

# SELF-ATTUNEMENT GUIDE



Creating Emotional Safety,  
Security, + Stability Within You

Made with Love by Jill Howell  
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# A Note From Jill...

**YOUR CHAOS COACH + NERVOUS SYSTEM GUIDE TO HELP YOU RELEASE MIND + BODY STRESS, RESTORE INNER PEACE,+ RECLAIM JOY**

Hey friend! I'm glad you're here! I am an **Emotional Health Coach** who specializes in **Somatic Stress + Trauma Recovery**. I just want to share a little bit about how I got here.

I spent two decades of my adult life **overcoming C-PTSD + chronic symptoms** (debilitating physical pain, IBS, heart burn, depression, + anxiety) while only using traditional talk therapy methods. In 2020, I **finally got sick of staying stuck** in it all and integrated **somatic (body) healing + inner child healing + brain retraining + nervous system understanding**, and the combination finally broke through my cycle of despair.

Now, my mission is to empower women like you to take your power back from stress, anxiety, + depression + lovingly guide yourself home to peace, presence, and authenticity so that more love, joy, and delight can bloom. We do this by **rewiring your brain + body, creating emotional stability, releasing stuck stress + trauma, restoring self-trust, and reconnecting your mind + body**.

In **1:1 coaching** I **gently guide you to meet the parts of you that need to be seen, heard, validated, loved, + met with compassion** in order to calm the chaos inside. I incorporate *Nervous System Regulation, Somatic Healing Practices, EFT Tapping, NLP, Meditation/Mindfulness, Inner Child Healing, IFS Therapy, Self-Compassion Therapy, Brain Retraining, Sound Healing, + Play* into my 1:1 trauma-informed coaching.

**Is it your time to stop living in survival mode? I think so! :)**

**I am here to help you release mind + body stress that has been stored for too long and guide you back home to your body + flow with ease.**

**I am dancing in the messy middle with you!**

*Jill*

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# DEFINITION + PURPOSE OF ATTUNEMENT

## ♥ Attunement refers to the ability to:

1. **Notice subtle signals** + tune in on a deeper level (body language, tone, emotions, energy shifts, nervous system state, and sensations internally for yourself)
2. **Validate emotions** without trying to fix or change them
3. **Respond compassionately** in a way that makes the other person or an inner part of you feel seen, safe, and understood

## ✨ Being emotionally attuned to yourself is a fundamental emotional intelligence skill that helps you with:

- **Self-awareness:** you're connected to and understand your feelings, thoughts, and behaviors. This awareness is the foundation for personal growth and emotional regulation.
- **Emotional regulation:** being in touch with your emotions, you can respond to situations instead of being reactive or defensive.
- **Healthy relationships:** it allows you to express your needs and create boundaries, fostering healthier interactions with others.
- **Resilience:** It helps you navigate challenges and stress by recognizing your emotional state and taking steps to cope in healthier ways.
- **Authenticity:** understanding your emotions connects you with your true self, enabling you to live in alignment with your values and desires.

# COMPASSIONATE RESPONSES + PHRASES

## Compassionate phrases that help someone else feel deeply seen and safe:

- “That makes so much sense.”
- “I hear how heavy that’s been for you.”
- “You don’t have to rush past this. I’m here with you.”
- “I’m noticing how much emotion is coming up—let’s just be with that for a moment.”
- “You’re not too much. You’re just letting something important be felt.”
- “Thank you for trusting me with this part of your story.”
- “What you are experiencing matters.”
- “What is this part of you trying to say to you right now?”
- “I care about you and the (emotion) you’re experiencing.”
- “Tell me more about that.”
- “Would it be supportive for you if I \_\_\_\_\_?”
- “It’s human to feel that way.”

## Compassionate phrases that help your inner parts feel deeply seen and safe:

- “Hi (emotion.) I see you, and I am here with you.”
- “You’re allowed to feel exactly what you’re feeling.”
- “You are not wrong for feeling this way. It’s a human emotion.”
- “I know this feels (overwhelming, hard, heavy, etc.)
- “It’s okay to take your time—I’m not going anywhere.”
- “You were never meant to carry this alone.”
- “I’m listening now.”
- “This feeling makes sense. Let’s stay with it gently.”
- “I’ve got you. You’re safe with me.”
- “I give you permission to \_\_\_\_.”
- “It makes sense you feel... because...”
- “I offer you...”
- “I love you.”

# SOMATIC ATTUNEMENT RITUALS/PRACTICES

## Morning Connection + Attunement

- **First Breath Check-In**

Before getting out of bed: Place a hand on your chest or belly and ask:

“What is true in me right now?”

“What do I need most today?”

- **Body Compass Forecast**

Stand or sit still, close your eyes, and ask your body:

“What does yes feel like in me today?”

“What does no feel like in me today?”

Use this to guide your boundaries and choices.

- **Movement Meditation (3 minutes)**

Lightly stretch, sway, or roll your shoulders—let your body lead, not your mind. No agenda—just presence.

## Midday Connection + Attunement

- **Nervous System Pause**

Set an alarm as a reminder to: Place feet flat on the floor. Name 3 things you see, feel, and hear. Inhale deeply and exhale slowly, 3 times.

