The Emotional Iceberg + The Mini Version of The Deliberate Reflect Method Process Overview

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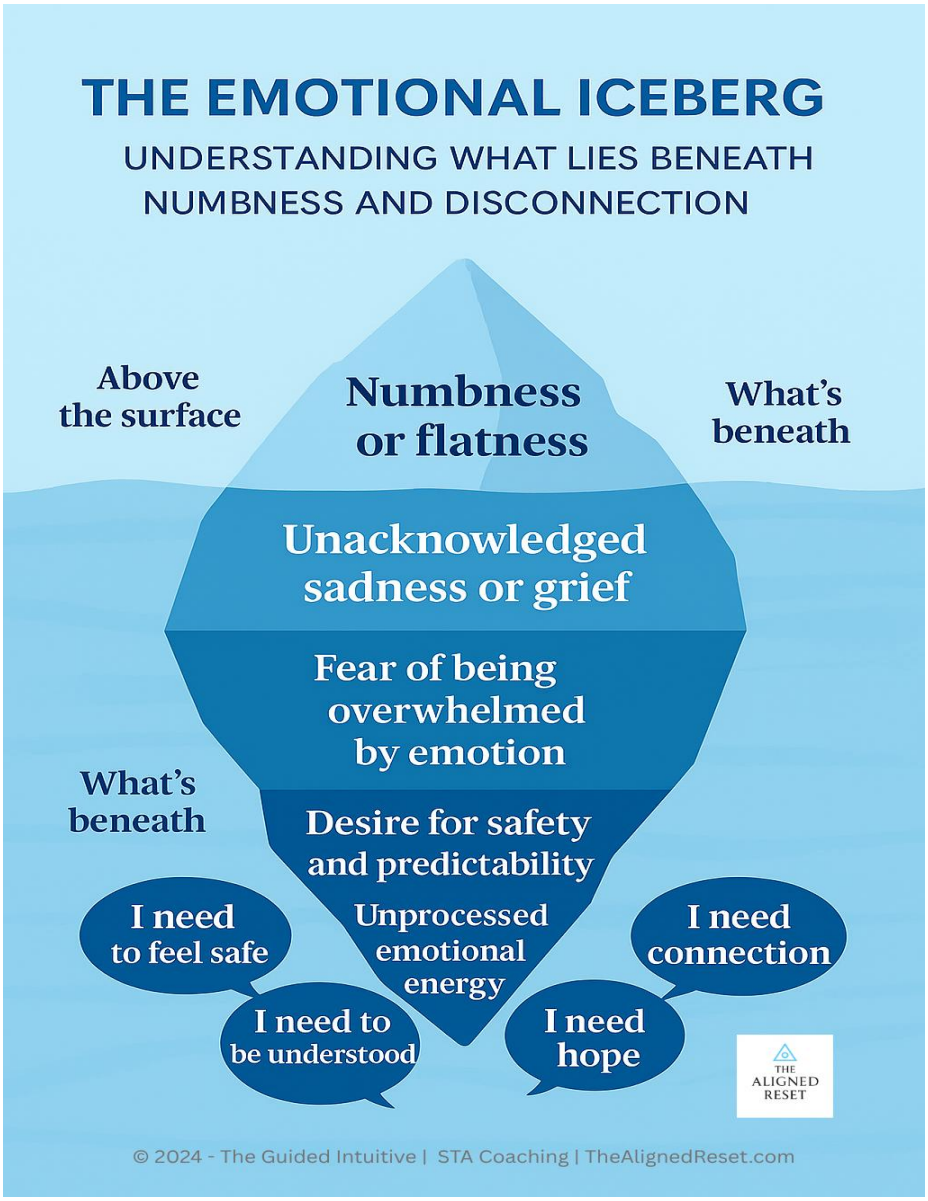
🌊 The Emotional Iceberg: Understanding What Lies Beneath

When you feel disconnected or "numb," it isn't because something is wrong with you — it's your body protecting you. Emotional numbness, overthinking, or control are often surface expressions of deeper emotions waiting to be acknowledged. Each layer beneath the surface represents energy or emotion that once felt unsafe to express. Healing begins not by forcing feeling, but by gently allowing awareness to return.



The Deliberate Reflect Method™ (Mini Version):
A Pathway from Freeze to Flow

Use these steps alongside *The Emotional Iceberg* to move from awareness to release.

Step	Action	Inner Dialogue / Example
P – Pause	Breathe deeply and notice your body.	"I am safe right now."
R – Reflect	Name what you observe without judgment.	"I notice a heaviness in my chest." or "I feel nothing right now."
R – Reframe	Offer compassion and perspective.	"This numbness once protected me."
R – Reclaim	Take one aligned action toward safety or self-care.	"I can breathe, rest, or place my hand over my heart."

***Tip**: The Deliberate Reflect Method™ Mini Process (acronym PRRR) doesn't push emotion; it invites awareness. Every step you take melts a little more of the iceberg.

💬 Reflection Prompts

1. What emotion might be hiding beneath my numbness or disconnection?
2. What memory or belief has been protecting me from feeling?
3. Which PRRR step feels most supportive right now?
4. What does renewal feel like in my body?

💙 Affirmation

"It is safe for me to reconnect with my emotions — gently, in my own time."