



FROM FIXING TO FEELING

FOR FINDING RELIEF



GUIDE BOOK

WITH LOVE, ELEN



Welcome!

For 5 years, I lived in a constant state of trying to "fix" myself. I pushed, researched, controlled, and did everything "right," but my body only felt more tense, more sick, not less. I didn't realise that all that pressure, even the well-intentioned kind, was keeping my nervous system stuck in a state of high alert.

I created this guide for my past self and for anyone who knows that feeling on spinning their wheels. It's not a program, or a checklist to complete. It's a gentle journey. Page by page, you'll be guided out of that controlling, effortful place and into one of softness, safety, and trust. Take your time going through the prompts and meditations, there's no rush. You don't need to fix yourself to be worthy of care. You just need to begin where you are.

Elen Kryltsova



ABOUT ME

I'm Elen, a counsellor with a background in physical therapy. My work focuses on helping people who feel stuck in cycles of pain and illness find ease and safety in their bodies, without having to fight themselves to get there.

**This guide was inspired by a video
I made about chronic pain.
If you'd like the full explanation
[you can watch it here.](#)**

**WHY TRYING HARDER MAKES
CHRONIC PAIN/ILLNESS WORSE
(+WHAT ACTUALLY WORKS)**





Arriving & Noticing

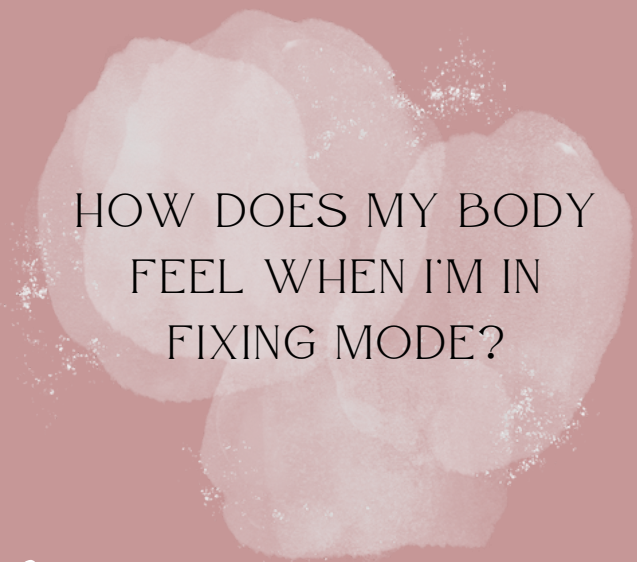
AWARENESS IS THE FIRST STEP

Before anything shifts, we need to land.

This section is about pausing long enough to notice where you are - your thoughts, the pressure, the sensations in your body.

There's nothing to fix here. Only to gently witness.

WHAT HAVE I BEEN TRYING TO CONTROL LATELY?



HOW DOES MY BODY
FEEL WHEN I'M IN
FIXING MODE?

*Awareness isn't the same
as judgment. It's simply
seeing clearly.*

BODY SCAN



- Sit comfortably and place a hand over your chest or belly.
- Take a slow, steady breath in through your nose and out through your mouth.
- Bring your attention to the top of your head and gradually scan downward, noticing any areas of warmth, tension, heaviness, or ease.
- There's nothing to change — just notice and name what you find.



Meeting My Body with Kindness

KINDNESS CHANGES HOW YOUR BODY RESPONDS

When we've spent years in battle with our bodies, kindness can feel unfamiliar.

This section is about softening your gaze, noticing what's working, speaking gently to yourself, and remembering your body is not your enemy.

WHAT WORDS COULD I USE WHEN I SPEAK TO
MY BODY THAT FEEL SOFT, KIND, OR GENTLE?

WHAT JUDGMENTS
OR CRITICISMS AM I
READY TO LOOSEN
MY GRIP ON?

*Your body is not a
problem to solve. It's a
relationship to tend.*

HAND ON HEART



- Sit comfortably and place one or both hands over your heart (or another area that needs kindness).
- Take a slow breath in through your nose and a long breath out through your mouth.
- Imagine talking to your body the way you'd talk to someone you love — softly, kindly.
- Whisper or think a gentle phrase like "I see you," "Thank you," or "I'm here with you."
- Stay for a few breaths, letting that kindness settle in. Notice how your body reacts to this.

Refocusing My Attention

NOTICING WHAT WORKS

It's easy to focus on what hurts, what's tense, or what we wish would change. But it's important to remember to notice what's working.

