

# **BACK-TO-ESSENTIALS BOOTCAMP**

**Week 5 - Practical Guide**



## **Thoughts and Emotions**

# 4 Practical Guide | Week 4

## 1 (Option) | Educational Video

- Like last week, you can begin with the practical part of this week and revisit the educational video—or listen to it on the go and come back to take notes.
- However, it is advised to engage with the video, as it contains key information to support your journey and enhance your practice.

## 2 - Breathing | Breathwork Session

- Plan your breathing sessions in advance. This week we focus on Accessing Safety.
- Use the journal sheets provided to explore your findings.

## 3 - Felt Sense and Thoughts | Exercises & Observation

- Use the guide and track your experiences.

Have a wonderful week.

Where Focus Goes, Energy Flows



# 4 Breathing Practice | Daily Pause

Guide on how to prepare for your session is at the end of this guide.

## Main Breathwork Session

[Click on Session Name to download](#)

Breathing Session	Length		Purpose
<a href="#">Breathwork Session</a>	27min	Complete lying down	Integrative

\*\*Do not complete when in water, operating machinery or driving. See medical information and possible experiences at the end of this guide before participating in any breathing audio, especially if you are pregnant or have any medical conditions.

## Quick Bursts - when need (Use any from previous week too)

Breathing Session	Length	When Use	Purpose
<a href="#">Quick Help for Calm, Rest &amp; Sleep</a>	3 min*	Night or when need Calming/Nerves	Calming/Relax/Sleep
<a href="#">Frustration/Anger</a>	3 min*	Reset	Charge release
<a href="#">Balanced Boxes</a>	3 min*	To Calm/Relax	Balance

# Breathwork Session: Accessing Safety

## Journal Prompts

1. What makes you feel unsafe in your body?

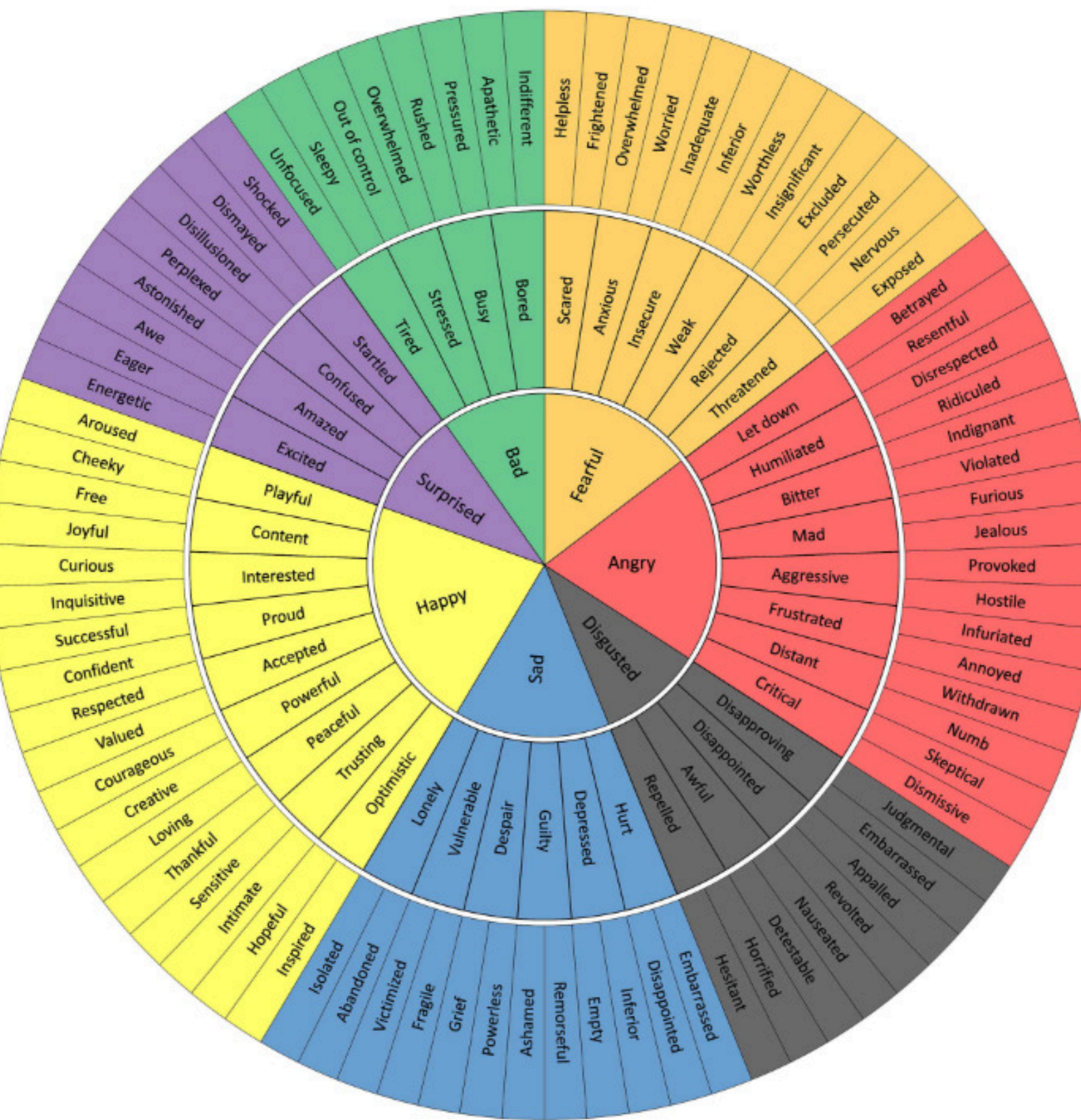
2. What are some destructive ways in which you try to feel safe in your body?

