



THE WAY HOME

HEALING LIBRARY



Anxiety or Intuition?

*A Gentle Guide for When You Can't
Tell What Your Body Is Trying to Say*



**A 7-PAGE
VISUAL MINI-GUIDE**

Rooted. Gentle. True.





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WHY THEY CAN FEEL SO SIMILAR



Sometimes anxiety and intuition arrive through the same doorway: your body. A tight chest. A strange feeling in your stomach. Restlessness. A sudden sense that something isn't right.

The feeling itself is real. But you don't always have to know immediately what it means.

Sometimes your nervous system is remembering something old. Sometimes you're noticing something important in the present. And sometimes you simply need a little more time before you can tell the difference.



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THE URGENCY CHECK

Anxiety often wants an answer right now.
It wants you to text. Check. Fix. Leave.
Decide. Reassure yourself. Do something so
the uncertainty will stop.

Instead of immediately asking, “*What does this feeling mean?*” try asking: “*What happens if I don’t act on this feeling yet?*”

Give your body a little room
before asking it for an answer.





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PRESENT OR PAST?

Ask yourself:

What actually happened?

Then gently separate that from:

What am I afraid it means?

Notice whether the fear feels familiar.
Have you felt this exact fear before,
perhaps in another relationship or
another season of your life?

Your past deserves compassion.
It just doesn't always get to narrate the *present*.





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— ANXIETY OR INTUITION? —
a 7-page visual mini-guide

THE EVIDENCE CHECK

Before deciding what your feeling means, look at what is actually here.

What do I know?

What am I assuming?

What am I afraid this means?

You aren't trying to talk yourself out of your feelings. You're giving yourself enough information to listen to them more clearly.



Curiosity
brings
clarity.



GENTLE QUESTIONS. KINDER TRUTH. *Way home.* ♥

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SETTLE FIRST. LISTEN SECOND.



Put both feet on the floor. Let your shoulders drop. Take one slow breath without trying to make yourself feel differently.

Then ask: "If I didn't have to decide anything right now, what would I notice?"

Sometimes clarity doesn't arrive because we think harder. It arrives when the urgency gets quieter.



Come home to yourself. ♥



ANXIETY OR INTUITION?

A QUIET PLACE TO LAND

What is my body asking me to notice right now?

You can write about it, sit with it,
or simply carry the question with you.

You do not have to force an answer.

Self-trust isn't believing every fearful thought.
It's trusting yourself enough to look again.
It's been in you *all along*.

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*You are
learning to
come home
to you.*

