



The 7 Hidden Leaks of Emotional Energy

Why You're Not Lazy, Broken, or Lost , Just Drained in Ways You Didn't See Coming

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The House of Relationships

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Why are you still seeking?

The greatest act of bravery is to look inward and be ready to welcome what we experience even while we wish to run away from it all.

You've survived fires that would've turned other people to ash.

And still... your soul feels foggy. Like your energy's leaking out somewhere you can't see.

You're not broken! You're just in transition and feeling resistance which is 100% normal when trying to shift your life. So settle.

These 7 leaks are common, quiet, and **entirely transmutable into resources.**



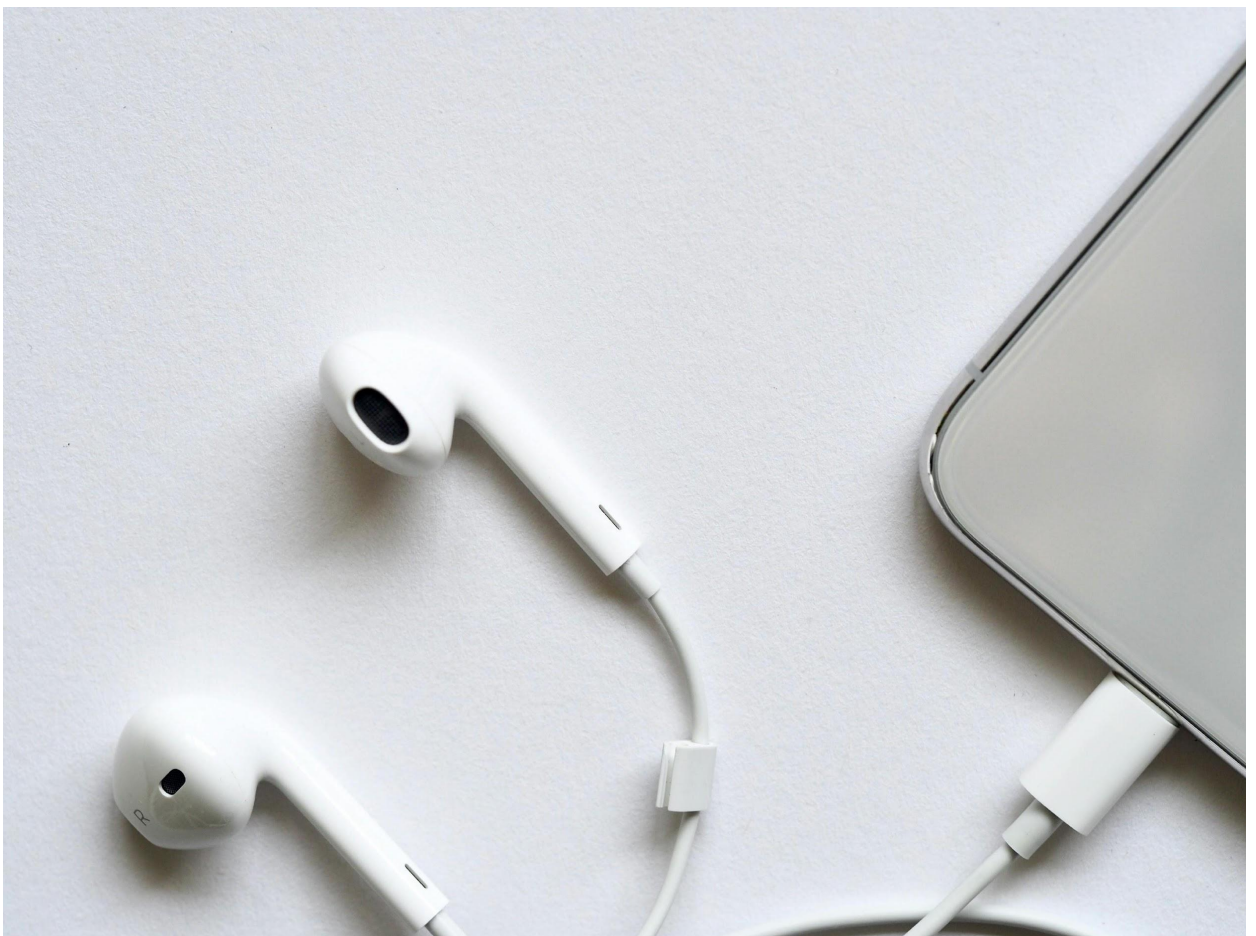


Performing Strength

You're exhausted from being "the strong one" even in private.

Seal-the-leak tip: Strength doesn't mean silence. Let someone witness your truth without fixing it.

Find someone neutral you can talk to, who can listen and hold your space while keeping your story private. It is normal to feel precious about the emotional armor. Anxiety and self doubt settle in though let's try to remember that compassion begins where judgement ends. When you judge yourself? Whose standard are you measuring up to? Are these standards an actual fit for you? Nor harming yourself and others are the only key element that should be in any standard. What framework would you like to be a part of?





