



Unscript YOURSELF



Emotional Release *and* Processing

During this work you may experience different emotions or emotional releases either during our sessions or in between. This is a perfectly normal and necessary part of emotional processing.

It's possible you may continue to experience emotional release in the days and weeks after a session. It's completely normal to have emotions of any kind bubble up (*anger, frustration, grief, sadness, excitement, joy...etc.*), or for you to feel "off" after a session, you may even notice memories or experiences coming to the surface.

You may choose to monitor or track what arises for you between sessions.

Practice full acceptance of your own inner experience:

- Emotions are how your body communicates with you - *so get curious about what your emotions are communicating to you.*
- When emotions or feelings arise between sessions, take a pause to notice and observe them - *simply allow yourself to experience the sensations of the feelings that come up.*
- Experience HOW the emotion feels within your body. *What if you allow your body to take the lead in expressing it?*
- Stay out of your "thinking brain" - *explore the physical sensations in your body with your "noticing brain" instead.*
- Resist any urge to categorize your feeling as "good" or "bad" - *remind your brain that it doesn't need to change, explain, excuse, or dismiss the experience of the feeling(s).*
- If you notice any judgements/beliefs about your emotions, acknowledge those restrictive feelings exist and return to focusing on the emotion you feel - *even if it's just for the moment.*

Pattern Realizations

Often times, when certain patterns are uncovered in your life, you will continue to experience additional insights. You may experience revelations about your past, relationships, belief systems, etc. - these are all keys to deeper understanding of who you are and why you are the way you are ... and what you might do about it.

Make note of any of these pattern insights, this is how you start cultivating a deeper self awareness.



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Rest is Best

Working with your soma and the subconscious mind takes energy - *this work can be extremely exhausting.*

Not only is there the energy expended on emotions that are experienced, but energy is spent accessing your inner world and the different parts of you that have been stuck or blocked, maybe even "exiled".

Honour this truth and intentionally create time for rest and recharging after sessions or doing this work.

Recharge your energy in ways that are soothing to your nervous system.

Maybe that looks like time or walks in nature, meditation or simply gazing out the window in silence, maybe it's taking naps or baths, or cuddling a pet or someone you love, dancing, socializing, being creative in some way... *do whatever recharges you!*

Hydration

After your sessions, be sure to drink lots of water.

Always drink water - lots of water - every day. *(We can all do better at this one.)*

Water helps our systems function properly. Water supports our body to do the work of processing emotions and releasing anything it is working hard to flush out for the sake of your mental health.

Hunger

You may experience intense hunger or strange cravings after your session. This is completely normal, your body needs to replenish the energy you are using.

Your body is working hard to release and process the emotions, memories or imprints that were addressed in your session and afterwards. You may find yourself craving sugars or carbohydrates to recharge this expended energy.

Make sure to give your body the fuel it requires and desires - food cravings are a great place to start honouring your body's requests, this is a fantastic opportunity to start to develop a practice of listening to your body.



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Additional Supports

Healing in relationship & community with others is powerful.

Not only is it normal to need additional support between sessions, it's also a healthy thing to do.

As humans we really do improve our healing capacity when we share in the process of healing with others. This truth is the reason I feel I'm a way-finder-guide-type practitioner, and not a I'm a healer who'll heal you-type.

It's your journey, I'm here to support you on it in ways that are meaningful to you.

- **Supportive Validation:** validation, emotional support, and guidance related to our work together.
- **Accountability:** encouragement, accountability, and/or adjustments to your self-work and 'homework'.
- **Celebrating You:** cheer you on as you do this work, positive reinforcement, and celebrations.

Policies & Gentle Boundaries

This service is offered to active clients only and is guided by some policies and gentle boundaries.

- Please keep topics focused on/related to scope of the work we're doing together. This service is intended to be a support between sessions, if you would be most supported in a session instead I will recommend that we schedule one.
- **Responses within 24-48hrs, during my standard work hours: Monday - Friday 10am - 4pm**
(responses may be sent outside of those hours at my discretion).
- I respond based my capacity and availability on any given day. If I'm unable to respond in a meaningful way within this timeframe for any reason, I'll communicate when you can expect a reply

Reach out via Direct Message (DM) or Email to access additional support or if you have any questions or concerns.

Text or WhatsApp: 1.403.431.2162

Email: katt@unscriptyourself.com

Please connect with me directly if you have any questions or concerns after your session(s).

Text or WhatsApp: 1.403.431.2162 / Email: katt@unscriptyourself.com





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Emergency Situations

If find yourself in an urgent situation, requiring either physical or mental healthcare, please immediately seek support by a local provider.

If you are in distress and I am unable to connect with you after you reach out, I will call your emergency contact to alert them and request they check in on you.

Emergency phone lines for Canada:

- Crisis Services Canada: (Toll Free) 1.833.456.4566 / Text: 45645
- Talk Suicide Canada: 1.833.456.4566
- Wellness Together Canada:
 - Youth: 1.888.668.6810 /Text: WELLNESS to 686868
 - Adult: 1.866.585.0445 / Text: WELLNESS to 741741
- More Canadian Mental Health Supports

Emergency phone lines for the United States:

- 988 Suicide & Crisis Lifeline: Call/Text 988 / Chat: 988lifeline.org
- Mental Health America: Text: MHA to 741741
- National Alliance on Mental Illness: 1.800.950.NAMI (6264) / Text: 62640

