

Clear Your Sphere Learnings

- Triggers are signals, not attacks — they point to an inner wound already present
- Everything moves through the limbic system... regulation must happen there
- Thought creates feeling... feeling drives survival reaction... outcome follows
- The cycle shifts by changing the cause inside, not the behaviour outside
- Nervous system regulation begins with slow breathing and sensory grounding
- Primary feeling sits beneath anger, frustration or rage
- “I am...” feelings signal the truth... beliefs like “I’m attacked” are thoughts
- Choosing new thoughts changes the outcome and rewrites the response
- A trigger can become an anchor through repetition and embodied presence
- Grounding actions (fingers, heart touch, tongue to palate) help rewire safety
- Awareness is the entry point... regulation is the path... clarity is the result



EMPOWERED FREEDOM

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