

Candeur

Emotion Revealed

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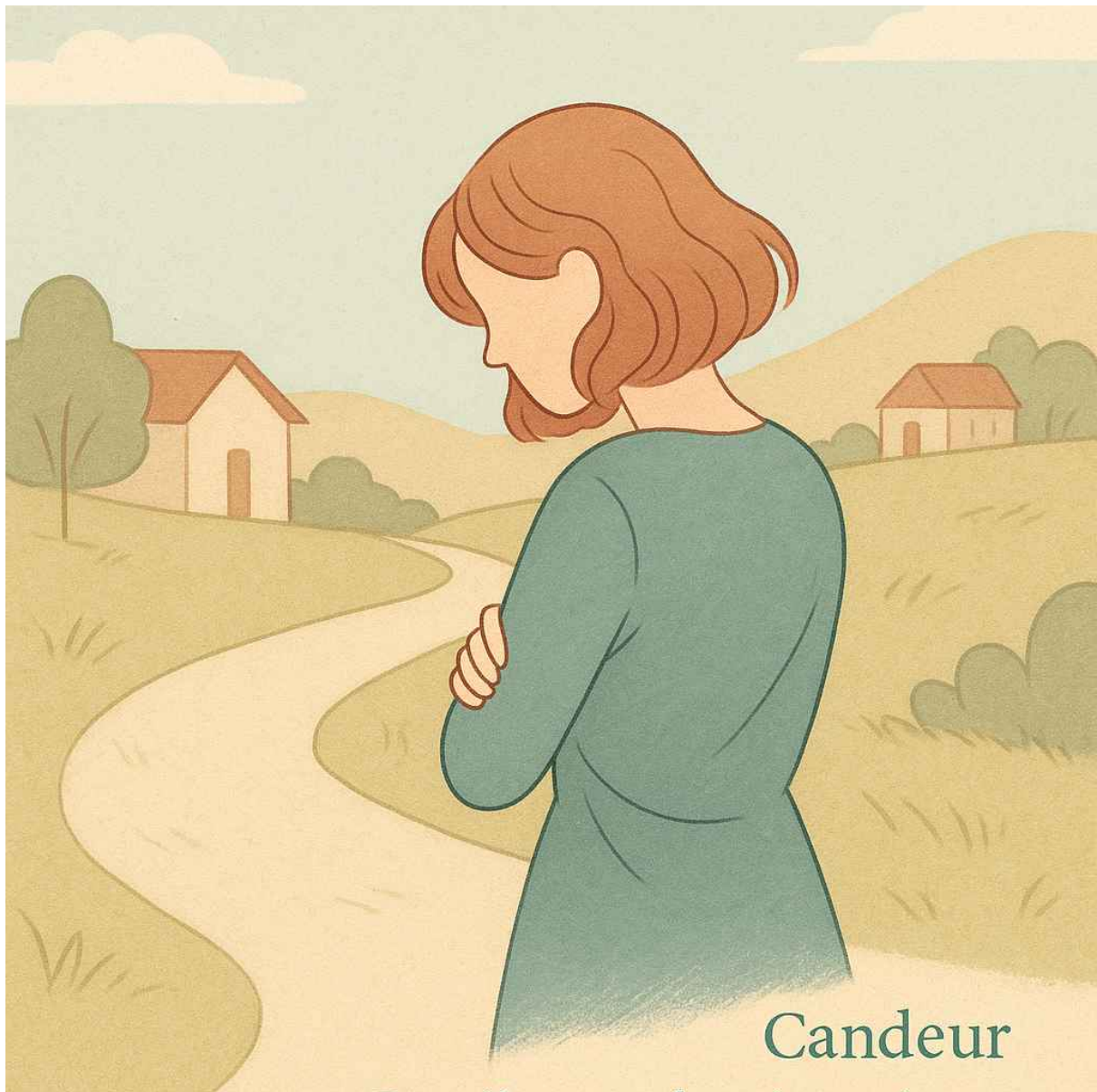
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 **Candeur: Emotion Revealed Hervé Broca – Sophro-Coach Analytique**

Preface

In a world where we are taught from a young age to hide our emotions and bury them to appear strong, the story of Candeur invites us to return to ourselves.

