

The Reflection

If you've recognised yourself in this conversation, you may also recognise how quickly your emotions have been making decisions on your behalf.

- ♥ Perhaps you've spent years reacting before you've had time to think.
- ♥ Apologising before asking whether you've done anything wrong.
- ♥ Withdrawing before finding out whether you were truly being rejected.
- ♥ Overthinking before discovering whether there was even a problem to solve.

That just means your nervous system's been doing what it learned to do a long time ago. The important part is this: **it doesn't have to stay that way.**

One of the greatest gifts you can give yourself on your healing path is the power to pause - not because the pause makes uncomfortable feelings disappear, but because it gives you back something you may not realise you've lost: **choice**. Choice helps you see that there's **a difference between what you feel and what you do.**

You don't get to choose your emotional reactions, but you can learn to **choose your emotional response** - and that is where your power lives.

As you continue through this part of **The Healing Library Summer School**, you may find yourself becoming triggered just

as often as before. Don't see that as failure. See it as an opportunity to practice choice - how you react versus **how you choose to respond**.

- ♥ Every trigger becomes an opportunity to notice.
- ♥ Every pause becomes an opportunity to choose.
- ♥ Every thoughtful response becomes evidence that your healing is working.

You're not aiming to become someone who never feels anxious, hurt or overwhelmed. You're aiming to become someone who no longer allows those emotions to make every decision. That's a profound difference.

This conversation is inviting you to stop asking, 'how do I stop feeling this?' and begin asking, 'how do I want to respond to this?'

Because your emotions may knock at the door, but they no longer get to walk in and rearrange the furniture. That's what emotional regulation makes possible. Not a life without emotional storms, but a life in which you know you can find your way through.