3. What does safety feel like in your body?

4. How can you achieve safety in your body throughout your day?

5. What triggers you to feel unsafe in your body? What triggers you to feel safety in your body?

Reflect on your journey this week , what did you uncover?



achy	airy	alive	bent	beveled	bloated	blocked	breathless
brittle	bubbly	burning	buzzy	chilled	clammy	closed	cold
congested	constricted	contracted	cool	cozy	crampy	damp	dense
dull	elastic	electric	empty	energized	expansive	faint	flaccid
fluid	flushed	flutter	frozen	full	gurgling	hard	heavy
hot	icy	itchy	jagged	jittery	jumbly	jumpy	knotted
light	loose	moist	moving	numb	open	paralyzed	pounding
pressure	prickly	puffy	pulled	pulsing	quaking	quiet	quivering
radiating	ragged	raw	rolling	rumbling	shaky	sharp	shivery
shuddering	silky	smooth	soft	spacious	spasm	spinning	sticky
still	stretchy	stringy	strong	suffocating	sweaty	tender	tense
thick	throbbing	tickly	tight	tingling	trembly	twitchy	vibrating
warm	wobbly						

# Exercise Sheet 1: Observing & Reframing Thoughts

This exercise is designed to help you observe your thoughts without attaching to them or identifying with them. Over the course of the week, notice any recurring thoughts, especially those that cause stress or discomfort. Then practice reframing those thoughts into more balanced, helpful ones.

## step 1 Identifying and Observing Thoughts

Instructions:

When you notice a thought arise, [try not to identify with it](#). Instead, simply observe it as it comes and goes, like clouds passing in the sky. Remember, you are not your thoughts—you are the observer of them

What recurring thoughts do you notice?

[Write them down here:](#)

1.

2.

3.

Do you feel attached to these thoughts? Yes  No  Sometimes

If yes, what would it feel like to just observe the thought without attaching to them?  
Try it now, what do you notice?





# Exercise Sheet 1: Observing & Reframing Thoughts

## step 3 Mindfully Observing Without Attachment

Instructions:

As you continue to notice your thoughts throughout the week, try to stay grounded in the present moment. Don't hold onto the thought or react to it—**just let it pass by**, like watching a car drive by without jumping in.

Do you feel any resistance or attachment to a thought?      Yes       No

If yes, how can you allow the thought to simply pass by instead of engaging with it?

Where do you notice this thought in your body?    Example: "I feel tightness in my shoulders when I think this."

# Exercise Sheet 1: Observing & Reframing Thoughts

## step 4 Weekly Reflection

At the end of the week, reflect on the following questions. Write your answers here to check in with yourself.

What recurring thoughts did you notice throughout the week?

How did reframing your thoughts affect your emotions or physical sensations?

How easy or difficult was it to observe your thoughts without identifying with them?

Easy     Difficult     Sometimes

If it was difficult, what helped you release the attachment to the thought? What can you do moving forward / any actions?

# Exercise Sheet 2: Felt Sense Exercise for Emotional Awareness

## step 1 Check-In with Your Body

Take a few moments to close your eyes, take a deep breath, and notice any sensations in your body. **Allow any emotion to simply exist** in your body without trying to change it or label it as “good” or “bad.” **Just observe the felt sense.**

Where do you feel tension, discomfort, or emotion in your body? **Example: “I feel tightness in my chest.”**

What do you notice about the sensation?

