Benna McCartney

Intuitive Coach ◦ Singer ◦ Songwriter

www.bennamccartney.com
info@bennamccartney.com

The Return — For Tweens

Finding your way back

Every feeling you have is actually a messenger and most people never stop long enough to hear what it is saying. This practice teaches you to listen, because when you understand what your feelings are trying to tell you, you stop being controlled by them. That is your secret superpower.

WHEN TO USE IT

- When something has upset you and you cannot shake it
- When your reaction feels way bigger than the situation
- When your brain will not switch off
- When you feel heavy and do not know why

BEFORE YOU START

Find somewhere quiet. You can do this alone or with someone you trust. You are not here to fix anything, just to listen.

THE STEPS — FOLLOW THEM IN ORDER

1

Meet the feeling: Give the feeling a name, a shape or even a character. Is it a heavy grey blob sitting on your chest? A tight red knot in your stomach? A fizzing anxious thing in your throat? Getting specific about it means you are already starting to understand it rather than just be overwhelmed by it.

2

Ask it what it needs: This sounds strange but try it. Silently ask the feeling what it is trying to tell you and what it needs from you right now. Then just listen. The answer might come as a word, an image or just a sense of something. Trust whatever shows up.

3

Give it what it needs: Maybe it needs to be heard, so tell it you hear it. Maybe it needs comfort, so put your hand on your heart and breathe warmth into it. Maybe it just needs to know it is allowed to be there. Whatever it needs, give it that now and notice what happens as you do.

4

Choose your next move: Now that you have listened rather than reacted, you get to choose what happens next. From this calmer place, what do you actually want to do? That choice, made from understanding rather than reaction, is where your real power lives.

AFTERWARDS

Be kind to yourself after this. Do something that feels good. You just had a conversation with your inner world that most adults never learn to have and every time you do it, you get better at it. That is not nothing. That is everything.