This section is about building a steadier relationship with your body by appreciating the small, often overlooked things that keep you going.

This isn't about fake positivity or ignoring pain. It's about widening your attention to include what's good, reliable, and quietly working in the background.

WHAT'S ONE PART OF MY BODY I CAN APPRECIATE TODAY?

WHAT PARTS OF
MY BODY WORK
WITHOUT ME
NOTICING?

*"When you start to see
what's quietly working,
your body stops feeling
like the enemy... starts
to feel like home"*

3 THINGS WORKING



- Take a slow breath.
- Place a hand somewhere on your body. Bring to mind three things that are working well right now, no matter how small.
- It could be your eyelashes, your digestion, your joints, your heartbeat, your nails — anything.
- You don't have to feel grateful. Just notice, and acknowledge.



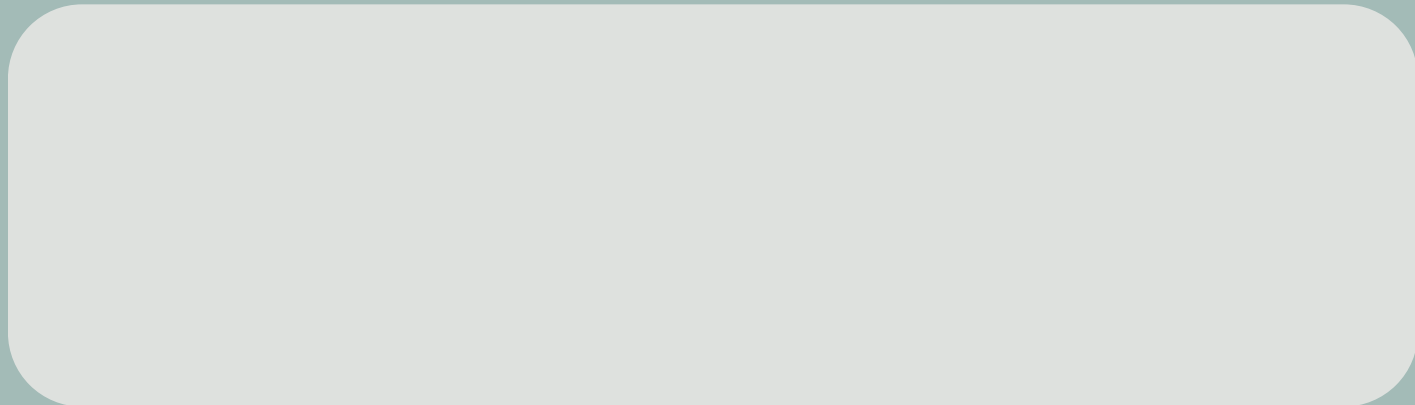
Softening & Giving Grace

LETTING GO OF THE PRESSURE TO BE PERFECT

This section is about releasing the urge to "get it right" and letting yourself be where you're are.

Here, we practise softening, forgiving, and holding ourselves with more gentleness, even when things don't look how we hoped.

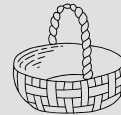
WHERE CAN I OFFER MYSELF GRACE RIGHT NOW?



WHAT DOES
"ENOUGH" LOOK
LIKE FOR ME
TODAY?

*Grace isn't about
deserving. It's about
allowing*

TODAY I'M ENOUGH



- Place a hand on your chest or belly and silently say to yourself: "What I've done today is enough. Who I am today is enough."
- If thoughts of "not enough" or "more to do" arise, imagine placing them into a "later basket" beside you. You don't need to solve or carry them right now. They'll be there if and when you need to return.
- Take another slow breath and let the words "enough for today" settle onto your body like a warm blanket.



Gently. We Go

As you reach the end of this journal, take a moment to acknowledge the care you've shown yourself simply by being here. Changing thought patterns doesn't happen all at once. It happens in soft moments, repeated often.

Whether you've filled every page or just paused to breathe, that's enough.

My hope is that these pages become small touchstones you can return to whenever you need them.

YOU MAY ALSO LIKE...

Finding Your Feet Email Series



An email series to help you navigate the twists and turns of releasing nervous-system driven pain.

This series of short emails is for that period of time between:

"I think I've found the right path, but I still feel lost"
to...

"Yep, I've got this, I know what direction I'm headed"

Whether you've just started on this journey or you've been here a while, I hope there is something in this series that might make your journey a little easier.

[Click Here for the Email Series](https://subscribepage.io/findingyourfeet)

or copy and paste this link:
subscribepage.io/findingyourfeet