Size

Shape

Temperature

Movement

Colour

Texture

Intensity

Is there anything else you notice?

## Exercise Sheet 2: Felt Sense Exercise for Emotional Awareness

### step 2 Describing the Sensation (Without Labeling)

Do not label the sensation as “good” or “bad”—just describe it. You are not your emotions. The emotion is simply a passing experience in the body.

Describe the sensation in the body: Example: “It feels like a heavy weight pressing on my chest.”

Do you notice any changes after sitting with the sensation for a few moments?

### step 3 Allow the Emotion to Be

Instructions:

Instead of trying to push the emotion away or change it, allow it to exist. Observe it as if it is simply an experience in your body. Don’t identify with it—let it come and go naturally. (Breathe into it).

Can you allow the emotion to simply be without trying to control it?

Yes  No  Sometimes

If no, what makes it hard to allow?

# Exercise Sheet 2: Felt Sense Exercise for Emotional Awareness

## **step 4** Reflection

How did this exercise affect your emotional state?

Did you notice any changes in your thoughts or emotions after allowing the feeling to just be?

## Reflections / Observations

## Final Reflections | A note from Sharon

Final reflections, learnings or observations from the last 7 days? Have you noticed anything specific? Is there anything you will do differently moving forward?

### You did it!

Congratulations on fully committing to yourself over the last 7 days.

Take a moment for a quick reflection on how the last week has been for you.

In Week 5, we'll deep dive into our thoughts and emotions.

**How are you feeling after Week 5? I'd love to hear about your experiences!  
Jump into the [Facebook group](#) and share – let's keep the momentum going as we move into our final week - Week 6.**

It has been amazing to have you here with me and I look forward to guiding you through the next steps of your journey!

Sharon x



# SAFETY AND DISCLAIMER

## 1 Medical, safety & disclaimer

Never perform breathwork while driving, operating machinery or in water.

Breathwork is safe and can offer an enjoyable, uplifting, liberating and healing experience, however, more dynamic practices are not a substitute for medical advice, so it's important that if you experience any of the following, you should consult your GP or primary healthcare provider first:

- Epilepsy or seizures
- Heart conditions or arrhythmia
- High blood pressure
- Low blood pressure with fainting history
- Delicate pregnancy
- Bi-polar disorder, schizophrenia or psychosis
- Untreated/severe PTSD
- Pre-existing lung disease
- Recent major surgery
- Glaucoma/detached retina
- Severe osteoporosis

It will still be possible to breathe with me, and in these cases I will recommend a modified nose breathing practice for you - not mouth breathing. If experiencing panic attacks or acute anxiety, or if you are currently working with microdosing protocols, please use nose breathing only.

If, for any reason you are unsure, please contact me or your GP or medical advisor before embarking on a breathwork journey.

The breathing exercises provided are a guide only, you should always listen to your own body and not push yourself, if you feel unwell stop. Sharon Burkey and The Social Breathwork and its facilitators cannot be held responsible for any mental, physical or emotional challenges that may arise from this work - your wellbeing is key, so go at your own pace and follow your own breathing and body cues over my guide.

# PREPARE FOR YOUR SESSION

- Be in a space where you will not be disturbed
- Try to not eat a large meal 1/1.5 hours before the session
- Use earphones/earbuds
- Wear comfortable clothing
- Lie down for the session - on a yoga mat or on your bed
- Have a blanket over you or close by
- Wear an eye mask if you have one
- Have water at hand

# POSSIBLE EXPERIENCES

Each breathwork session is unique, and experiences will vary from person to person. Whatever you need on the day is exactly what you need at that moment.

Breathwork influences our physiology, emotions, and mind, often bringing physical sensations that may feel unfamiliar at first.

Rest assured, these responses are completely normal and safe—I simply want to make you aware.

Some people may experience only deep relaxation, while others notice a variety of sensations. Each session will be different, and every experience is valid.

Common experiences include:

- Tingling or warmth in the body
- Feeling lightheaded or deeply relaxed
- Temperature Fluctuation
- Emotional release (joy, tears, laughter)
- Tightness or tension in the body (especially the mouth and hands)
- Deep insights
- Heightened clarity and connection
- A deep sense of peace and calm

I invite you to embrace your experience fully—breathe into it, knowing that I am here to guide and support you every step of the way. You are always in control and can adjust your breathing to what feels right for you.

I'm excited to share this journey with you and can't wait to guide you through it!

