

Soothing our guts with an affirmation is effective if we use the appropriate affirmation. Use this table to discover the affirmations that are best suited for you. Typical gut sensations include, *tight, hollow, full, constrained, knotted, turning, and achy*. Please use nouns to identify your emotions. Typical gut emotions include, *fear, worry, shock, panic, restlessness, terror, dread, threat, vulnerability, insecurity, and unsteadiness*. We can access insights and affirmations during sitting meditation or during a short mindfulness exercise. Surrender to your gut emotion and allow it to be your teacher. You might also pray for an insight. How you receive or “create” your insights and affirmations is completely up to you.

Physical Sensation	Emotion	Thoughts	Insight and Affirmation
Tight	Fear	I'm afraid of failing.	It doesn't matter if I fail or succeed. What matters is that I love and accept myself either way.
Hollow	Unsteadiness	I have to keep it together emotionally. I don't have time for crisis.	I heal myself and I heal the world around me when I lean into my own authenticity.