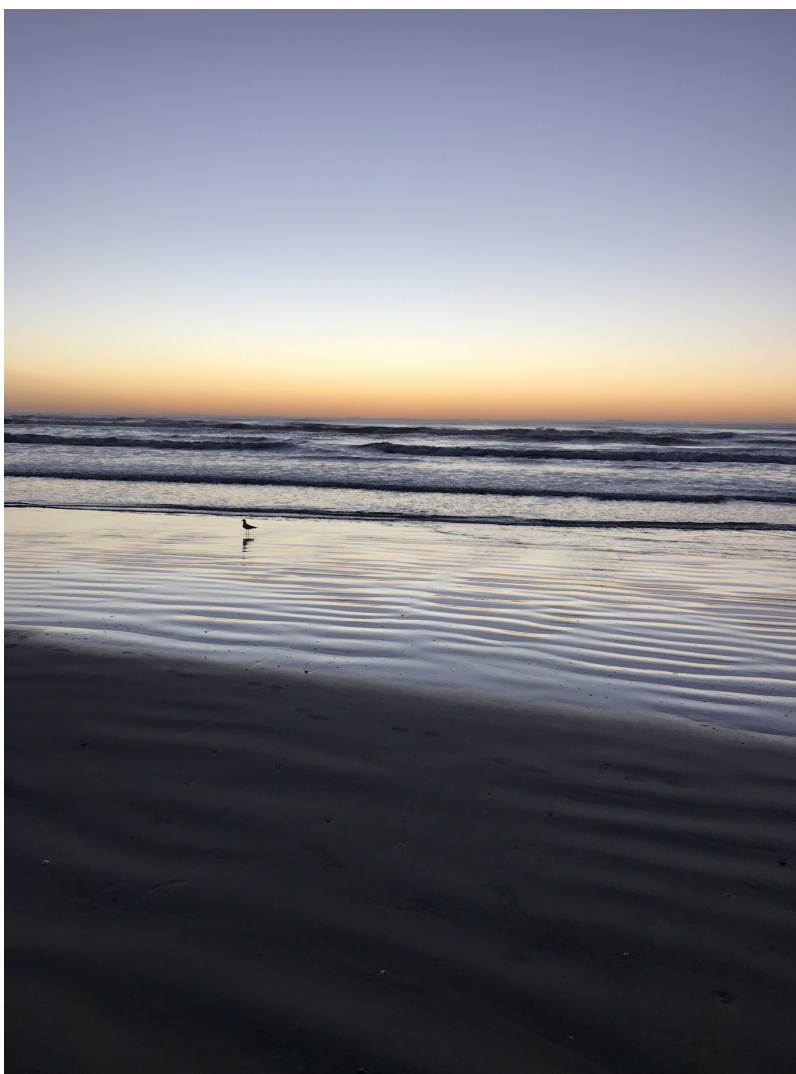


THE FEEL + FREE MINI GUIDE

Break Free from Emotional Spirals in 5 Minutes



by Aubrey, Life Coach & Founder of the Feel + Free Method™

Your Emotions Aren't the Enemy

And your thoughts? They're not broken either.

You are *not* too much.

You are *not* too sensitive.

You are *not* "crazy" for feeling everything so deeply.

You're human, and you're healing.

The Lie We Were Taught

Most of us grew up believing emotions were dangerous.

We were told to "calm down," "stay strong," "look on the bright side."

And when that didn't work, we assumed *something was wrong with us*.

But here's the truth no one gave you:

Your emotions aren't bad. Your thoughts aren't dangerous.

The real harm comes from judging yourself for having them.

That judgment?

That's what keeps you stuck in the spiral.

That's what turns a passing thought into a cage.

What If You Stopped Fighting Yourself?

The **Feel + Free Method** was born from one radical idea:

You don't need to fix yourself.

You just need to *feel*, and then *let it move*.

This is your permission slip to stop performing perfection.

Let this land:

☐ You don't have to be happy to be healing.

☐ You don't need to feel good to move forward.

☐ You don't need to control your mind, just meet it with compassion.

Your Reminder:

🌀 **You are not your thoughts. You are the space they pass through.**

🌊 You are not your emotions. You are the ocean that holds them.

🔥 You are not broken. You are burning away what no longer fits.

Let it move. Let it rise. Let it go.

You're doing better than you think.

The Feel + Free Method – 3 Simple Steps

3 Simple Steps to Shift Your State Without Shutting Yourself Down

This isn't about "fixing" yourself.

It's about remembering that you're *not* broken. You just haven't been taught how to sit with your emotions, without fear, without shame, without spiraling.

This is your practice. Your return. Your power.

STEP 1: FEEL IT

Stop running, just for a moment.

Let yourself *pause* long enough to notice what's really going on beneath the noise.

Ask yourself:

- *What am I actually feeling right now?*
- *What might this emotion be trying to show me or protect me from?*

Don't overthink it. Don't force it to make sense.

This is about presence, not perfection.

Let the feeling exist without needing to fix it.

STEP 2: FREE IT

Emotions are energy, and energy wants to move.

You don't have to understand it all. You just have to *let it move through you*.

Try:

- Taking 3 slow, deep breaths — **smell the bread, blow the bubbles**
- Shaking out your hands, arms, or legs for 30 seconds
- Stretching, humming, crying, dancing, or *exhaling loudly*
- Visualizing the feeling leaving your body like smoke, light, or waves

Movement creates momentum. You don't need to fight the feeling.

You just need to let it move.

STEP 3: FEED A NEW THOUGHT

This isn't about toxic positivity.

It's about offering your mind a new *channel*, something softer, truer, and more empowering to hold onto.

Try whispering to yourself:

- *"I'm allowed to feel this and still move forward."*
- *"I'm safe to feel without judgment."*
- *"This is temporary. It's moving through me, not becoming me."*

Your nervous system listens to your thoughts.

Feed it something loving.

Journal Prompts + Affirmations

Sometimes we just need the right question to unlock a breakthrough, or a truth that brings us back to ourselves.

Use these prompts and affirmations to reconnect with your emotions, your needs, and your power. You don't have to force anything. Just start where you are.

Try One of These Journal Prompts

- What story am I telling myself about this emotion? Is it true, or just familiar?
- What do I need most right now? How can I give even a small part of that to myself today?
- If I could speak to this feeling like a friend, what would I say? What would it say back?
- Where in my body am I holding this? What does that part of me need to hear?
- Who would I be if I no longer believed this emotion was wrong, scary, or too much?

These are invitations, not homework. Let the words pull something up, then let it out. There are no wrong answers.

3 Feel + Free Affirmations

- *I am not my thoughts. I am not my feelings. I am the awareness behind it all.*
- *I release the need to judge myself for feeling deeply.*
- *Emotions are energy in motion. I let them move through me without fear.*

Say them out loud. Whisper them. Write them down. Repeat them like medicine, not because you need to be fixed, but because you're remembering who you are.

Final Words

You're not broken. You don't need fixing. You need space to feel, and finally feeling what's real is the beginning of freedom.

This guide is a starting point, not the full picture. But the more you practice this method, the more naturally it becomes your go-to response.

If this resonated with you, you're ready for more. Come join the weekly email list where I send tools, mindset shifts, and reminders you're not alone.

Healing doesn't happen by avoiding what hurts, it happens when you learn to sit with it, and love yourself anyway. You were never meant to fight your emotions, only to feel them, learn from them, and let them carry you home to yourself.

When you're ready to go deeper, I'm here. Let yourself explore what's possible when you have real support, tools, and a space to feel fully. [Evolveandembody.com](https://evolveandembody.com)