

THE EMOTIONAL RESET

*A Gentle Workbook for Emotional Awareness,
Self Trust & Inner Alignment*

Release. Regulate. Refine.

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HOW TO USE THIS WORKBOOK

This workbook was never meant to be rushed through in one sitting. Some pages may emotionally open things inside of you. Some reflections may feel very clear immediately. Other sections may take time. Give yourself permission to move slowly. I highly recommend printing this workbook if possible so you can physically write inside of it, underline things, revisit reflections, and reconnect with yourself honestly throughout the process. This is not a one time workbook. Come back to these pages whenever you feel emotionally overwhelmed, disconnected from yourself, emotionally reactive, lost in overthinking, or whenever life starts feeling heavier than it needs to. Most importantly: be honest with yourself while moving through this. Awareness changes more than people realize.

*“You can feel when your soul is tired of
performing.”*

WELCOME

If you downloaded this workbook, there's a good chance your body has been trying to get your attention for a while now. You still function. You still answer texts. You still go to work. You still show up for people. Most people around you probably still think you're doing okay. Meanwhile internally, you may feel emotionally tired in a way that's difficult to explain. You overthink constantly. You crave more space. You feel disconnected from yourself sometimes. Certain environments drain you more than they used to. Small things irritate you more than they used to. I think a lot of women become so focused on surviving life well that they slowly stop noticing how far away from themselves they've drifted emotionally. And after a while your body starts speaking louder.

“Sometimes your body is finally becoming honest about what your spirit has been quietly feeling for a very long time.”

RELEASE

One thing I notice constantly is how quickly emotional experiences become identity. Someone spends years carrying everybody emotionally and eventually they no longer know how to rest without guilt anymore. Some women become so used to being “the strong one” that they stop realizing how emotionally unsupported they actually feel. After a while emotional patterns stop feeling temporary and start feeling like personality. The deeper I started paying attention though, the more I realized emotions are usually revealing something long before they’re trying to ruin your life. Resentment can reveal self abandonment. Overthinking can reveal a nervous system that no longer feels safe enough to relax. Exhaustion can reveal misalignment. Sometimes awareness begins with finally becoming honest about what you actually feel.

*Before answering the next questions, pause for
a second.*

*Notice your shoulders. Notice your jaw. Notice
your breathing. Your body is responding to
your life even when your mind is trying to push
through it.*

Where in your life have you been emotionally
abandoning yourself?

“I think many women have been surviving emotionally for so long that peace almost feels unfamiliar to their body now.”

REGULATE

The more I started understanding emotional patterns, the more I realized healing is deeply connected to safety too. A lot of women intellectually understand they need rest, honesty, boundaries, softness, support, or change... yet their body still does not fully feel safe enough to receive those things consistently. So even when life becomes calmer externally, internally they still feel emotionally tense all the time. They expect disappointment. They expect conflict. They expect rejection. They expect to carry everything alone. After a while survival mode starts feeling emotionally familiar. Healing became less about fixing myself and more about learning how to finally soften. Safe enough to rest. Safe enough to express myself honestly. Safe enough to stop over performing constantly. Safe enough to exist without always proving my worth.

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*What currently makes your body feel
emotionally safe?*

*What situations immediately make you
emotionally contract?*

“You deserve relationships, environments, and experiences that allow your body to soften instead of constantly survive.”

REFINE

Eventually your outer life starts craving alignment too. Your relationships. Your standards. Your routines. Your environment. The way you speak. The way you carry yourself. Even your outer expression sometimes. This is one reason I became so passionate about combining coaching with style alignment work. People think style is surface level, but honestly, I've realized a woman's outer expression often reflects the identity she still unconsciously believes she has to be. Sometimes women are still dressing, speaking, shrinking, and presenting themselves through survival versions of who they used to be. Then something starts shifting. A woman becomes more honest with herself. Her standards shift naturally. Her confidence becomes quieter but stronger. Her outer expression begins reflecting the woman she actually feels herself becoming internally. That's deeper than appearance. That's alignment.

*“You can feel when a woman is finally
becoming honest with herself.”*

STYLE REFLECTION

When you look in the mirror currently, do you feel like your outer expression reflects who you truly are becoming internally? Or does it reflect survival, shrinking, exhaustion, hiding, over responsibility, or old versions of yourself?

How do you want to feel when you walk into a room?

What version of yourself are you ready to
embody more fully now?

“You do not need to become a completely different woman to feel more alive.”

“You may simply need to reconnect with the version of yourself that existed before survival became your personality.”

This is the deeper work I guide women through inside my coaching and style alignment experiences. Together we explore emotional awareness, identity shifts, self trust, nervous system support, confidence, inner alignment, and outer expression so your life gradually starts feeling more like something you're truly living instead of constantly surviving. You deserve a life that feels good internally too.

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