DAWN LUCHT

The Heart-Full Academy

UNDERSTANDING YOUR EMOTIONAL REACTIONS

Welcome Home

How we relate to our emotions is how we live our whole lives.

For many of us who are the more sensitive among us it would seem we have been given a task in this lifetime to learn how to navigate our inner worlds. Instead of fearing our emotions, we are learning to listen, respond and act upon them.

No longer can we try and ignore our emotions, or numb them out or pretend they're not there. The need for radical change is confronting us head on and on some level our souls are screaming for more.

Not more overwhelm or stress, but more peace, ease and love. More empathy, compassion and understanding.

We have been caged. Our creativity, our emotions, our thoughts and behaviours have been controlled by fear. We've tried to be "normal" and to fit in and it's made us sick.. Mentally, emotionally, spiritually and physically sick.

But none of us fit in, not really. We all "fit out" and when we accept it we learn what our hearts long for: purpose, meaning, satisfaction + connection.

It's time for change and we must dare to make changes if we are going to find new ways of feeling (and thinking). We learn new ways of relating to ourselves that mean we move from helplessness and self-rejection and into finding unconditional love for all of ourselves and with that comes empowerment.

Some of us are already on this path of asking: How do I make these changes? and have found answers already... but what I know to be true is that ALL change needs daily habits and reinforcement. Without daily habit changes, our dreams become just pipe dreams.

So start here with this document.

The 1st step is cultivating awareness of what's actually going on, right now.

It's not always going to be comfortable but once you see a pattern, a behaviour or a feeling you then have CHOICE.

CHOICE to choose how you respond = FREEDOM from the past.

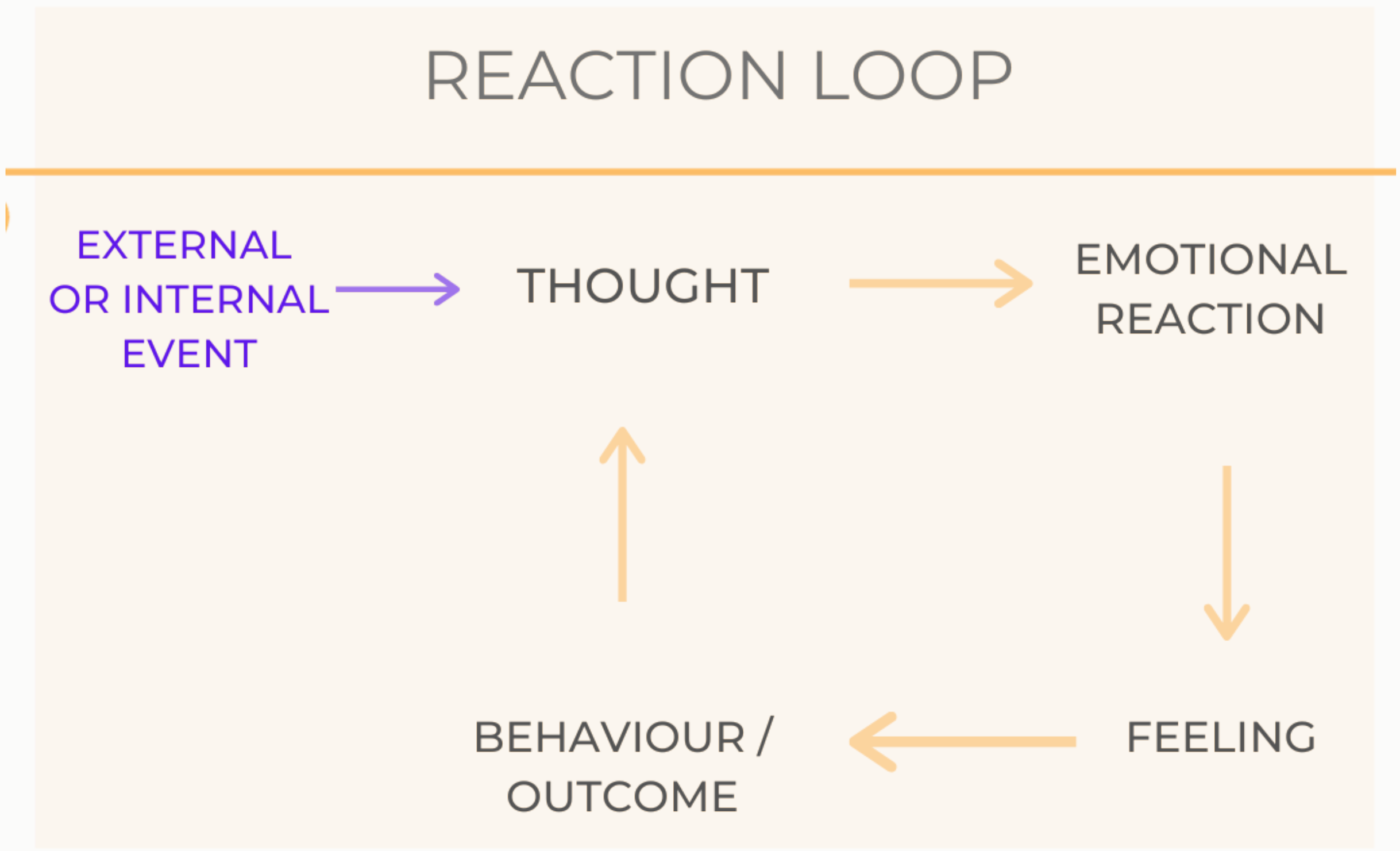
Reaction Loop

I want you to think about this chain of events / loop when you're experiencing a big emotion. THe moment that you start bringing awareness to each part of this loop, the more in control you'll feel, the more you'll be able to choose a different experience and the more you'll be able to side step familiar triggering situations.

The key is to ask WHAT + WHY. What's going on? and Why am I reacting like this.

NOTE: try not to make it about the other person. Take responsibility for your own emotions. By doing so you'll be able to create stronger boundaries and healthier relationships.

On the next pages are some journalling questions designed to create more awareness for you.



Contemplation

What was the situation? What's just happened?

Contemplation

What thoughts came up for you? What was the story you told yourself?

Contemplation

How did you respond to what happened?

Contemplation

What did I REALLY want from this situation?

Contemplation

How did the situation make you feel? Describe in as much detail and the intensity of the emotion. Did you feel it in your body? if so, where?

Contemplation

Why do you think you reacted that way?

Contemplation

What was the outcome of the situation? What actions did you take? how did you React? How did the people around you react to you?

Contemplation

Now that you're feeling calmer, how do you feel and what do you think about what happened? What was the initial trigger?

Contemplation

Do you feel you need to make ay changes as a result of this awareness?

if you ever find yourself in the wrong story, leave

LOE

–Mo Willems

Next Steps

Congratulations for having worked through this workbook and taking massive, giant leaps in your healing journey.

You are so loved! So, so deeply loved and adored.

This whole journey is to remind yourself just how loved you are and how truly wonderful you are too. You may not believe it now, but you will.

Please only take what resonates with you at this time and leave the rest. Don't push it. The universe has her own divine timing and she knows way better than you what the best timelines are. We are learning to trust.

Also transformation takes time. The most transformative experience for you is that you learn to nurture, nourish and be kind to your inner child. That's where the end of suffering happens.

If you feel you would like some help with connecting to the Essence of You, mindset, shadow work, Inner child healing or more, contact me.

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From my heart to yours,

Dawn