

The Emotional Reset Starter Guide:

A 5 Step Check-In For Anyone Carrying Too Much

There comes a moment where your spirit whispers, “*You can’t keep moving like this.*” Not because you’re weak, not because you’re broken, but because you’ve spent years surviving what should’ve broken you. This guide is your pause. Your breath. Your reminder that you deserve to stop drowning just to keep everyone else afloat. Let’s get you back to yourself with honesty, depth, and compassion.

Step One: What is my body trying to tell me?

Your body speaks before your mouth ever does.

Tight chest, stomach knots, migraines, leg heaviness, throat tightness, back pain, shallow breathing.

Choose one sensation showing up for you and write:

“This sensation is showing up when...”

“This sensation reminds me of...”

Your nervous system has been holding things you haven’t named. Start here.

Step Two: What story am I repeating that isn’t even mine?

Is it a parent’s fear? A partner’s criticism? A religious message used without compassion? Old trauma?

Write the sentence that echoes the loudest when you’re stressed.

Then ask:

“Does this belong to me or was it handed to me?”

Step Three: What am I pretending isn’t hurting me?

Your soul knows. Your body knows. Even when your mouth refuses to name it. One sentence honesty:

“I am hurting because...”

Let your truth breathe.

Step Four: What do I need right now that I'm afraid to admit?

Comfort.
Space.
Accountability.
Stability.
Reassurance.
Peace.
Boundaries.
Support.

Write:

"I need..."

"I deserve..."

These two sentences can shift your entire direction.

Step Five: If I honored myself a little deeper today, what would I choose?

Choose one small act:

- Slowing down
- Asking for support
- Saying no
- Taking a moment alone
- Being gentle with your inner critic
- Naming your truth
- Resting without guilt

Your nervous system doesn't need a full transformation. It needs one consistent, loving decision from you.

You don't have to unravel everything at once. You need one honest moment with yourself. Healing begins in the quiet truth you stop running from. And that's exactly where I meet you in my work.- Auntie Ny
