



SANCTUM THERAPY

Where connections grow stronger.

Feeling Your Emotions

Emotions are signals - not enemies. When you notice them, feel them, and respond wisely, they guide you back to safety, values, and connection.

What emotions are for

- Protection and preparation (fear).
- Boundaries and self-respect (anger).
- Release and recovery (sadness).
- Belonging and values alignment (shame, used wisely).

How to recognize an emotion

Start here:

- Body sensations (tightness, heat, heaviness)
- Thoughts/images and urges (push, hide, run, connect)

Quick check: "What am I feeling?" + "Where do I feel it in my body?"

A 4-step way to move through an emotion

- 1) Name it.** "I'm noticing anger."
- 2) Allow it.** Let it be here for 30-90 seconds.
- 3) Stay with it.** Breathe low and slow; track it like weather.
- 4) Respond wisely.** "What is this protecting or pointing to?" Choose one respectful action.

90-second reset

- Hand on body: "I'm here."
- Exhale longer than you inhale (4 in, 6 out).
- Ask: "What would help me feel 10% safer?"

Emotion cues (quick map)

- **Anger:** boundary/value violation - clarify limits.
- **Fear:** safety signal - take one small next step.
- **Sadness:** loss - soften, slow down, seek support.
- **Shame:** belonging threat - reality-check and repair.
- **Joy:** nourishment - savor and share it.

When it gets stuck

- **Overthinking:** looping can be an emotion in a thinking costume.
- **Numbing:** busyness/scrolling/substances mute signals (and often make them louder later).

If you can't welcome the emotion, welcome the resistance

- Notice the part pushing the feeling away.
- Ask: "What are you protecting me from?"
- Let resistance exist without arguing.
- Offer reassurance: steady, patient, kind.