

THE WIDE WOMAN

Workbook

become the woman who can
hold all of life at her root



THE WIDE WOMAN *Workbook*

A guide for the sensitive, deep-
feeling, powerful woman
who is done with the basic
therapy & coaching work and is
ready to hold the full weather
and intensity of life without
overriding herself.

THE WIDE WOMAN *feels like:*

"The thing that used to take me out for three days now passes in ten minutes. I don't spiral. I widen."

"I didn't scream at him this time. I felt the heat rise, I stayed with it, and I said what I felt in my body instead. It changed everything."

"My body no longer confuses intensity with danger. I can stay present in sex, in conflict, in uncomfortable conversations."

"I don't abandon myself anymore. Not even when things get hard. Especially not then."

"I felt grief and rage in my pelvis. And instead of numbing it, I danced. It turned into power."

"I used to disappear in groups. Now I take up space without apology. Not louder, but wider!"

"I held my child through a tantrum without losing myself. I was the forest floor. I cried after, but not from exhaustion, from pride."

"I said what I needed. Without shrinking, pleasing, or performing. And my voice didn't even shake."

"Pleasure used to scare me. Now I breathe into it like it's my birthright. And now it expands."

THE WIDE WOMAN *Workbook*

- About Me
- Introduction
- The Problem
- The Solution
- Somatic Wizardry
- Child Parts Work
- The Foundational Practices
- The Advanced Practices
- What's next?

THE WIDE WOMAN

Workbook

Introduction

This workbook is for the woman who already knows how to track sensation. Who already knows most of her child part strategies. Who understands her conditioning and her past. Who expressed in breath work, let herself rage, sat with her shame, and returned to her body and the deeper layers of herself, again and again.

This workbook is for the woman who refuses to bypass what's 'real'. Who doesn't want a lighter load, because she knows life doesn't work that way, but wants to choose a wider body so she can handle that load. Who is ready to meet her depth, her grief, her wild intelligence, and her bigness without apology.

You already have all the knowledge and the awareness, and now it's time to live it. Embodied. Able to say: "No, I don't want this", "I'm hurt", "I want more".

Let these pages meet you where you truly are: Complex, tender, powerful, still unfolding.

Bring your wisdom and your weariness, and your subtle knowing. Bring the parts of you that still hesitate. Most of all, bring your mess. All of you is welcome here.

Please don't treat this workbook as another thing to consume, I don't want you to take this as another to-do list. May this be the experience that you won't avoid any longer. May you actually sit down, do the exercises, the journaling, and turn this journey into a practice ground.

May these pages deepen your becoming. May your body take up more space than your (his)story. And may you DM in a few days, telling me how it's changed you already.

THE WIDE WOMAN

Workbook

About Me

I'm Anne. I'm a somatic trauma psychologist, a pleasure coach, and a woman just like you. Sensitive. Smart. Fierce. Much messy. A lot alive. And with a whole lot of trauma memories too (where to start?!).

I've spent the last 15+ years working with women in war zones, mothers with childhood wounds, and single women yearning to find their right love. We are all holders of (ancestral) trauma pieces and I love walking with these women who know there is more, have done the basic work already and are ready to take more responsibility and go deeper.

I've sat with women in Iraq who were sex slaves to soldiers. I've worked with families who fled the Taliban (I also sat with the Taliban, btw, and saw the human behind the aggression, but that's for another time). I've coached women who carry ancestral trauma in their wombs and still showed up in leadership. I've overcome a panic disorder and broke with intergenerational sexual (child) abuse patterns and am writing a book about it with my mum.

I'm clearly here on this planet to disrupt the conditional patterns that keep women smaller than we are meant to be. I want all women to take radical responsibility for how they feel and move, and mix it with a delicious amount of softness and heart. At some point we need to stop hiding behind our wounding, grow up emotionally and take responsibility for who we are and what we do. No blaming, self-excusing, or cancel-culture righteousness. My work invites women into mature relationality and a life filled with pleasure, joy, freedom and impact.

I'm here to help you become so wide that you can hold your shit, your shame, and your brilliance at your root. And never abandon yourself again. If I can do it, so can you. So let's go.

