

RELEASE WHAT YOU'RE HOLDING



A guided practice for naming, softening, and
releasing what feels heavy.



Softly Seen Studio

Gentle Guidance for a Softer Life

EMOTIONAL RELEASE EXERCISE

A gentle way to acknowledge, soften, and release what you're carrying.

1. NAME WHAT YOU'RE FEELING

What emotion feels present in your body right now?

(Choose one or write your own.)

Sadness • Anxiety • Anger • Shame • Loneliness • Fear • Overwhelm • Tension

Write it here:

2. NOTICE WHERE IT LIVES IN YOUR BODY

Close your eyes for a moment.

Where do you feel this emotion physically?

(Chest, stomach, throat, jaw, shoulders, back?)

Write it here:

3. LET IT SPEAK

If this emotion could say one sentence, what would it say?

(Example: "I'm scared," "I need rest," "I feel unseen.")

Write it here:

4. OFFER COMPASSION, NOT JUDGMENT

Place your hand on the spot where you feel it.

Whisper gently:

"I hear you. I see you. You're allowed to be here."



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5. INVITE SOFTENING

Take three slow breaths into that part of your body.

With each inhale, imagine space opening.

With each exhale, imagine tenderness settling in.

6. RELEASE WHAT YOU CAN (NOT ALL AT ONCE)

Complete this sentence:

"I'm ready to release..."

(You might write "the tightness," "the fear," "the pressure," or simply "a little bit of this.")

Write it here:

"I release what I no longer need to hold."



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