



SOMETHING FEELS OFF
INTUITION WORKSHEETS + GUIDE

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DEMYSTIFYING
THE FEELING

SOMETHING FEELS OFF

A WORKBOOK FOR UNDERSTANDING YOUR
BODY'S SIGNALS AND INNER KNOWING

Your intuition rarely shouts. It nudges. It tightens. It tilts the atmosphere around you just enough that you notice the shift. This workbook is designed to help you read those subtle currents with more ease. Through grounded reflection and body-based awareness, you'll begin to understand the quiet language of your inner world – and trust the wisdom that's been with you all along.



IDENTIFYING THE SITUATION

There's a moment – subtle, almost invisible – when your body knows something before your mind does. A flicker of discomfort. A shift in energy. A sense that something doesn't land quite right.

WHERE DOES THE OFFNESS
LIVE IN YOUR BODY?

CHEST

STOMACH

JAW

SHOULDERS

ELSEWHERE

DESCRIBE THE FEELING

**TIGHT? HEAVY? ELECTRIC? FAINT? CHAOTIC?
EMPTY? BUTTERFLIES?**

>

WHAT HAPPENED AROUND THE TIME THE FEELING STARTED?

EXAMPLES

> *I received an email from my boss*

> *Someone's tone of voice*



SENSATIONS & THOUGHTS

WHEN “OFF” IS ACTUALLY AN OLD WOUND SPEAKING

Sometimes the discomfort isn't about the present moment at all. It's your system echoing something from the past — a micro emotional flashback.

THESE DON'T LOOK DRAMATIC. THEY LOOK LIKE:

Sudden heaviness

Irritation that feels
too big for the situation

Wanting to withdraw

Feeling small,
dismissed, or unsafe

A weird energetic shift
that makes no logical sense

WHEN SOMETHING FEELS OFF, WHAT CHANGES IN YOUR ATMOSPHERE?

The air feels thicker

Noise feels sharper

I feel hot

My body becomes more alert

I start scanning

WHAT WAS THE FEELING?

I FELT:

Excluded

Powerless

Unheard

Misunderstood

Scolded

Judged

Blamed

Disrespected

Lack of Affection

Lonely

I Couldn't Speak Up

Ignored

I Couldn't be Honest

Bad

Forgotten

Unsafe

Unloved

It was Unfair

Frustrated

Disconnected

Trapped

Guilty

Uncared For

Manipulated

Controlled

Lied to

Ashamed

Uncomfortable



ECHOES FROM THE PAST

Triggers are emotional “buttons” that have often developed based on old wounds from our early years. When those buttons are pushed, we are subconsciously reminded of a memory or situation from the past. To get to the root of these *emotional flashbacks*, start by asking yourself the following questions:

WHAT IS A CURRENT SITUATION THAT CAUSES YOU TO FEEL SIGNIFICANT DISCOMFORT OR IS UNUSUALLY LOADED WITH EXTREME EMOTION?

>

EG: *When a friend is late or cancels on me, I feel intense anger and hurt inside.*

WHEN, IN MY LIFE, HAVE I EXPERIENCED SOMETHING LIKE THIS BEFORE?

>

EG: *When I was a kid I felt like this*

WHAT DOES IT REMIND ME OF? ARE THE FEELINGS FAMILIAR?

>

EG: *Reminds me of when Mom ignored and lied to me*

WHAT THOUGHTS COME WITH THE EMOTIONS?

>

EG: *I feel uncared for and forgotten*

IS THERE A SPECIFIC EVENT FROM MY CHILDHOOD THAT FELT THE SAME?

>

EG: *Mom sometimes forgot to pick me up from school.*



GROUNDING EXERCISE

WHEN “OFF” IS ACTUALLY AN OLD WOUND SPEAKING

Your body speaks long before your mind makes sense of anything. When something shifts—however subtly—one of the most powerful things you can do is pause. Not to analyze, not to talk yourself into or out of anything, but simply to notice.

A body scan meditation is a practice in which you “scan” your awareness through the entire body to identify emotions and stresses, and let them go.

BODY SCAN EXERCISE

- › Sit or lie down comfortably.
- › Allow your body to sink into the surface beneath you.
 - Take a deep 4 second inhale through the nose
 - pause 4 seconds –
 - exhale through the mouth for 6 seconds.
 - As you breathe out, close your eyes...
- › Starting at the top of the head, gently scan down through the body, noticing what feels comfortable and what feels uncomfortable.
- › Use the image of a “scanner” to move from the top of your head to your toes.
- › Does something in your body feel relaxed or tense? Energetic or tired? Hot or Cold? Feel the weight of your body on the surface beneath you...
- › Gently and carefully, move your attention through your whole body, taking about 20–30 seconds to focus on each body part (head, neck, chest, shoulders, arms, belly, hips, pelvic region, back, hands, legs and feet). *If your mind wanders, gently bring it back without judgment—let this be an opportunity to practise kindness and patience.*
- › Once you’ve scanned your whole body, take a deep another 4,4,6 breath in and out, releasing any thoughts or discomfort.
- › Sink into your body awareness for several moments before opening your eyes, stretching and gently returning to your day.
- › Did any insights arise during the exercise?

Body scanning helps us build a picture of how the body feels right now, in the moment.

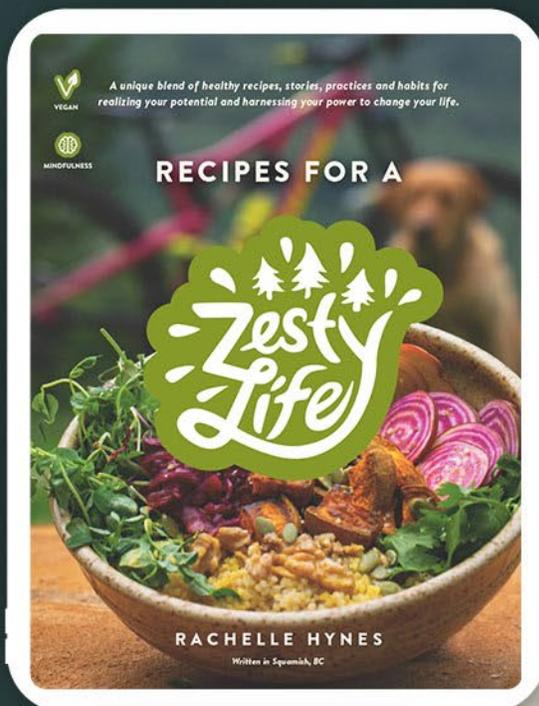
› **A THOUGHT THAT CAME TO ME:**



SEARCHING FOR MORE TOOLS?

RECIPES FOR A ZESTY LIFE BOOK

The Zesty Book is full of mindfulness practices, reflections, and nourishing recipes to support a more intuitive, vibrant way of living.



GET THE E-BOOK

BRING MORE VITALITY INTO YOUR EVERYDAY LIFE

If you want to feel more grounded, more energized, and more you... this book meets you there.