It reminds us there is no shame in feeling, crying, or doubting. This story extends a hand to all those struggling to express their feelings—a mirror for those not yet ready to look within.

Through Candeur's journey, you'll discover how healing it can be to reconnect with your inner world, to dare emotional exploration, and turn it into a force of transformation.

This ebook, more than a story, is a gentle invitation to healing, self-awareness, and kindness.

Happy reading.

Hervé Broca Sophro-coach-analytique

Patient testimony

"I saw myself in Candeur's story. When I started sophro-analysis, I was overwhelmed by emotions without knowing what to do with them. Through online guidance, I was able to put words to my experiences. I've learned to listen to myself with kindness. Today, I finally feel like I belong." —

Camille, 32 – hypersensitive and anxious



Chapter 1: The Silence of Emotions

Once upon a time, in a small remote village, there was a young woman named Candeur who carried the weight of her emotions without ever daring to face them.

She had chosen to bury them deep inside herself, refusing to recognize or process them. This emotional silence, she wore it like an invisible coat, heavy and suffocating. Nobody suspected her pain, not even herself. And yet, every forced smile, every word held back, every sigh hid an inner turmoil she refused to see.

Chapter 2: The Invisible Weigh

One evening of emotional overflow, her emotions became such a heavy burden that she felt suffocated, unable to move forward in her life.

Candeur no longer knew since when she had been carrying this weight. It had piled up over the years—unspoken words, past wounds, unresolved grief.

She slept poorly, withdrew into herself, and her body also began to express what she silenced. Back pain, migraines, chest tightness... everything in her was screaming, but she could not hear it yet. She was surviving, without realizing she was no longer fully alive.

That devastating phone conversation with a relative... and those hurtful words thrown in her face, like a live grenade: *“Honestly, stop making such a big deal out of everything, you always exaggerate.”*

Candeur lowered her eyes, her heart tightened. *“I’m not exaggerating... I’m just trying to explain what I feel.”* A heavy silence followed. The other sighed, rolled their eyes. *“Here you go again with your emotional stories... You should learn to control them, like everyone else.”*

In this brief and sharp exchange, everything was there: misunderstanding, minimization, the antipathy that wounds... and guilt.

Candeur found herself facing a wall of questions and endless “why’s.”

She had, many times, tried to understand what was happening in her head. She then remembered a passage from the book **“The Triune Brain in Evolution”** by **Paul MacLean** and **Roland Guyot**, which described our emotional reactions:

In her mind, the scene replayed in three distinct beats:

Limbic: *“These words hurt me... I feel wounded, small, rejected.”*

Reptilian: *“Run. Stay silent. Avoid conflict, protect yourself.”*

Cortex: *“Calm down. It’s not that bad. Breathe. Tomorrow it will be better.”*

But her cortex, lucid as it was, no longer sufficed. Rationalizing did not remove the thorn stuck under her skin. Sadness and anger kept looping, heavier still after each attempt to reason. It was not a question of intelligence: it was a question of acceptance. And acceptance was painfully absent.

That night, after hanging up, Candeur felt something had broken. It wasn’t only the dispute: it was the repetition of the small wounds, the minimization she had gotten used to, the constant feeling of being thrown back into powerlessness. She understood that “holding on” was no longer enough. A deeper wound was awakening, a story demanding to be seen. She made a decision, both simple and terrifying: **to ask for help.**

The next day, still shaken but determined, she made an appointment with the sophro-therapist she had heard about.

"The inner journey described in the ebook was exactly what I went through. The suggested tools (breathing, grounding, visualization) changed the way I face challenges. I've regained confidence in myself and walk forward with more serenity in my new life." — Claire, 48 – in professional transition

Chapter 3: The Encounter

She scheduled a session with the coach, ready to confront her darkest emotions. The meeting was set for a Tuesday morning, via video call. Candeur connected with a mix of curiosity, fear, and hope. The welcoming face of the coach quickly put her at ease.

