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THE WELL-BEING OF THE WHOLE-BEING



**15-minute
emotional reset**

WELCOME !

Hello, whole-being. I am so glad you are here.

If you are reading this, there is a good chance something inside you is asking for a little more ease. Maybe you have been feeling emotionally reactive, overwhelmed, stuck in your head, or caught in the same patterns that keep looping no matter how much you try to think your way out of them.

Maybe you have been holding it together for everyone else, while quietly feeling like you are running on empty. Whatever brought you here, I want you to know this first: you are not broken, and you are not behind. You are human, and your nervous system has been doing its best to protect you..

This guide is not here to judge your emotions or force you into positivity. It is here to offer you a gentle pause.

A moment to come back to yourself. Because emotions are not problems to get rid of. They are signals. They are information. They are part of your inner guidance system.

And when we learn how to listen to them with compassion, instead of fear or frustration, something begins to soften.

We stop fighting ourselves.

We start understanding ourselves.

WHAT TO EXPECT



In the next few pages, I will walk you through a simple check-in practice that helps you interrupt limiting emotional patterns and move from reactivity into awareness, curiosity, and choice. It is designed to be simple enough to use in real life, even when you are tired, busy, sensitive, or already in the middle of a spiral. You do not need perfect conditions. You do not need to do it right. You only need willingness to notice what is happening inside you, one honest moment at a time.

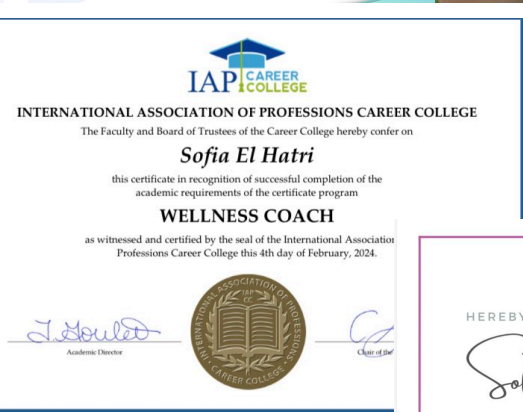
As you move through this, take it at your own pace. You can read it in one sitting or in little pockets of time. If you notice feelings coming up, that is completely normal, it just means you are present with yourself.

And if your mind wanders or you feel a bit of resistance, that is normal too. Just come back gently, one question at a time.

Most of all, I hope this feels like support. Like a warm hand on your shoulder reminding you that you can meet yourself with kindness. That you can learn your patterns without shame. That you can create change without force. And that even a small reset, practiced consistently, can begin to shift the way you experience your days.

Whenever you are ready, let us begin.

Who am I?



WHO AM I?



Hello, Whole-Being!
I'm Sofia El Hatri.

My mission is to guide women through emotional and mindset shifts so they can move out of survival mode and into a new identity, one that feels calmer, clearer and full of energy. Through my programme, The Well-being of the Whole-being, I support you with simple, lasting changes across mindset, nutrition, movement and sleep.

I know this path personally. I spent years navigating chronic health challenges and health anxiety, and I understand how exhausting it can feel to try to “fix yourself”.

My work brings together what helped me most: mindset tools, plant-based nutrition, and emotional integration.

Alongside my coaching certifications, I'm also a Certified Practitioner of EME Integration Level 1 (Authentic Living with Mandy Morris), which added the missing piece for deep, lasting change.

See you on the inside!



**15-minute
emotional reset**

What are the 6 questions that can help you interrupt limiting emotional patterns?



Stay with me until the end, and you'll learn a simple check-in practice to help you move from emotional reactivity into awareness, curiosity and change.

Inspired by Mandy Morris,
Authentic Living

Why emotions matter

Most people do not move through life led by logic alone. **We move through life led by emotion, whether we realise it or not.**

An emotion can shape the way you interpret a message, the way you speak to someone you love, the way you see yourself in the mirror, the way you show up in your work, and even the way your body responds to the world around you. This is why emotions matter so deeply. They are not just fleeting feelings passing through the day. **They influence the quality of your inner world** and over time, the quality of your life.

