

DAY 8



EMOTIONAL BODY MAP WORKSHEET

PRACTICE GUIDE

**“YOUR BODY HOLDS THE MAP TO YOUR
HEALING. EVERY BREATH IS A STEP
CLOSER TO FREEDOM.”**

Fiona Soutter

PART 1

EMOTIONAL BLOCK AWARENESS PRACTICE

Step-by-Step Instructions:

1. Prepare:

- Find a quiet space.
- Sit or lie comfortably.
- Take several deep, calming breaths with one hand on your heart.

2. Body Scan:

- Gently close your eyes.
- Slowly scan your body from head to toe.
- Notice any areas of tension, heaviness, constriction, or discomfort.
- Pay special attention to your chest, throat, stomach, and lower body.

3. Observe Without Judgment:

- When you find a blocked area, simply observe it without trying to change it.

4. Explore the Block:

- What emotion might be stored here? (Fear, anger, sadness, shame?)
- When have you felt this sensation before?
- What might this block be protecting you from?

5. Breathe Into the Block:

- Focus your breath into the blocked area.
- With each inhale, imagine breath reaching the sensation.
- With each exhale, visualize releasing some of the stuck energy.
- Continue for 5-7 breaths.

6. Accept and Allow:

- Practice acceptance of whatever arises.
- You're not forcing anything — you are creating gentle awareness and movement.

PART 2

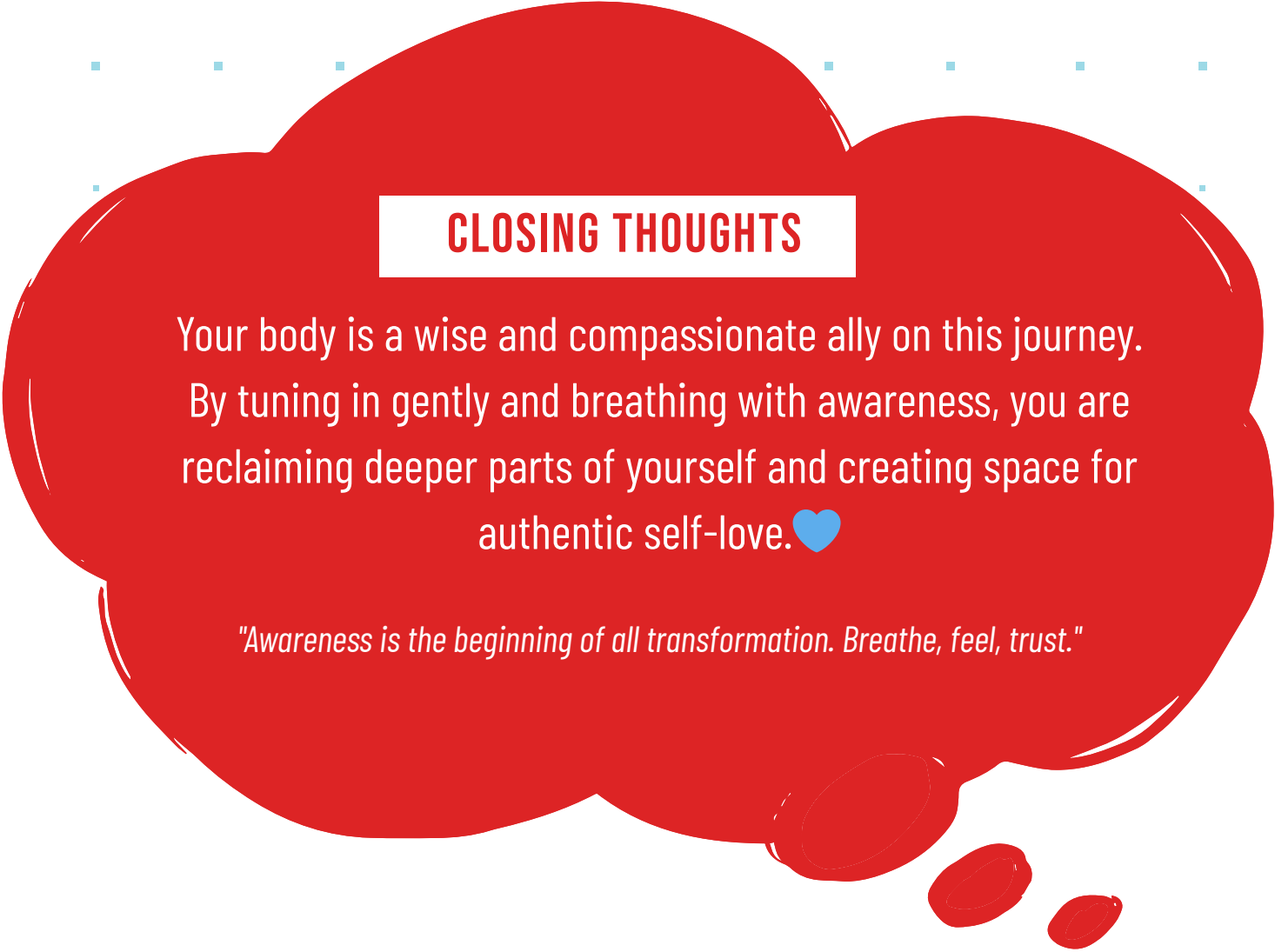
EMOTIONAL BODY MAP

Use this simple body diagram or draw your own:

-  Head: _____
-  Throat: _____
-  Chest/Heart: _____
-  Stomach/Solar Plexus: _____
-  Lower Belly/Pelvis: _____
-  Legs/Feet: _____

For each area where you noticed a block, write:

- The emotion connected
- A memory or situation it might link to (if any)
- A few words describing the sensation (tight, heavy, hot, numb, etc.)



CLOSING THOUGHTS

Your body is a wise and compassionate ally on this journey. By tuning in gently and breathing with awareness, you are reclaiming deeper parts of yourself and creating space for authentic self-love.💙

"Awareness is the beginning of all transformation. Breathe, feel, trust."

Tomorrow, we will explore emotional release and how to gently move energy that is ready to shift. ✨