There was no judgment or pressure, just a kind presence and a safe space to lay down what she had carried for so long.

Chapter 4: The Inner Journey

■■ Relaxation Exercise: Conscious Breathing



Sit comfortably in a quiet space.



Close your eyes and focus on your breath.



Inhale deeply through your nose for 4 seconds, hold your breath for 2 seconds, then exhale slowly through your mouth for 6 seconds.



Repeat for 5 minutes.



Notice the effect of this breathing on your body, tension, and thoughts.



 This exercise helps bring you back to the present moment.

The sessions continued still remote but surprisingly deep. From the very start, Candeur realized the incredible complexity of her emotions.

The coach offered her a series of exercises and techniques like conscious breathing, creative visualization, grounding, and positive communication.

Together, they explored the depths of her feelings.

She learned to welcome her tears, understand her anger, and identify her fears.

Each emotion became a messenger a key to better understanding herself.

Patient testimony

"I never thought remote coaching could be so powerful. I discovered that my blocks came from emotions buried since childhood. Today, I welcome them instead of running from them. Thank you for this respectful and powerful journey." —

Julien, 39 – in emotional burnout



Chapter 5: The Transformation

Transformation didn't happen overnight. But week after week, Candeur felt lighter, freed from the burden she had carried for so long. She rediscovered a simple joy, an inner calm she had never truly known. She learned to express her needs, to say no without guilt, and to ask for help without shame. With the coach's support, she embarked on a true inner voyage, exploring unknown territories and facing her deepest fears. The journey was not linear it required courage, patience, and self-love.

■■ Communication Practice: The "I" Statement

Practice expressing your feelings without blaming or judging the other person. Use the format: "When you do/say X, I feel Y, because I need Z." Example: "When you don't reply to my messages, I feel ignored because I need to feel important to you." This practice fosters respectful communication by expressing feelings and needs responsibly.

Conclusion: And You?

Candeur's story might be, in part, your own. Maybe you carry an invisible weight in silence. Maybe you've learned to hide your tears behind a smile. This ebook doesn't aim to give lessons but to open new paths, spark the desire to care for yourself differently. You have the right to feel. You have the right to ask for help. You have the right to be free. Like Candeur, you can become the courageous explorer of your own inner world. And what if this reading were your first step on that journey?

Are you ready to free your emotions?



Instructions:

Take a quiet moment. Check the affirmations that resonate with you. There are no right or wrong answers.

- *"I have difficulty expressing what I feel.*
- *I often feel overwhelmed by my emotions without knowing why.*

- *I tend to avoid conflict or run from my feelings.*
- *I sometimes cry or get angry without apparent reason.*

- *I feel the need for change but don't know where to start.*
- *I feel stuck, lacking drive or confidence.*

- *I experience tension in my personal or professional relationships.*
- *I want to understand myself better.* ■ *I want to turn my emotions into resources.*

- *I am ready to be supported in an inner journey."*



Interpretation:

✓ If you checked 4 or more boxes, it's time to honor your deeper needs.

A sophro-analytical coaching approach can help you:

Welcome your emotions without judgment

Untangle the invisible knots of your story

Regain clarity, drive, and inner harmony

■ Invitation :

The formation “The Art of Feeling” can help you to go further with succès.

