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HEAL — MODULE 01

Understanding *Your* *Emotions*

The foundation everything else builds on — your relationship with emotions, how you suppress them, and what actually needs to happen to change.

Your Relationship With Emotions

Watch the Module 1 videos before working through this workbook — they give you the context you need. Then come back here and be honest. There are no right answers.

What messages did you receive growing up about emotions — were they safe to have and express?

What would your parents or caregivers say or do when you showed strong emotions?

What did you learn emotions *meant* about you?

i.e. crying = weakness, anger = dangerous, sadness = burden. What stories did you absorb?

Which emotions do you find easiest to feel? Which ones do you avoid, dismiss, or push down?

Think of the last time you felt a strong emotion. What was your first impulse — express it, suppress it, hide it, or analyse it?

How You Avoid the Feels

We all have automatic ways of avoiding difficult emotions. Naming them is the first step.

What habits or behaviours kick in automatically when a difficult emotion comes up?

Netflix, scrolling, overworking, drinking, going quiet, getting busy, overeating, intellectualising...

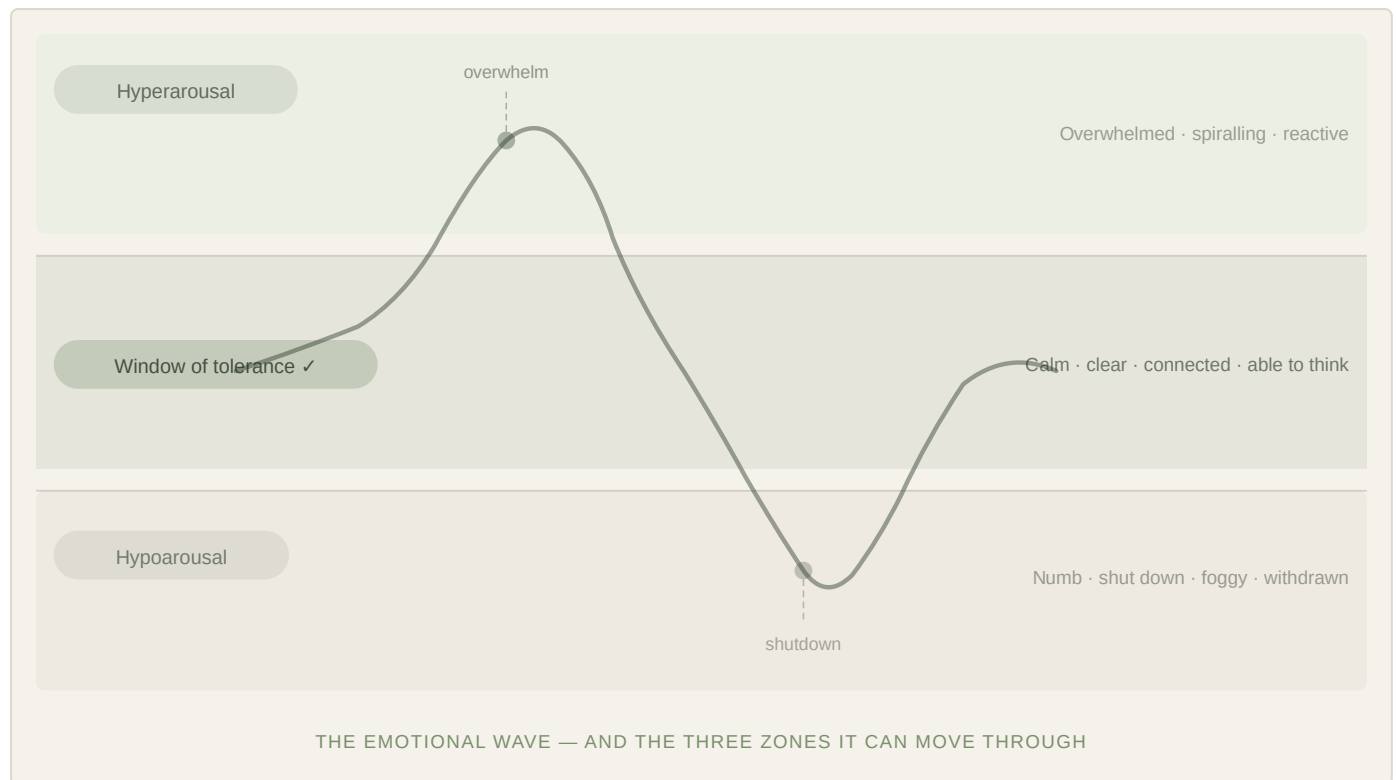
Which emotions do you most commonly avoid — and what are you afraid might happen if you actually felt them fully?

How do you think avoiding these emotions has affected your life?

SIT WITH THIS

What would it feel like to simply sit with a difficult emotion instead of reaching for a distraction — even for just a few minutes? What would you need to feel safe enough to try that?

Your Window & The 5 Steps



What does being *inside* your window feel like? Think of a time that was challenging but you still felt okay — what was that like?

WHEN I GO UP (OVERWHELMED)

Panic, racing thoughts, rage...

WHEN I GO DOWN (SHUTDOWN)

Numb, withdrawn, fog...

What helps you come back into your window when you've left it?

The Language of Your Body

THE 5-STEP EMOTIONAL PROCESSING MODEL — IN YOUR OWN WORDS

Write each step in your own words — the words you'd actually use in the middle of it.

1

Notice
Where do you feel it physically? What does it feel like in your body?

2

Befriend
Welcome it. "You're allowed to be here." What does it need to say?

3

Express
Let the energy move — shake, cry, move, breathe. What does it want to do?

4

Soothe
Rest. Tea, blanket, slow breath. Let your body recover.

5

Learn
Only now — back in your window — reflect. What was it communicating?

SOMATIC BODY MAPPING

For each emotion, describe what it feels like in your body — not what happened, but where and how you feel it. Temperature, texture, size, movement.

ANXIETY	SADNESS	ANGER
FEAR	SHAME	JOY

MODULE CHECK-IN

1	2	3	4	5	6	7	8	9	10
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Completely stuck

Living fully aligned

I'm currently at a: _____

WHAT MOVES ME UP THE SCALE

WHAT TAKES ME DOWN THE SCALE

BRING TO SESSION 2

Your hardest step of the emotional wave. What pushes you out of your window. One emotional myth you recognised in yourself from Video 1A.