Many of us have been taught to focus on thoughts and behaviours, but emotions often sit underneath both. They colour our thinking, direct our attention, and influence our choices before we have even fully noticed what is happening. If a person lives in stress, guilt, fear, shame, resentment, or emotional tension day after day, those emotions do not stay neatly in the mind. **They begin to affect the nervous system,** the body, relationships, energy, and the sense of what feels possible.

This is why emotional work is not a luxury. It is part of healing. It is part of self-leadership. It is part of learning how to live well.

The emotions you feel most often shape your life



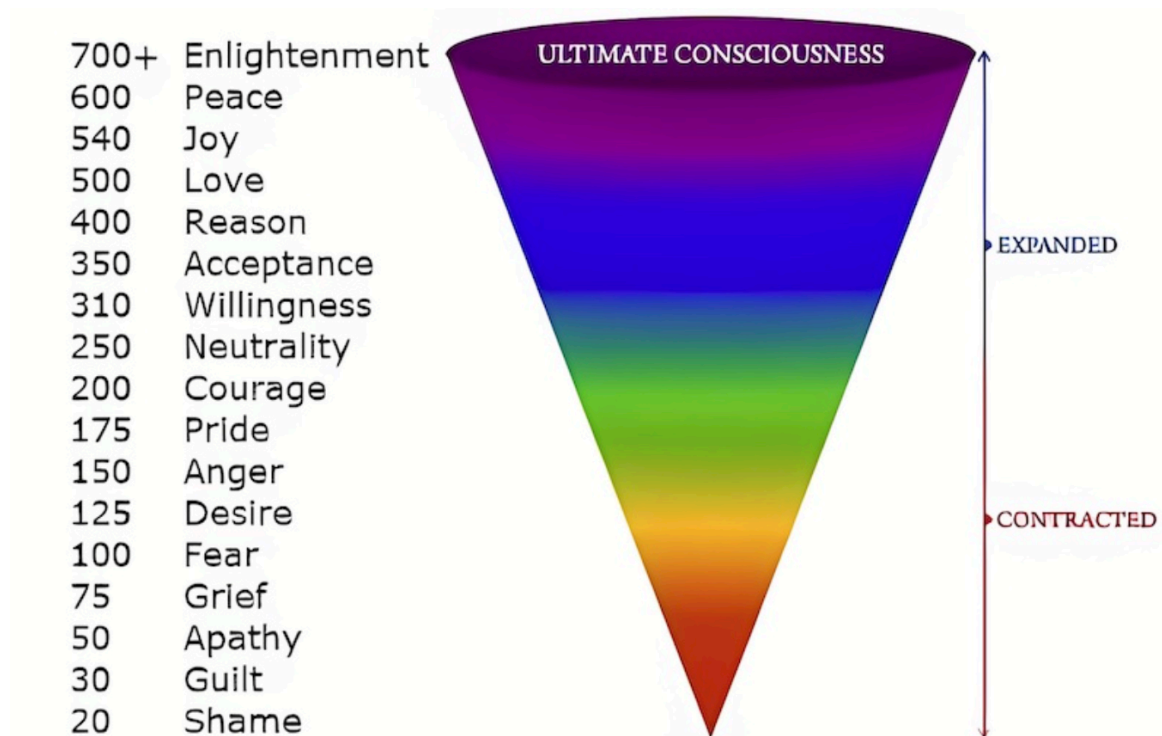
The quality of your life is deeply connected to the quality of the emotions you experience most often.

Many people are not feeling hundreds of different emotions every week. They are often cycling through the same familiar emotional patterns again and again. A person may wake up already carrying pressure, irritation, dread, guilt, or heaviness before the day has even properly begun. Another may live closer to hope, gratitude, peace, curiosity, or joy. Over time, these repeated emotional states begin to create an emotional home base.

This is important because what feels familiar often feels true, even when it is not. **If stress is familiar, peace can feel foreign.** If guilt is familiar, ease can feel underserved. If emotional chaos is familiar, calm can feel almost suspicious.

That is why awareness matters. When you begin to notice the emotions you experience most often, you begin to see the emotional atmosphere you have been living inside. And once you can see it, you are no longer completely ruled by it.

