

Emotion Mapping Handout

Transform your emotion. Reclaim your power

Do you ever feel overwhelmed by your emotions? You're not alone. Emotions are simply "energy in motion," and it takes only 90 seconds for an emotion to move through your body. This is helpful to remember as you experience different feelings or emotions. If you find yourself stuck in a cycle of emotion, it's not the feeling itself that's holding you there, but rather the story attached to it that prevents it from moving through you. There's no such thing as a "negative emotion"; it only feels "negative" because of the story we attach to it. My simple **V.O.I.C.E. Technique** can help you process emotions with ease and break free from emotional cycles without shame.

1. **Validate** - Acknowledge and accept the emotion without judgment. Recognize it as a natural part of your experience. **Tell yourself:** I'm feeling right now and that is okay and safe to feel.
2. **Observe it** -Take a step back and notice the emotion. Don't label it as good or bad—simply witness it. **Witness:** where this feeling is coming up in your body
3. **Investigate** - Feel the emotion fully and trace it back to the story or belief that's keeping it stuck. **Ask yourself:** *What story am I telling myself about this feeling? What does this feeling trigger in me? When have I felt this last? Is there a pattern?*
4. **Clear** - Release the story through breathwork, letting go of false beliefs, and reprogramming with a new empowering belief. **Try:** *Take deep breaths and imagine letting the emotion flow out of you. (this is where you cry, scream, or just sit with the emotion if you need to, to fully transmute it. You'll know it's done when you feel lighter.)*
5. **Embody** - Integrate the process by moving your body—dance, twerk, stomp, or shake to seal the experience. **Try:** putting on some music, then *twerk, shake or stomp it out after your clearing.*

Want to go deeper?

If you're ready to explore your emotions, heal from past trauma, and release subconscious blocks, I'd love to work with you!

🌟 The Self-Exploration Package – Six sessions to dive deep into your healing and unlock your fullest potential.

"Break free from feeling numb or overwhelmed by your emotions. Take back control by learning how to truly feel, process, and release what's been holding you back. Together, we'll help you feel your emotions without fear, release what's been weighing you down, and step into a life where you feel lighter, stronger, and more connected to yourself every single day."

Send me a message @ShamamaCeline on Instagram to learn more!

Love this handout? Share it!

Tag me @ShamamaCeline and show me how you're using the V.O.I.C.E. technique to heal. I can't wait to cheer you on!