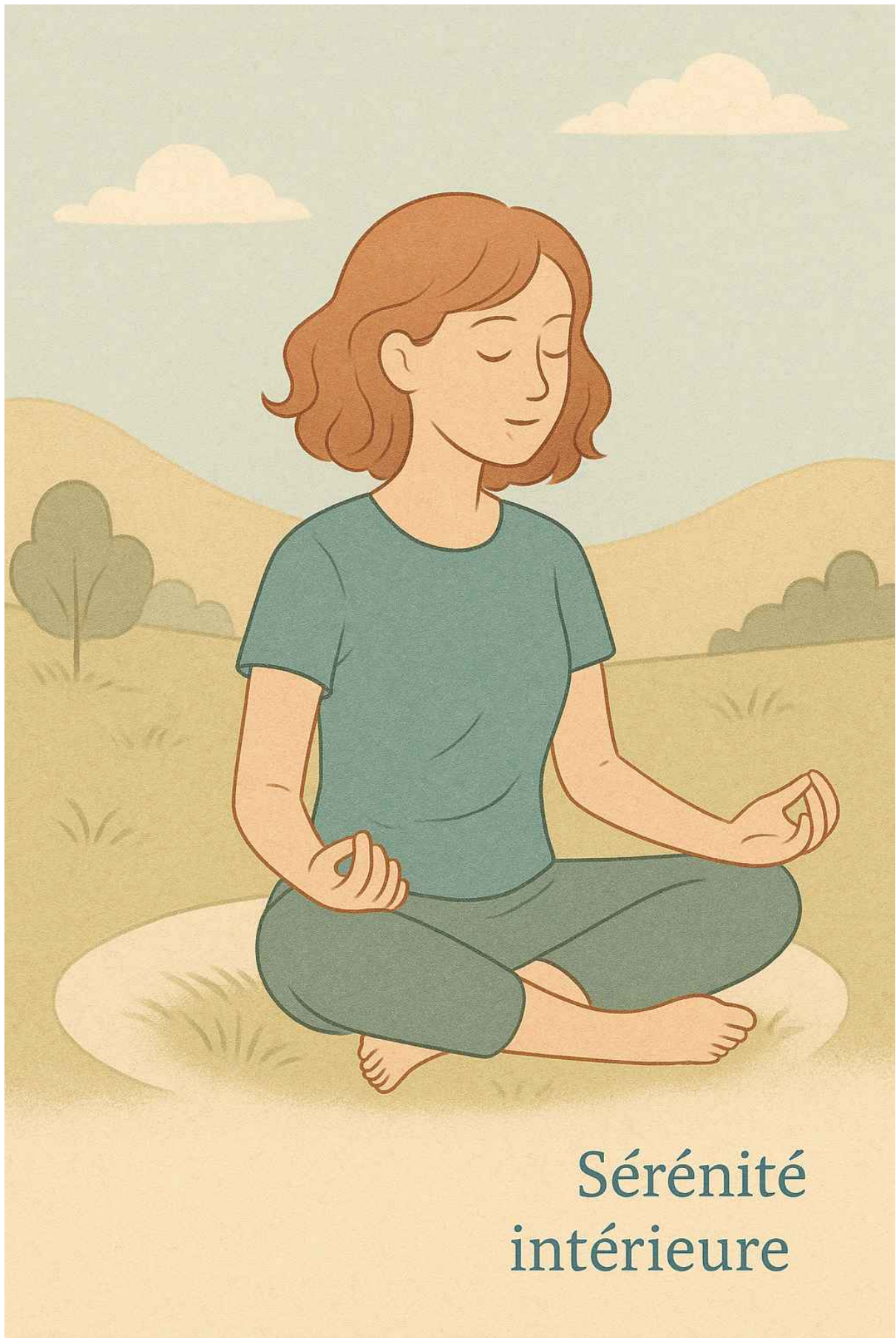
contact@lartderessentir.com

Ready to go further?



“Change doesn’t begin someday. It begins the day you allow yourself to be supported. I’m here to walk with you into that opening and m’y formation “The Art of Feeling” is just made for you.”

Hervé Broca Sophro-coach analytique



Sérénité
intérieure



BONUS

5 cadeaux pour
gérer vos émotions

5 Quick Exercises to Soothe Your Emotions...and as a 2 bonus methods to connect with your inner child



Here's a selection of exercises taken from the Sophro-Analytical Coaching program to help you better navigate the emotional storms of daily life.

