



**DATE:**

# RECOGNIZING YOUR EMOTIONS

WE CAN'T LEARN FROM THAT WHICH WE RESIST ACCEPTING

Make a list of every emotion you remember feeling or still feel in regards to your abortion/s.

- What did you feel when you realized you were carrying a pregnancy you didn't want to keep?
- What did you feel while working with your care providers? Before, during, and after the procedure?
- How did you feel when you told people you love, wanted to tell them, hid from them?
- How do you feel now?

In your mind walk through the timeline of your experience, and write down all the feelings you can think of. Even though they may feel like the good, the bad, and the ugly, they are all just vibrations in your body and none of them can actually hurt you.

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**FOR MORE SUPPORT REACH OUT TO AMANDA, AND OR SCHEDULE A CALL AT  
WWW.AMANDASTARKINGSLEY.COM**



# YOURS OR SOMEONE ELSE'S

## NOT ALL THE FEELINGS WE FEEL BELONG TO US

Sometimes the feelings we feel belong to the collective. I know that for me a great deal of the sadness I felt was for my own experience and an even larger portion of it was coming from a connection to the millions of women who had felt this kind of sadness and remained hushed and hidden.

Look at your list from the previous page and take it deeper by exploring:

Is this feeling mine?  
If so do I want to keep it?  
Either way, am I ready to release it?

Your invitation here is to notice; there's no right or wrong in Honoring Your Feelings.

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# FEEL IT IN YOUR BODY

ALL OF YOUR FEELINGS ARE VIBRATIONS IN YOUR BODY

When you are ready to sink in a little deeper, feel each feeling in your body.

- Where do you feel it?
- Does it have a shape? A color? A texture?
- Is it hot or cold? Heavy or light? Big or small?
- Does it want to move? Travel somewhere else in your body, or leave completely?

Again, there's no right or wrong, everyone will feel their feelings in a different way. As emotions come and go they may take different shape, they may come and go at different intensities to teach you different things.

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