



SPILL & HEAL™ EMOTIONAL RESET WORKSHEET

For a sacred pause

Step 1 – SPILL

“You can’t heal what you won’t let speak. When we carry emotions without giving them space, they don’t disappear — they get stored in our bodies, replayed in our minds, and woven into our beliefs.

Answer the following prompts to help you 'spill' your emotions:

What are you feeling right now?

If this emotion had a voice, what would it say?

Where do you feel this emotion in your body? (Ex: chest tightness, stomach, head, etc)

Step 2 – SEE

“Emotions are just rehearsed beliefs being triggered.”

Explore the 'stories' that fuel your emotions by answering the following prompts:

What story or belief is fueling this emotion?

Is this belief true or just familiar?

What do I want to believe instead?

Step 3 – SOVEREIGN RESET

“Regulation is a ritual. Rehearsal is a return to truth.”

Choose one of the following reset options to help you return to a state of 'sovereignty':

A. Breath Reset: The Straw Breath Method (3–5 rounds):

Inhale slowly through your nose

Purse your lips as if sipping through a straw

Exhale 60% of your air gently and steadily through your mouth

Close your mouth and exhale the remaining air through your nose

B. Movement Reset:

Shake your arms, roll your shoulders, jump or stretch

Say aloud: “This emotion is moving through me—not defining me.”

C. Mirror Belief Rehearsal:

Look yourself in the eye and say your new belief 3x

Example: “I am sovereign, I rest in the sweetness that I create what I desire.”

Final Reflection + Ritual Space

Take a moment to reflect on your experience and integrate your newfound sovereignty.

What do I feel now?

What's one small action I can take today from a place of sovereignty?

Optional ritual instructions: Light a candle, anoint your hands with essential oil, and sip a cup of calming tea while journaling.

Allow this space to be sacred.