Unmet Needs Masquerading as Independence

You tell yourself, “I’ve got it” even when you don’t.

But there is so much one can learn from the science of biochemistry and neuroscience. Hearing the research of Dr. Joe Dispenza is enough to understand that our conditioning takes a little more than thought. It requires an alignment between thought, FEELING and taking small actions that lead to noticeable experiential changes.

Seal-the-leak tip: Need is not weakness. Ask for one small thing today, just to practice receiving. Find the gratitude in the things that keep you alive and while everything seems dim, look to that little sparkle that makes you smile. It is part of the foundation of change. Smiling releases hormones that builds towards a mindset and heartset of ‘can do’ behavior.





Suppressing Your No

You're "fine" with things you secretly resent because it's easier than conflict.

Seal-the-leak tip: Every time you suppress a no; you abandon a yes to yourself. Start small. Say no with grace.

Easier said than done, which is why the free course you have started to receive will lead you to experiencing this, one prompt at a time. Nudge yourself just a little bit. Feel weird, like you are jumping into a void, until you experience confidence building up. A sense of grounding emerges. It is uncomfortable for a time that depends on you, it doesn't last forever.

Ignoring emotions causes them to seep out unpredictably, like with a panic attack. One of the only ways to end the spiral, is through discipline, creative action and introspective meditation, where transmuting the most excruciating sensation becomes doable. I am living proof of it and I am nothing special. I still practice. It is an ongoing fall where freedom emerges gradually.





Sacred Rage Left Unspoken

Anger turns inward when there's no safe place to express it.

Seal-the-leak tip: Your anger is not destructive it's directional. Journal it, move it, breathe it.

Journaling can be done in any format you prefer, as long as we feel the energy being expressed, we can refocus it, transmute it into something that is useful to our wellbeing. Resentment causes stress and it can manifest as illness. See what keeps intentions frozen in the starting blocks, even while the desire to move forward burns inside.

In every section of the free course, you will find action-based prompts to directly experience resistance; an opportunity to analyze what is going on.





Trying to “Make Sense” Before You Feel

You go into your head to avoid your heart.

Seal-the-leak tip: Clarity comes *after* sensation. Let your body speak first.

Take the time to notice, record and observe, admire the experience without ascribing any meaning.

Choose what you wish to feel, imagine a scene where you have felt it and where you will feel it again, even if it has not yet taken place. It sounds stupid right? Try it, see for yourself. Watch how resistance can devalue opportunities to feel and experience things differently.





Chronic Over-Processing

You keep trying to “fix” yourself instead of *witnessing* yourself.

Seal-the-leak tip: You’re not a problem. Just listen with compassion today.

You don’t need to be fixed, its all about redirecting assumptions, while the past can be fraught with disaster, it does not define a future. It can inform how you choose your next step in life. What is to be avoided, what talents, resilience and creativity are to be taken forward. It does take time, there is no magic pill. The key point here is repetition. Like the rehearsal for an improved way for making your favorite drink.





Forgetting to Be Celebrated

You wait to “earn” celebration instead of using it as fuel.

Seal-the-leak tip: You don’t need to finish healing to be worthy of joy. Celebrate one thing, right now.

You must have heard this before: celebrate the small changes. You woke up earlier, pat yourself on the back. You squeezed in an extra 5 minutes to experience your new life, asking yourself the right questions without judging yourself, dance to your favorite dance tune and imagine you are in that nightclub. Or you can do like me, buy some club lights, turn the light off, switch the laser on and dance. This is how you can generate new realities. Don’t miss any change at noticing the self alive.





An Invitation

You've seen some of the leaks, now it's time to seal them for good.

You're not meant to patch your soul with band-aids. You deserve a full, graceful return to yourself with a map that honors your story. You are not broken, just without a compass.

Try the mini course, it is a strong start of that map. It helps to start gathering the scattered spaces and pieces, it invites to small actions, it suggests ways to start observing how to make peace with what no longer fits, and design the next steps from a place of wholeness.

The course should land in your inbox for free from:

Zoe@thehouseofrelationships.com

Check the spam if ever it is not in the inbox.





ABOUT ZOË ROZAR

Hi, I'm Zoë.

Founder of The House of Relationships.
Facilitator and your biggest cheerleader for rising from the ashes, like a phoenix, with power and as much grace as possible. Believe me, I know this path and I have developed a joy to practicing every single step I offer, everyday. It took me out of trauma and into a life, which at one point, I never thought possible.

What I wish to share with you is relief to people who are ready to reclaim every single aspect of their right to enjoy living. Those who robbed us of that choice don't need to keep us in a lifelong prison of past experiences.

See you on the other side!





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