcast:**

#### **Therapy Chat, On Being**

<https://traumatherapistnetwork.com/podcast-category/therapy-chat-podcast/>