From emotional reactivity to emotional awareness



One helpful way to understand what is happening inside you is through an emotional scale or chart. You might see it described as an “emotional vibration” chart, an “emotional frequency” scale, or simply a spectrum of emotional states.

The idea is simple: emotions tend to move between **contracts, heavy, survival-based states** and more **open, connected, regulated states**. Some frameworks call this “low vibration” and “high vibration”. It is not about being “good” or “bad”. It is about recognising what state your nervous system is in, and how that state affects your thoughts, choices, and body.

At the lower end of the scale, you often find emotions like despair, powerlessness, grief, shame, fear and hopelessness. These states usually feel constricting. Your body may tighten, your **breathing may become shallow**, your mind may narrow and your nervous system may shift into protection mode. In that state, it can be harder to think clearly, harder to access hope, and harder to take aligned action, not because you are failing, but **because your system is trying to keep you safe**.

From emotional reactivity to emotional awareness



At the higher end of the scale, you often find emotions like relief, acceptance, gratitude, appreciation, love, joy, inspiration and empowerment. These states tend to feel more expansive. Your **breathing opens**, your mind becomes more flexible, and your body often feels safer. You are more able to problem-solve, connect, and respond intentionally.

But here is the most important part: **no emotion is “bad”**. Every emotion is information. Every emotion is part of your guidance system. Even the ones that feel uncomfortable are often trying to protect you, alert you, or **show you that something needs attention**.

Anger is one of the most misunderstood emotions. It is not automatically low, and it is not automatically wrong.

What matters is where you are coming from. Sometimes anger is a drop from peace into defence. Other times anger is a rise from shame into strength. Anger has motion in it. It can be the first feeling that says, “Enough”, or “Something needs to change”. No emotion is here to be judged. Each one is here to communicate. The work is learning what anger is protecting, what it is pointing to, and how to move with it consciously instead of being consumed by it.

The shift we are aiming for is not “never feel low emotions”. The shift is moving **from being run by the emotion to being aware of the emotion**.

“Mindfulness and awareness is the bridge between reaction and conscious choice”

From emotional reactivity to emotional awareness



At one end, emotions run us. We are inside them, fused with them, reacting from them. We are not observing the emotion, we are being carried by it.

In the middle is curiosity. **Curiosity** is powerful because it creates space. It softens the grip of the emotion just enough for you to ask, “What is happening here?” instead of immediately becoming the emotion. Curiosity is often the bridge **between a survival state** and a more regulated state.

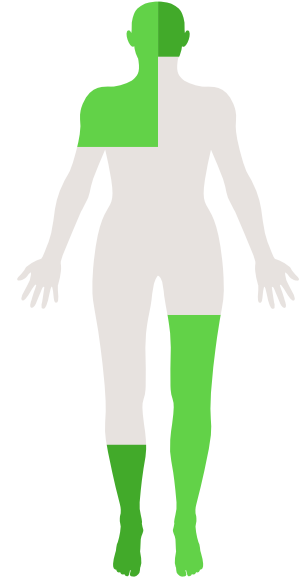
And from that place, emotions can begin to serve growth rather than control us. They become information instead of identity. **They become signals instead of sentences about who we are.**

One more gentle truth: **we can also become attached to familiar emotions**, even painful ones. Not because we enjoy suffering, but because the nervous system learns what is familiar and repeats it. Stress can become a default. **Worry can feel like preparation.** Shame can feel like control. **Emotional intensity can feel like aliveness.** This is one reason patterns repeat, and it is also why awareness is so powerful: once you can name the pattern, you can start changing it.

Sometimes the first healing step is not joy. It is curiosity.

Emotions live in the body

too



Emotions are not only mental or spiritual experiences. They are physical experiences too.