THE WIDE WOMAN

Workbook

The Problem

I know you already understand your issues on a mental level, in your mental body. You've probably talked through all of it a million times with friends and therapists. But when life gets loud, intense, unpredictable, your nervous system contracts, and you either tighten, overfunction, disappear, go hyper, or you go numb.

You watch yourself pleasing, fixing, blaming, resenting, perfecting. And deep down, you know: I'm doing this 'thing' again...why the fuck can't I get out of this cycle?

You've outgrown survival, but you're still living like you're not safe. You KNOW better, but you don't always FEEL better. You see yourself abandoning what you really think / feel / want, again and again, just to stay liked, safe, loved.

I'm glad to tell you that nothing about is broken, and you already know that too. You're not too fragile or too sensitive (fuck that bullshit). You're only untrained in staying. Your range and capacity are not at their full expanded state yet, that you need to live the life you are looking for.

And, if you have been raised similarly to me, you have never been shown how to be with the full intensity of being human without collapsing, performing, running or numbing. And that's okay, but I want to show you another reality.

THE WIDE WOMAN

Workbook

The Solution

You definitely don't need more knowledge. I know you know it all, and you've known it for a while. I want to help you build something else: range, capacity. Becoming WIDE. Which is why this is not another theoretical nervous system regulation e-book, but a workbook instead.

I want you wide enough to hold your shame and your brilliance. Wide enough to feel rage, grief, fear and stay rooted. Wide enough to let pleasure and joy move through you without shutting it down. Wide enough to be disrespected, shouted at, rejected, ignored (all the hard stuff) and still stay in your pelvic center, your central channel, with enough space to respond.

This is what I call nervous system leadership. This is feminine strength and intelligence. This is the becoming of a Wide Woman.

Being a Wide Woman means you don't numb out when it gets hard. You take responsibility. You choose maturity. You stay. And you say what you want to say, and show them what you mean.

You hold the heat, the heartbreak, the magic. You don't shrink, contract or harden. You expand.

You become the woman who can wrap any threat – judgment, rejection, stress, abandonment, heartbreak, you name it – in the soft, vast and wide space of her body.

Your sensitivity becomes your power and you can finally use your body as your compass.

THE WIDE WOMAN

Workbook

Somatic Wizardry

At some point – and I hope that’s where you are at right now – it stops being about regulating your nervous system ‘to get back to neutral’.

You want more than that. You want aliveness. You want it effortlessly. You want to walk through life rooted in your body, clear in your truth, and expressed through bravery. You want to become so attuned to your body that it speaks louder than any thought.

Somatic wizardry is the art of letting your intuition, sensitivity, human body and the cosmos co-create your life and show you your next steps. It's what happens after you've built enough safety and capacity in your nervous system to start playing with energy, sensuality, frequency, pleasure, and presence.

You track more than just the clenching in your jaw. You start tracking the quality of sensation in your womb, your throat, your fingertips, your bum-hole, your energetic field. So much deeper than just “oh my jaw is contracting”. Because there is so much more to be found in your wise intelligent body. This is advanced somatic wizardry.

This is when you no longer “manage” your emotions. You alchemise them. You let rage burn into boundaries. You let grief soften your heart into intimacy. You allow psychedelic visions to accompany you on your way to full body orgasms. You let pleasure make you more honest and open wider for even more.

You bring your full, sensitive, raw self into the room and let her take up space. Without apology, performance, collapse.

And all of this...effortless.

This is where life becomes magic. As it’s meant to be.

THE WIDE WOMAN

Workbook

Child Parts Work

IFS, or Internal Family Systems, is a way to understand the different parts inside you – those younger versions of you that step in when life feels overwhelming. You probably already know most of this.

You have parts that try to protect you from pain and rejection by being good, invisible, pleasing, critical, or defensive.

You have exiles: younger parts that carry pain, fear, shame, unmet needs and are so scared to be felt that they will always push the protectors to the forefront.

