



From Field Fog to Field Clarity

A Biofield Self-Check + Reset Worksheet

Use this worksheet to understand your current biofield state, notice whether your signal is foggy or clear, and gently return to your body before you make decisions from pressure, collapse, or old patterns.

Start Here: States and Signal Quality

Collapse, Protection, and Connection are the three biofield states. They describe the state your whole system is in.

Field fog and field clarity are not extra states. They describe the quality of your signal inside those states. Fog means your signal is distorted, heavy, reactive, or unclear. Clarity means your signal is more coherent, grounded, and easier to trust.

Simple map: Collapse often creates heavy fog. Protection often creates reactive fog. Connection creates the conditions for field clarity.

Collapse

Your system is low, flat, shut down, or conserving energy. Clarity can feel far away because your body does not feel resourced.

Examples:

- numb or flat
- want to hide
- everything feels heavy
- hard to move, choose, or care

Protection

Your system is scanning, bracing, controlling, defending, fixing, or trying to prevent pain. Fog here often feels urgent or reactive.

Examples:

- overthinking
- pressure to explain
- tension or anxiety
- people-pleasing or controlling

Connection

Your system feels safer, more present, and more able to listen. This is where clarity becomes available.

Examples:

- deeper breath
- steadier emotions
- clearer yes or no
- better boundaries

Before you check a box, remember: you are not labelling yourself. You are noticing the state your system is in right now. States move. Signals clear.



Page 2: Notice Your Current State

Now that the states are clear, check what is showing up in your body, emotions, thoughts, and behaviour. You may tick signs from more than one column. That is normal. Look for the strongest pattern.

Body	Emotions	Thoughts	Behaviour
☐ shallow breath	☐ anxious	☐ overthinking	☐ people-pleasing
☐ tight throat	☐ reactive	☐ urgency	☐ chasing
☐ chest pressure	☐ numb	☐ confusion	☐ shutting down
☐ gut unease	☐ overwhelmed	☐ self-doubt	☐ over-explaining
☐ sudden tiredness	☐ clear	☐ simple truth	☐ pausing before deciding
☐ relaxed shoulders	☐ steady	☐ quiet knowing	☐ speaking one small truth
☐ grounded legs	☐ calm	☐ mental noise	☐ listening to my body
☐ deeper breath	☐ emotionally honest	☐ inner clarity	☐ choosing from truth

What does this suggest?

More numb, heavy, tired, shut down, or hard to care? Your system may be in **Collapse**.

More urgent, tense, scanning, defending, fixing, chasing, or explaining? Your system may be in **Protection**.

More grounded, steady, honest, clear, and able to pause? Your system may be moving into **Connection**.

Signal quality: Does your signal feel foggy, reactive, or clear?

My current biofield state feels most like:

☐ Collapse

☐ Protection

☐ Connection

My signal quality feels most like:

☐ Heavy fog

☐ Reactive fog

☐ Clearing

☐ Clear



Page 3: Understand What the Fog Is Telling You

Field fog is not something to fight. It is information. Use these prompts to find what your system is carrying, protecting, or trying to make clear.

What is my body doing right now?

Example: My chest feels tight and my breath is shallow.

What emotion feels loudest right now?

Example: Fear, shame, guilt, pressure, sadness, anger, or numbness.

What feels foggy or unclear?

Example: I do not know whether I want this, or I am afraid to disappoint someone.

What does my system feel like it is protecting me from?

Example: Being judged, rejected, abandoned, misunderstood, or unsafe.

What would connection feel like in my body?

Example: A slower breath, less pressure, clearer yes/no, or more space.

You do not need to force clarity. First recognise the state. Then give your system enough space to return to connection.



Page 4: 7-Step Reset From Fog to Clarity

Use these steps when your field feels noisy, pressured, heavy, or unclear. The goal is not to force a perfect state. The goal is to slow the pattern and let your real signal return.

1. Return to sensation What is my body doing right now?	Notes: _____
2. Breathe deeper than the fog Use a slower inhale and a longer exhale.	Notes: _____
3. Name the emotional static This feels like fear, shame, pressure, old grief, or someone else's energy.	Notes: _____
4. Slow down decisions I do not need to decide from fog, urgency, collapse, or panic.	Notes: _____
5. Speak one small truth Examples: "I need time." "I feel overwhelmed." "That does not feel right."	Notes: _____
6. Let the emotion move Cry, shake, walk, stretch, write, breathe, sigh, or rest.	Notes: _____
7. Ask: Is this mine? Not every feeling in your field belongs to you.	Notes: _____

Before I leave this worksheet

One truth I know right now is...

One thing I do not need to carry is...

One next step toward clarity is...

Want to go deeper?

Start with my free course, **Deprogramming 101**, inside The Sovereign Living Project. Learn how old programs, identity, filters, emotions, and automatic patterns keep repeating in the background.

Join the free [Deprogramming 101 course here](#)

You do not need fixing. You need to understand how you run.