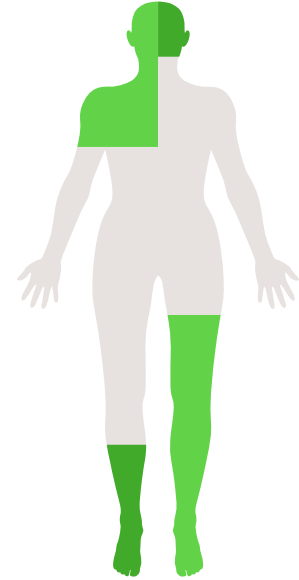
Many people can feel this intuitively. Anxiety may feel tight in the chest or stomach. Shame may feel collapsing, heavy, or hot. Grief may feel dense and draining. Joy may feel expansive. Relief may feel like a softening. Love may feel warm, open and alive.

Research supports this mind-body connection. Body-mapping studies have shown that people often experience different emotions in different parts of the body in surprisingly similar ways across cultures. Stress research also shows that when the body remains in a prolonged stress response, hormones such as cortisol and adrenaline can affect sleep, immunity, inflammation, digestion and mental clarity.

So when we speak about emotions, **we are not speaking about something abstract.** We are not speaking about lived physiology. We are speaking about the nervous system. We are speaking about the body keeping score of what the heart and mind have been carrying.

This is why emotional healing cannot be only intellectual. Insight matters, but so does embodiment. Sometimes **the body needs help feeling safe** enough to let the emotion move.

What produces an emotional reaction



An emotional reaction **usually begins with a trigger**, but the trigger itself is only part of the story.

Something happens outside of you. A message is ignored. A tone changes. A plan falls through. Someone disappoints you. You remember something painful. You feel unseen. You feel judged. You feel too much, or not enough.

But between the event and the emotion, something else happens. You interpret it. You attach meaning to it. **You tell yourself a story**, often very quickly and often unconsciously. Then the body responds, and the emotion rises.

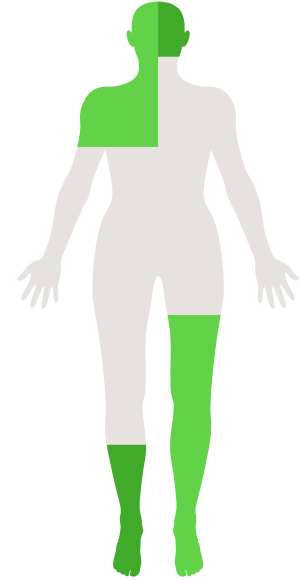
This is why two people can experience the same event and feel completely different things. The trigger is not just the event. The trigger is the event plus **the meaning placed upon it**.

So the deeper question is not only, “What triggered me?”

It is also, “**What did I make this mean?**”

That question opens a door.

Personas: the protective parts we create



As emotional patterns repeat, they often begin to shape protective versions of us. We can call these **personas**.

Personas can also be formed due to a sudden significant emotional event or series of events.

A persona is not your truest self. It is a protective part of you that formed around pain, fear, unmet needs, or repeated emotional experiences. It developed for a reason. It was trying to protect you, **to keep you safe**. But often it learned to meet a valid need in an unhealthy or exhausting way.

A controlling persona may be trying to create certainty.

A people-pleasing persona may be trying to create safety, approval, or belonging.

An overachieving persona may be trying to prove worth.

An angry persona may be trying to create protection power.

A withdrawn persona may be trying to avoid rejection, overstimulation, or disappointment.

This is why self-judgement is rarely the way forward. Beneath the behaviour is often a need that makes sense.

The need is not the problem. The strategy is.

Sometimes the emotion you feel most often is actually pointing you toward the need your persona has been trying to meet all along.

Stress may point to a need for support, certainty or rest.

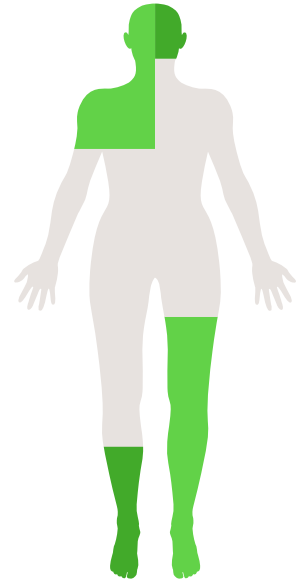
Shame may point to a need for compassion and belonging.