You can practice them on your own, at your own pace, depending on what you're going through.

Ready to fully experience your emotions?



1. When feeling emotionally overwhelmed: the 4–2–6 breathing

> Goal: Quickly return to the present moment when everything feels too much.

 Sit comfortably, back straight. Inhale slowly through your nose for 4 seconds,
Hold your breath for 2 seconds,
Then exhale slowly through your mouth for 6 seconds.

 Repeat for 2 to 5 minutes, in silence.

 This exercise slows your heart rate and helps you come back into your body.

2. When angry or irritated: the “liberating shake”

> Goal: Release blocked energy without suppressing it or turning it against yourself.

 In a place where you won't be disturbed, shake your arms, legs, and upper body while breathing deeply, for 1 to 2 minutes.
You can add a loud sigh, a yawn... or even scream into a pillow.

 Your body regains energetic balance by discharging the excess.

3. When feeling sad or melancholic: sensory grounding

> Goal: Reconnect with life and stabilize yourself internally.

 Hold a natural object in your hand (stone, branch, leaf...), close your eyes, and focus on its texture, temperature, scent.
Let yourself be “grounded” by its presence. Breathe slowly.



Practice for 3 to 5 minutes.



This recenters you, calms you, and supports the process of coming back to yourself.



4. When confused or mentally anxious: the body scan

> Goal: Step out of the overactive mind.

Lie down or sit comfortably. Close your eyes. Bring your attention gradually to each part of your body: feet, legs, abdomen, chest, shoulders, neck, head...

Observe, breathe, release... without forcing anything.



This practice helps you slow down, inhabit your body, and regain clarity.



5. When in need of comfort: the safe-place visualization

> Goal: Soothe yourself internally with a resource image.

Close your eyes and imagine a place where you feel safe, protected, at peace. It can be real or imaginary: a beach, a forest, a cozy room...

Breathe in this place. Explore it with your 5 senses.



Practice for 5 minutes.



You create a positive anchor you can return to at any time.

3.2.1 METHOD – SIMPLE & POWERFULL

-  A quick tip to refocus in less than 2 minutes:
-  3 things you see around you (without judgment)
-  2 things you feel physically (e.g., warmth, heartbeat...)
-  1 deep breath you inhale... and release slowly.

 Breathe. Come back here. You've just done an inner reset, or if you prefer, your internal reboot.

5 Signs Your Inner Child Is Trying to Speak to You

 Can you hear it? That inner child?
It hasn't disappeared. It's still speaking.

 Here are 5 signs it's trying to tell you something:

- 1 You react "too strongly" to certain situations
 -  An intense emotion arises without you understanding why. Your inner child is reacting to an unacknowledged wound.
- 2 You often feel rejected or misunderstood
 -  Even in neutral situations, you feel excluded. This echoes an ignored need for love.
- 3 You seek approval or perfection
 -  Your child just wanted to be seen, encouraged, and loved as they are.
- 4 You fear disappointing or failing
 -  They learned not to make waves. They just want to feel safe.
- 5 You have bursts of creativity, playfulness, or emotion... that you hold back
 -  The child cries out: "Let me live a little!"

 Your inner child doesn't want to block you. It's asking for a place in your adult life  Listen to it more often!

5 Simple Ways to Talk to Your Inner Child

1 Close your eyes, place your hand on your heart

 Whisper: "I'm here. You can talk to me."

2 Look at a photo of yourself as a child

 Observe them. Thank them. Ask: "What did you need?"

3 Write them a letter

 No filter. No judgment. Just a real meeting between you and them.

4 Do something they loved (dance, draw, run...)

 Feel that joy. They'll say: "Thank you for thinking of me."

5 Breathe, then tell them:

 "You have the right to exist. I love you. I take care of you."

 It's in this intimate dialogue that healing begins.

Usage:

These exercises complement deeper personal work.

In the meantime, they help you navigate emotions without drowning in them.

Contact Page To Download Tour Formation "The Art of Feeling" :
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