These parts all have their strategies that worked wonders during childhood, to help you survive, and kept you away from feeling the hard feelings, such as rejection, judgement, and the number 1 feeling that we all hate: shame. These strategies (s.a. blame, dissociate, withdraw, lash out, etc.) are outdated, but when your child parts crawl behind the wheel, they just take over and we often don't even notice.

And so in my work with clients, I help them access the Mature Self that is wide, clear, compassionate, calm, that can hold all those parts and their strategies. And yes, you can still rage and destroy from mature self. We are NOT regulating ourselves back into yet another cage of smallness. Mature self can be very very big!

In my work I help you access that Self and meet each part from a place of inner leadership.

Wide Woman doesn't banish her parts. She includes them, she listens and she integrates. She loves them. That allows her to lead from the inside out. And honestly? This is not mindset work. This is soul retrieval through the nervous system.

THE WIDE WOMAN

Workbook

The Foundational Practices

Wide Woman is not a theory, but a practice. Here's how to begin:

- **Track your body's response to life**

- Start noticing when life hits and you leave yourself. Is your jaw clenching? Pelvic floor gripping? Shoulders lifted? Breath shallow? Numb from the neck down? Bum-hole tucked in? What else do you notice, behind those first imprints of unsafety? There is so much more than the first layers. These are your cues. This is the choice point.

- **Catch the choice point**

- Ask: Can I stay with this? Can I pause? Can I ground like a forest floor and respond instead of react? Or should I shelf it for now and return with love later? Can I check in with the part of me that's freaking out?

- **Feel daily, on purpose**

- Set aside 5 minutes a day. Get on all fours or lie your whole body on the floor. Let your breath move you. Let sound out of your throat. Move your hips. Say the things you've swallowed. Say NO louder than you've ever done before. Let yourself be with what's there. Your body is this sacred, wise, intelligent vessel, so make the practice of feeling your feelings a devotional act. I can't even express in words you how your life will change as soon as you start doing this. It will impact everything. If you need guided audios to do this, DM me, I've got plenty!

THE WIDE WOMAN

Workbook

- **Study your child parts**

- When life gets hard, which inner child part takes over? The pleaser? The perfectionist? The avoider? The controller? The blamer? What are they trying to get? Love? Safety? Belonging? Can your mature self tend to them every day, not just when crisis hits, so the relationship is built for the harder moments?

- **Let yourself be supported by your cosmic friends**

- Nature is always available. Nature is your teacher. Let rivers teach you flow. Let trees teach you steadiness. Let the moon teach you pacing. Feel floaty? Sit on the ground. Feel numb? Watch a bird move. Feel stuck? Play with water. You are nature, too, and I can teach you how to absorb those natural qualities into your own physiology.

- **Choose 'right relationship'**

- Learn to get familiar with your right pace, your right distance, your right timing, so you can build your right relationship with 'the thing' that shakes you upside down every time it happens. This world moves too fast, but that doesn't mean you have to. The right pace is a field you can step into. The pace that nature takes. Kairos time over linear time. Life has something way better in store for you, but you need to get out of the way first and create space so you can allow things to happen in their natural order.

Done all of this already? Move to the advanced practices on the next page.

THE WIDE WOMAN

Workbook

The Advanced Practices

This is for the woman who already knows how to track sensation, how to name a part, how to ground her nervous system. Don't go any further if you haven't nailed all of the above just yet. Or reach out for support so I can guide you onto the advanced practice journey to truly become a Wider Woman.

SECTION 1 - Meeting your patterns at the root

What is or are the situation(s) in your current life that trigger your nervous system into collapse, numbness, urgency, or shutdown, and you want to work with here?

Where do you still abandon yourself?

- > When you feel fear, how do you usually respond?
- > When you feel anger, what do you do?
- > When you feel pleasure, what kicks in to shut it down?

Let's take one recent moment that activated you. Let's dissect it. Write it down, moment by moment.

- > Who was there?
- > What did you feel in your body?
- > What did you say or not say?
- > What did you feel underneath what you said?

Now name the part of you that took the wheel. Be specific.

- > Was it your Achiever? Your Child? Your Silent One? Your Controller? Your Ice Queen? Your Pleaser? Another one?

