

Field Static Checklist: Why You Can't Hear Yourself

Use this checklist anytime you feel foggy, confused, disconnected, or unsure whether what you're feeling is *your truth* or just noise in the field.

✓ Signs Your Signal Is Blocked

Emotional Signs

- You feel "off" but can't explain why
- You can't tell if you're anxious or intuitive
- You feel muted, numb, or emotionally far away
- Your reactions feel bigger than the situation
- You feel split between what you think and what you feel
- You second-guess yourself constantly
- You abandon your first instinct because it feels "too much"

Mental Signs

- Brain fog or heaviness
- Overthinking or mental spiraling
- Needing someone else to validate your decisions
- Feeling unsure even after deciding
- Difficulty hearing your own opinions
- Confusion about what you want

Body Signs

- Tight chest or shallow breathing
- Stomach tension or dread
- Throat tightness when speaking truth
- Sudden shutdown or collapse
- Feeling frozen, stuck, or unable to act
- Exhaustion after simple interactions

Field Signs

- Absorbing other people's emotions instantly
- Feeling responsible for someone else's reaction

- Heavy aura or “dense” energy around you
 - Emotional residue from past days still lingering
 - Old memories resurfacing in dreams
 - Feeling weighed down in certain environments
 - Internal pressure to perform, be good, or adapt
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✓ Sources of Field Static (What’s Actually Interfering)

Old Emotional Residue

- Unprocessed grief from years ago
- Anger you never expressed
- Shame you swallowed
- Love or heartbreak that didn’t get closure

Past Versions of You

- A younger, scared version stepping forward
- A survival-era you trying to “protect”
- An old identity you’ve outgrown

Other People’s Energy

- Someone’s disappointment
- Someone’s fear
- Someone’s expectations
- Someone’s emotional chaos

Words/Criticism Imprinted in Your Field

- Something someone said is still echoing
- Tone you absorbed more than the words
- An argument you’re replaying
- A moment where someone’s voice silenced your truth

Nervous System Survival Mode

- Fight, flight, freeze, or fawn signals
- Bracing for abandonment
- Bracing for conflict
- Bracing for rejection

✓ Quick Ways to Clear the Static

Return to Your First Instinct

Ask:

“Before I overthought it... what did my body say?”

Slow the Exhale

This tells your system:

“We’re safe.”

Name the Noise

“This anxiety belongs to a younger version of me.”

“This heaviness isn’t mine.”

“This fear is residue.”

Naming dissolves the fog.

Micro-Truth

Speak one honest sentence — even to yourself.

Truth cuts static cleanly.

Ground Through the Body

- Shake
- Sigh
- Place hand on chest or belly
- Notice where you contract

Clear Foreign Energy

Ask your field:

“Is this mine?”

If your body softens, it wasn’t.

Reconnect to the Present Self

Say internally:

“I’m the one leading now.”

✓ Signs Your Signal is Clear

- You feel a calm, steady knowing
- Decisions feel simple instead of stressful
- You’re not trying to convince yourself
- Your voice feels deeper, slower, more “you”

- You stop outsourcing validation
 - Your boundaries feel natural, not forced
 - Emotions come up and move through without drama
 - You feel like you've "come home" to yourself
 - Your body relaxes as soon as you choose
 - Life starts responding to the tone you carry — not the noise you carried
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✓ One Final Check-In

Ask yourself:

"What part of me is speaking right now — the true me, or the static?"

If you can answer that honestly, you're already clearing the field.