Get yourself comfortable... You can close your eyes if you feel like it… or simply let them rest somewhere, gently, just as your attention will gradually settle inside yourself.

You don’t have to do anything, don’t have to succeed at anything. You can let the outside world keep spinning. Here, you are allowed to slow down. To come back… just to yourself.

And while your breath follows its own rhythm, without forcing, without changing anything, you might notice a place in your body that’s calling a bit more of your attention today. Maybe your throat… your stomach… your jaw… Or maybe just a diffuse sensation… As if your body already knows exactly where it still needs to release something.

You can simply place your breath there. Just there.

Like a soft breeze that slowly caresses the tension… and whispers, “It’s okay… you can let go now.”

You know… sometimes it’s not that the body doesn’t want to digest. It’s just that it’s holding onto what the mind never had the space to release. Thoughts too full. Unspoken emotions. Suppressed anger that eventually spills over. Like a pressure cooker without a valve.

And you… you’ve learned to hold it in. To do it all on your own. Not to bother anyone. Not to ask too much.

You’ve been strong. Very strong. Maybe even too strong. And that kind of strength… it weighs. It tires. It saturates.

So here, now, you can choose another path. One that doesn’t ask you to control everything, to predict everything, to absorb everything.

A path where you make some room for your body. Not the body you monitor or criticize. The body that knows. That feels. That digests. The body that speaks to you, even when you don’t want to hear it.

You can now imagine that this body becomes your ally. That it’s always wanted to help you. That it’s never been against you.

It’s not the body that blocks. It’s the body that protects. When it won’t let you chew… when it tightens the throat… when fear rises on the highway… it’s just saying: “It’s too much. Too much at once. Too much to digest.”

And today… you can answer back, gently. You can say, “I hear you now.”

Imagine a place. A place in your inner world, made just for letting go. A space without pressure, without expectations. It could be a soft forest, a garden, a wooden room, a seashore… This place isn’t chosen with your mind. It’s already there. Let it appear… feel it, see it, sense it.

And in this space, you can release. As if you could take, one by one, the bags you’ve been carrying… The bags full of emotions, to-do lists, looping thoughts… And lay them down. You don’t need to sort them. Don’t need to explain them. Just set them down.

Each time you put down a bag, something in you becomes lighter. You might even feel your breath grow deeper… your belly freer… your jaw softer.

And in this safe space, you’ll meet a part of yourself. A younger part perhaps. The one who tried so hard to do everything right. The one who feared conflict. The one who screamed in silence.

You can approach her gently. Look at her with kindness. And maybe even speak to her.

You can say: “I’m here now. You don’t have to scream so loud anymore. I hear you. I’m not judging. What you feel makes sense. You don’t have to carry it all alone anymore. I’m here.”

And something softens. A bit deeper.

That part of you can rest now. She can curl up against you, like an exhausted child… And you can promise her that from now on, she won’t carry it all alone.

In this state, your nervous system slowly settles. Like a stormy sea finding its calm. And your body, this intelligent body, can return to its natural mission: to digest, to eliminate, to regulate, to feel.

You can now imagine that the next time you eat, you’ll speak to your body gently. You won’t ask it to accept everything all at once. You’ll listen.

And if a bite gets stuck… you haven’t failed. You’ve just heard your body say: “Not like this, not yet.”

You’ll learn to pace yourself. To befriend the process. To turn this inner war into a dialogue. Like two allies learning to know each other again.

And for the anger… You can now imagine a small release valve. A softer way to express. Maybe a word, a color, a gesture. Something you can do… before everything explodes. Just a little signal. So you can breathe… and choose.

You are not “too much.” It’s what you’re holding that’s too much. So you’re allowed to make space for yourself. Space for your needs. For your sensations. For your peace.

And little by little, you’ll feel your relationship with food begin to change. Not because you set rules. But because you’re learning to respect your own rhythm. Your taste. Your hunger. Your freedom.

You’ll feel that you can say what’s wrong… before it overflows. You’ll feel that you can share. And most of all… that you can trust yourself.

You don’t have to predict everything. You’ll be able to handle what comes. Your body, your mind, your heart know how to adapt… when you let them work together.

So now take one more moment… To feel all that has been released. All that has softened.

You can return to this place whenever you need to. This inner space is yours.

And when you feel ready… You can slowly bring your attention back here. To where you are. To your breath. To your body breathing… differently now.