

Emotional Healing Homework Assignments

These exercises are designed to help you reconnect with your emotions by moving beyond thinking about feelings (intellectualising) and into experiencing feelings.

1. Body Awareness Exercise

- Several times a day, pause and ask yourself: What do I feel in my body?
- Take note of any sensations (tightness, warmth, heaviness, tingling, etc.).
- Record these sensations in a journal and see if any patterns emerge.

2. Identifying Emotions

- Once you recognize a body sensation, ask yourself: What emotion might this represent?
- You may find the appendix list of feelings helpful to explore possible emotions.
- If an emotion feels unclear, take a deep breath and allow yourself to sit with it.

3. Emotional Processing Exercise

- When an emotion arises, take a few minutes to acknowledge it fully.
- Try not to suppress or analyze it - simply let yourself feel it.
- Ask yourself: What is this emotion telling me? What does my body need right now?

4. Reflective Writing

- Write about a recent experience that brought up emotions.
- Instead of analyzing, describe what you felt physically and emotionally.
- Consider: What did I need at that moment? How can I support myself better in the future?

5. Visualization Exercise

- Close your eyes and visualize yourself as a child in a difficult moment.
- Imagine offering comfort and reassurance to this younger version of yourself.
- What emotions arise? How does your body feel during this visualization?

Appendix: List of Feeling Words

- Joyful: Happy, Excited, Content, Proud, Grateful, Playful
- Sad: Lonely, Heartbroken, Hopeless, Disappointed, Heavy
- Angry: Frustrated, Resentful, Irritated, Furious, Annoyed
- Fearful: Anxious, Overwhelmed, Nervous, Vulnerable, Unsafe

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- Loved: Secure, Appreciated, Connected, Cherished, Valued
- Confident: Empowered, Capable, Strong, Determined, Assured
- Uncertain: Confused, Hesitant, Lost, Unstable, Undecided
- Peaceful: Calm, Relaxed, Grounded, Balanced, Serene

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Symptoms are signals. You are not broken. You are adapting.

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