

Coming Home to Yourself

A Compassionate Self-Inquiry Guide

Reflective question to help you reconnect with your body, emotions and truth.

By Lulu

Trauma-Informed somatic healing life coach

FeelFreeLiveFully.com

A Note Before You Begin

Healing is not about fixing what's broken — it's about remembering the wholeness that's always been there.

This guide invites you to turn inward with curiosity, compassion, and safety. As you move through the questions pause often. Feel your feet. Notice your breath. Let your body guide you.

There are no right or wrong answers - only awareness.

You may want to keep a journal nearby or simply breathe between reflections.

With warmth and presence,

Lulu

Part 1 — Meeting Your Present Experience

1. What sensations are present in your body right now as you begin this reflection?
2. Where in your body do you feel most at ease — and where do you feel disconnected or numb?
3. How do you tend to respond when you feel discomfort — do you distract, control, please, collapse, or withdraw?

Part 2 — Exploring the Inner Landscape

4. What emotions visit you most often these days?
5. Which emotions feel hardest to express? What do you fear might happen if you allowed them to be felt?

Part 3 — Connection & Longing

6. What do you most long for in your relationships or in your inner life?
7. What would feeling safe mean for you — in your body, in your emotions, in your daily rhythm?
8. When do you feel most like your true self?

Closing Reflection

“Awareness is the first act of love.”

Take a deep breath. Notice what has shifted since you began. You don't need to have

answers — noticing is enough.

If something meaningful surfaced and you'd like to explore it gently, I invite you to

continue this process in a safe, supportive space.

 1:1 Trauma-Informed Coaching

A space to be seen, felt, and understood through Compassionate Inquiry and somatic awareness.

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