



Start Here

Observe how your body and mind feel right now?

Are you tense? Overwhelmed? Feeling a particular way?
Describe what you observe if you can. Where do you feel tension?

Begin to write. Anything and everything.

How are you feeling today? What is weighing on you?

Put it all down on paper. Don't think too much. Try not to edit yourself.

Keep going if you can. Write until there is nothing left.

How are you feeling now?

Write down any observations you may have now that you have written a bit more.
Has anything shifted in your mind or body?

How did/does it feel to not feel safe to express or be heard?

What do you wish you could say, but feel that you can't?

Is there anyone in your life that you can open up to? How would this feel for you?

What are your most uncomfortable emotions? Name them.

What comes up? How do they feel in your body?
Try to observe rather than get caught up in a story.

What are your habits that you indulge in so you don't have to feel?

(Hint: this is food, Instagram, Facebook, watching tv etc.)

What would it be like to allow a bit more space to feel?

Explore a bit more:

How can you create more space in your life to allow yourself to observe, feel and move or write it out? What do you need for that to happen?