Anger may point to a need for safety, truth or boundaries.

When you begin to see your patterns this way, you stop asking, “What is wrong with me?” And begin asking, **“What is this part of me trying to do for me?”**

“The quality of your life is determined by the quality of the questions you ask yourself.” - Tony Robbins

A gentler way to respond



The goal is not to shame yourself for having emotions. **The goal is not to become positive all the time.** The goal is not to force yourself into a better mood before you are ready.

The goal is to notice, understand, and gently interrupt the pattern before it takes over your whole inner world.

This is where emotional reset work becomes powerful. Not because it erases pain, but because it helps you meet pain with awareness instead of automaticity. It helps you pause before the spiral. It helps you listen before you react. It helps you remember that an **emotion is something you are experiencing**, not something you are.

And from that place, change becomes possible.

“We cannot solve our problems with the same thinking we used when we created them.” - Albert Einstein

Energetic check-ins



One of the simplest ways to build this kind of self awareness is through regular energetic check-ins. The purpose is not to analyse yourself harshly or to disconnect from what you feel. It is to create a small pause in the day where you move from emotional reactivity into **curiosity**. When you check-in consistently, you begin to notice your emotional patterns more clearly, recognise when a persona is taking over, and catch the story attached to the feeling before it becomes your whole reality. **Questions are powerful** because they open the mind. They soften defensiveness. They help bring the subconscious into awareness. And **awareness is the first step** in any real emotional shift. A practice shared by Mandy Morris in *8 Secrets to Powerful Manifesting* is to ask yourself the same six questions throughout the day. Even used in a grounded, non-manifestation context, they are a powerful tool for emotional awareness and reflection. Try asking yourself these questions 4 times a day for 15 days and, if you can, write down your answers each time.

Energetic check-ins



1. How do I feel right now?
2. Why am I feeling this way?
3. Am I reliving the past?
4. Am I worried about the future?
5. What do I think is going to happen?
6. Is this even mine?

As you move through these questions, you might notice resistance.

That resistance does not mean you are doing it wrong. Often, it is simply one of your protective personas stepping in. A part of you that has grown attached to the certainty of the familiar emotional state, even if that state is uncomfortable. It may try to pull you back into “normal”, into the usual loop, into the story you have repeated for years.

When that happens, do one thing: document it.

Get it out of your head and onto paper or into your notes. Do not judge it. Do not argue with it. Do not try to force it away. Just acknowledge it, then keep moving forward to the next question.

Energetic check-ins



Over time, you will **start noticing patterns**, and they will often be surprisingly practical.

You might notice: “I tend to feel more like this, after I meet that person”; “I feel more like that right before eating food” etc...

This is the real power of the practice: it turns your emotions into information you can work with.

And if you **set alarms** at least four times a day, those alarms become a pattern interrupt. If you are mid-spiral, the alarm will break the loop, and the questions reopen the mind to a new possibility before the old emotion fully takes over.

You can also change the timing of your alarms every so often. Different times give you different data, and different data helps you see your patterns more clearly.

Energetic check-ins



As you gather your answers, begin noticing **your predominant low-vibration emotions** and **your predominant high-vibration emotions**. This is where many people get stuck, because they do not know what to do with what they are learning.

First, trust that the exercise itself is already doing something powerful: it is training your system toward curiosity, and curiosity naturally creates new options.

Second, do not only analyse the emotions that feel heavy. Yes, we are not bypassing anything, and there are more tools in the toolbox that we will explore later. But if the goal is to live in higher vibration more often, it is just as important to collect data on what creates your best states.

So when you notice yourself feeling peaceful, fulfilled, connected, confident, grateful, joyful, journal that too.

Energetic check-ins



What were you doing? Who were you with? What were you thinking? What did your body need? What choice did you make right before you felt that shift?

Then gently increase those supportive activities, thoughts, and environments throughout your day.

Because your emotional patterns are not here to shame you.

They are here to guide you.

And with practice, you will start building a life that feels better - not by force, but by awareness, data, and self-trust.

See you on the inside!

Sofia El Hatri

The Well-Being of the Whole-Being



**THANK
YOU !**

