

The Aligned Reset

Guided Somatic Reflection

When "Too Much" is from Much Earlier

This is a Guided Somatic Reflection for Real-Life Integration.

Your Integration begins when you stop fighting your reactions and start listening to what they carry.

Let's begin ...

◆ Step 1: The Reaction I'm Noticing

Think of a moment recently when your reaction felt bigger than the situation. Describe what happened:

◆ Step 2: The Body Signal

Where do you feel this reaction in your body right now?

- Chest
- Throat
- Stomach
- Shoulders
- Jaw
- Head
- Other: _____

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What does the sensation feel like?

- Tight
 - Heavy
 - Warm
 - Numb
 - Fluttery
 - Pressured
 - Other: _____
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◆ Step 3: The Age of the Part

If this part had an age, it might feel like:

- Child
- Teen
- Young adult
- Present-day adult
- Unsure

If you sensed an age or time in your life, write it here:

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◆ Step 4: The Protection

What might this part be trying to protect you from? Examples:

- Rejection
- Abandonment
- Failure
- Shame
- Conflict
- Being misunderstood

Your answer:

◆ Step 5: The Need

What does this part need from you right now to feel safer? Examples:

- Reassurance
- Rest
- Boundaries
- Expression
- Slowing down
- Support

Your answer:

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◆ Step 6: Self-Led Choice

If your grounded, adult Self were leading, what would your next small, aligned choice be?

◆ Closing Reflection

What once protected you does not need to lead you forever.
stop You are allowed to update your safety.

Affirmation:

*“I honor the part of me that learned to survive,
and I welcome the Self in me that is ready to lead.*

I am safe to soften.

I am safe to choose differently.

I am safe to become the woman I am becoming.