

# 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.

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## ✓ 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

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## ✓ 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.”**

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## ✓ 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.