THE WIDE WOMAN

Workbook

- > How old is she, really?
- > What was she trying to get?
- > What was she terrified would happen?

Ask her what she needs from you. Write the answer in her words. Can you commit to giving her that? Right now? Daily or weekly? Know that she wants to trust that your love, care and support are real, and any promise you make her needs to be kept.

SECTION 2 - Widening in the fire

Your nervous system contracts around what it can't yet hold, even if you've already expanded so much in the past years. Let's practice holding more, I want you to become even wider.

Pick a current emotion or sensation that you normally escape or override. Maybe it's a heat in your chest. Buzzing in your head. Tingling in your vulva lips. A tightening of your throat.

Go into it for 3 minutes. Feeling it. No fixing, no changing. Just stay with it. Write down what you notice:

- > Where do you feel it most?
- > What is its shape, weight, temperature, color, width, directionality?
- > Does it change as you stay with it?
- > What does it remind you of?
- > What do you normally do when this arises?
- > What do you choose to do now?

If you are finding this piece hard, I've got lots of guided audios to help you with it so you'll feel more supported. Just ask.

THE WIDE WOMAN

Workbook

SECTION 3: Somatic Intimacy & Pleasure Capacity

Now we go deeper. Into what your body knows. Into what pleasure has been trying to teach you, but what you could not remain available for because your strategies made you shut down, avoid or disengage.

When was the last time you shut down pleasure, or controlled your partners' actions because you think you know better?

- > What did you feel just before that happened?
- > What part came online to stop it?

Let's shift the question:

- > What would it look like to stay present with your pleasure or receiving pleasure for 30 seconds longer than you usually do?
- > What would widen in you if you let it?

Now practice. Turn on some music (here's [1 of my playlists](#)). Touch your own skin. Move your hips. Breathe deeper and 'sound' out loud. Growl if you want to. Slow down by 50%: feel sensation without rushing it. And give yourself at least 15 mins before you come back to the questions below.

Then write:

- > What did your body say?
- > What surprised you?
- > What do you want more of?
- > What are the edges of your erotic expression?
- > What are you afraid would happen if you fully let go and express?
- > What if that fear is exactly where the power lives?
- > Can you take this choicepoint and decide to stay?

THE WIDE WOMAN

Workbook

SECTION 4: Advanced Self-Leadership

Choose one child part of you that still hijacks your system regularly.
The one you've met a zillion times, but still takes over.

Talk to her.

Tell her what you see.

Tell her how old you are and how you live your life now.

Tell her what you know now.

Tell her what you want to do differently.

Then ask her: What are you most afraid of if you stop running the show?

Now comes the hardest part. Just listen, do not try to fix or change!

And then imagine your wide, embodied mature self walking into that memory where she was born. What do you do differently? Can you hold her with so much love, appreciation and gratitude for how she was so successful in keeping you safe, and also let her know that you can do the work from now on, so she can return to being a child?

SECTION 5: Choice point rehearsal

We widen in the moment. That means practicing before the storm hits. Write out 2 or 3 current recurring situations that are hard for you. This could be something like:

- Your partner pulling away, feeling rejected
- A coworker or employer ignoring your boundaries
- Your child throwing a tantrum
- Feeling unseen or not good enough in a group of women

THE WIDE WOMAN

Workbook

Now check in, based on your memories:

- > What happens in your body?
- > Which parts get activated?
- > What is your current default behavior?

Now write your new response, from your wise, wide self. Hold the part with so much love first and let her know that you've got this.

And then anchor a new pathway in your body:

- > How do you move?
- > How do you breathe?
- > What's your gaze like?
- > What do you hear yourself say?
- > What do you refuse to abandon and avoid?

Be intentional. Can you walk like her? Every morning when you get out of bed? Every moment of your day? Especially when you are expecting harder moments to arise?

SECTION 6: Integration through devotion

Here's a devotional practice for you. If you do this daily, I promise you it will transform your life and how you show up to it, completely. And it will deeply impact all your relationships, including with romantic partners (and oehhh, that alone in itself is already soooo worth it!).

