



Discover Your Soul Self

Awaken. Reflect. Become Whole.

Sit With Difficult Emotions

A quick deprogramming worksheet for noticing the body reaction, separating the meaning, and choosing one steadier response.

discoveryoursoulself.com

Use this when: you feel triggered, overwhelmed, shut down, angry, ashamed, panicky, or like the old reaction is about to take over.

The Chain to Notice

1. Event

What happened? Keep this factual. No story yet.

2. Body Reaction

What did your body do first? Tighten, freeze, heat, collapse, race?

3. Meaning

What did your mind decide this meant? This is where old pain often enters.

4. Emotion

Name the feeling. Hurt, anger, shame, fear, grief, loneliness, disappointment.

5. Behaviour

What did the feeling want you to do? Shut down, chase, fix, attack, explain, disappear?

6. New Choice

Choose one steadier response. Small counts. Slow counts. One honest sentence counts.

Before You Write

Do not force yourself to process everything. This sheet is for creating space, not digging yourself open. If the feeling is too big, regulate first. Feel your feet. Look around the room. Slow your breath. Come back to this when you can stay present.

1. What happened?

Write the actual event. Keep it simple and factual.

2. What did my body do first?

Notice the first body signal. Throat, chest, stomach, jaw, shoulders, heat, numbness, shaking, collapse.

Sit With Difficult Emotions

Use this page to separate the current moment from the old meaning and choose one steadier response.

discoveryoursoulself.com

3. What meaning did my mind attach to this?

Examples: I am being abandoned. I am in trouble. I am too much. I do not matter. I am not safe to be honest.

4. What emotion is here?

Name the feeling if you can. If you cannot name it yet, start with: heavy, tight, off, panicky, numb, sad, angry, ashamed.

5. What old behaviour wants to happen?

Do I want to shut down, over-explain, chase, fix, attack, apologise, say yes, disappear, or pretend I am fine?

6. What is one steadier response I can choose now?

Choose one small interruption in the pattern. A pause. A breath. A no. A boundary. One honest sentence.

Remember: The emotion is real. The meaning may be old. You do not have to obey the first survival response just because it arrived loudly.