- **Midday Self-Attunement Journal Prompt**

Ask: “Have I been overriding anything today?” “Is there a part of me that’s feeling unseen?”

- **Heart or Womb Touch + Affirmation**

Place your hands over your heart +/- or womb space and say: “I’m here.”  
“You’re allowed to feel what you feel.”

# SOMATIC ATTUNEMENT RITUALS/PRACTICES

## 🌙 Evening Connection + Attunement

- **Body Gratitude Scan**

From head to toe, thank your body:

"Thank you, eyes, for seeing."

"Thank you, feet, for holding me up."

Bonus: Note any areas that want more care tomorrow.

- **Parts Check-In**

Ask gently: "Did any part of me feel misunderstood or overwhelmed today?"

"Is there something I need to hear before I sleep?"

- **Somatic Journaling**

Draw a body outline and map out:

-Where you felt tension today

-Where you felt joy, softness, or numbness

## ★ Anytime Connection + Attunement

- **Safe Touch + Co-Regulation Ritual**

Wrap in a soft blanket, hold a warm drink, or rock gently. Whisper: "It's okay. I've got you now."

- **Emotional Weather Forecast**

Ask: "If my mood/emotion were a kind of weather right now, what would it be?" (This helps access parts without judgment.)

- **Music & Movement Drop-In**

Choose a song that matches your emotion or state. Let your body move in response. Follow your impulse—tiny or expressive.

# SELF-ATTUNEMENT QUESTIONS

## Mind/Emotional Check-In

- What am I feeling right now—emotionally, not just mentally?
- What's taking up the most space in my inner world today?
- What story am I telling myself about how I “should” be feeling?
- Is there a part of me that feels overwhelmed or unseen?
- What would it feel like to not fix this right now, just to be with it?
- Is there something I'm avoiding feeling or saying?
- What emotion keeps surfacing today—and why might that be?
- If I could name my emotional state in one word, what would it be?

## Body/Somatic Awareness

- Where in my body do I feel sensation most strongly right now?
- Is there a part of my body asking for attention or care?
- If this sensation had a message, what would it say?
- Do I feel more open or closed today?
- What happens in my body when I name what I'm feeling?
- What posture is my body naturally in right now? What does it say?
- What would help my body feel supported in this moment?
- Am I breathing deeply or shallowly? What changes if I slow it down?

## Inner Child / Parts Work

- Is there a younger version of me who needs something right now?
- What age does this part of me feel?
- What would I say to that part if they were sitting beside me?
- What does this part wish I could hear or know?
- What did I need as a child that I can offer myself now?
- What does this part of me believe about my worth—and how can I gently shift that?
- Can I visualize holding or comforting a younger version of me?

# SELF ATTUNEMENT QUESTIONS

## **Compassion + Self-Holding**

- What do I need most right now: space, support, or softness?
- What would it look like to care for myself tenderly today?
- Can I offer myself grace even if I don't fully understand what I'm feeling?
- How can I remind myself that I am safe in this moment?
- What would I say to a friend feeling this way?
- Is there resistance to softness or care—and what does that resistance need?
- What boundary would feel loving to myself today?

## **Energetic/Intuitive Check-In**

- What feels in alignment for me today—and what doesn't?
- Am I honoring or ignoring my inner rhythm?
- Where do I feel most disconnected from myself—and what would help me return?
- What is my energy asking for—rest, movement, stillness, expression?
- Where do I feel most alive right now?
- What truth have I been whispering to myself that I haven't yet claimed?

Is a part of you ready to rise above your anxiety, overwhelm, or exhaustion?



The **AWAKEN Membership** will guide you to awaken your inner power + reclaim inner peace, emotional stability + joy!

Your stored tension + stress must be released from BOTH mind + body or it can show up as chronic illness or pain, autoimmune disorders, fatigue, anxiety, depression, etc. Your emotional health affects the way you view yourself, how well you function, + how you interact with the people you love. It affects EVERY area of your life!

It's time to learn how to **REGULATE** + **REWIRE** your nervous system, **RECONNECT** your mind + body, + **RELEASE** stress + trauma so that you can **RECLAIM** peace + joy!

FOR MORE  
INFO...

*click  
here* →

# Awaken Membership

FEMININE EMBODIMENT TO RECLAIM PEACE, JOY, + CONFIDENCE

## RECONNECT

Reconnect with body sensations + attune to your core needs. Increase awareness + self-trust as you nourish your mind, body, + spirit.



## REGULATE

Regulate + calm your nervous system using mind-body healing tools. Take steps of action to guide your body + brain back to ease.



## RELEASE

Release stored tension, stress, + trauma from your body through gentle movement. Open yourself up to possibility + hope.



## REWIRE

Rewire your brain to think + act differently with new neural pathways. Transform response to stress + triggers. Respond from grounded state.



## RECLAIM

Reclaim peace + joy. Embody ease + flow. Expand capacity for both pain + pleasure. Live from an empowered state!

**Register for free 3 Day Trial OR click here to try a monthly somatic release class!**