Daily, ask yourself:

1. What is asking to be felt right now?
2. What part is online?
3. What does she need?
4. Can I widen and meet her?

THE WIDE WOMAN

Workbook

Choose one (or more!) daily devotional ritual:

- 5 minutes of sound and movement
- Erotic self-touch with full open mouth breath
- Lying on the floor and tracking sensation
- Speaking your truth out loud to an empty chair or the mirror
- Writing love letters to the parts that show up each day

Track what changes. Let this workbook become a mirror to your evolution.

You are not here to regulate. You are here to become electric.
You are not here to get it right. You are here to get wide.

Come back to this as often as you need. This is your practice ground.
Your temple. Your fire pit. This is how you practice getting wide. You've got this, honey. I am rooting for your width.

THE WIDE WOMAN

Workbook

Work with me

Think back about where and how you developed 'difficulty' (or trauma, or crunch, etc). Disruption happens in relationship. And so, there is only so much you can do without relationality. We heal in relationship.

If what you read and experienced just now speaks to you, there are many ways I'd love to take you, to help you get wider:

- Step into Slow & Deep, a 5-day pleasure upgrade, including calls, audio practices, and a community of other women in Telegram.
- Follow, like and share the Wide Woman Podcast (Spotify and Apple Podcast)
- Work with me 1:1 or in group: programs, private journeys, intensives
- Enter the monthly draw to win a free 1:1 session:
<https://forms.gle/ELMhi5w1amJhJHwh6>

Let's walk. Wide. I'm here for it.

Instagram: [@thewidewoman](https://www.instagram.com/thewidewoman)

Website: www.thewidewoman.com

Insight Timer meditations: [The Wide Woman](https://www.insighttimer.com/meditation/collections/the-wide-woman)

THE WIDE WOMAN

Workbook

What they say about me...:

Marguerite - 27

"If it wouldn't be for Anne, I wouldn't be in such a stable relationship with a loving man right now"

Kristin - 41

"Anne has given me my medicine that I can use to move myself when I feel stuck."

Roos - 43

"Anne's story is about courage, about being a woman and about the magical primal power that we as women possess. Finding the balance between being soft and strong. Anne inspires women to find their strength, to find their voice and to use it."

Saskia - 37

"Anne is my favorite somatic mental health therapist! She helps me to speak my truth, live from pleasure, support women instead of judging them, process my birth trauma, and so much more."

Anne - 40

"Who else in here finds it hard to believe what an insane amount of value is in working with Anne?! I am truly in awe of you, your work, and your dedication Anne!"

Jes - 34

"Only listening to your voice notes makes my heart always jump a little, only by seeing your name I experience more space."

Melissa - 39

"I can observe myself now, my thoughts, my patterns, and I'm aware now that I can choose how I feel."

THE WIDE WOMAN

Workbook

What they say about me...:

Kimberly - 36

"Oh the benefits I've seen of working with Anna.... Before I had so many therapy tools in my kit. Working through feelings was very logical, mind oriented. I used my body at times but through Anna's support I've learned to embrace more of my receiving/feminine/ nurturing side and in turn bring so much more self-love and external love into life."

"I used reserve my anger for working out-something to get rid of. Now I've learned how to embrace it, welcome it like I would any part and find the gold/wisdom in it that helps it not only transform faster but keep less caged in."

Katherine - 33

"I had been searching for months for the right person when I finally found Anne. I just knew that this was exactly what I needed. The sense of relief, even after one email, was enormous. And then we had our first call... our connection is wild. I feel safe and seen and cared for."

"Anne feels like the freshest breath of air and sweetest drink after a long, hard run. I am feeling like a different person, and yet more myself at the same time. She supports me in becoming the best version of myself: accepting and loving who I am, as well as equipping me with the tools I need to remain both strong and soft in this crazy humanitarian sector."

Marguerite - 27

"What is incredible about Anne is that she manages to magically appear when you need her the most. She gives you the power and energy to keep weaving through life obstacles with intention and purpose. She equips you to find grounding and honour your truth. And most of all, she creates a community where women can continue to raise others as they rise themselves."