



Perspective Shift Workbook

Surfing the Emotional Wave

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EQ in Action

Welcome

Hi, and welcome to ***Perspective Shift***.

This workbook is designed to support you as you explore emotional patterns, reconnect with yourself, and shift the way you respond to challenging inner experiences.

This space isn't about fixing yourself, it's about gently learning how to listen to yourself more clearly.

Each module includes:

- A short reflection audio (linked)
- Key insights from the module
- Journaling prompts to help you go deeper
- Optional affirmations or gentle reminders

You can move through the pages in your own time. There's no rush, no grades, no "right" answers, just space for you.

If things ever feel too much, you can stop. Take a breath. Come back when you're ready.

Let's begin.

You're Not Broken, You're Human

Audio

 Listen here: [Module 1 Audio Clip](#)

Reflection Summary

You've just listened to a message reminding you: **you're not failing—you're overloaded.** Emotional overwhelm isn't a breakdown—it's a signal from your system. Naming what's happening is the first step toward healing.

Journaling Prompts

1. **What story do I tell myself when I feel overwhelmed?**
e.g., "I always mess up," "No one cares," "I'm not enough"
2. **Where do I think this story came from?**
e.g., childhood beliefs, repetitive criticism, cultural pressures
3. **What's one moment this week where I noticed my emotions or body reacting?**
Briefly describe what happened, what you felt, and how you responded.



Reflection Space

Use this area to write freely — your thoughts, doodles, whatever feels right.



Mini Affirmation

"I'm not broken. I'm noticing, and that's enough."

Module 1

Integration Practice

For the next 24 hours, try to notice when your system begins to feel overloaded. Don't try to fix it, just name it. Sometimes, recording these moments by writing them down or adding an emoji to your calendar can train your mind to recognise overwhelm easily.

Remind yourself: "This is my nervous system responding." That's all. Just noticing is enough.

What I'm Taking From This Module

(Use this space to capture a key phrase, reminder, or insight you want to carry forward.)

Coming Up in Module 2

Next, we'll explore how emotional waves build — and what happens when we get caught in one.

You'll learn how to spot early emotional shifts and how to ride them with more awareness and less self-blame.