

Soft Traits - Loud Roots - Part 2

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Step 1: Gently Notice

Which of the patterns from the video felt most familiar to me?

(Examples: Can't slow down, explosive anger, chaotic relationships, shutting down, perfectionism.)

Step 2: Ask with Curiosity

What might this pattern be protecting me from feeling?

What was I taught - directly or indirectly - about slowing down, expressing emotions, or asking for help?

Step 3: Offer Compassion

If I could speak to the younger me who learned this way of coping...

what would I say to them now?

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Step 4: Reclaim Something Small

What's one small way I can give myself what I needed back then?

(Slowing down without guilt? Setting boundaries? Letting something be imperfect?)

Closing Reflection

This pattern was never random - it was wise. I see it now.

I'm not broken. I'm becoming.
