



USING YOUR EMOTION FOCUSED COMPASS™



*A gentle seven-step pause for understanding
what you feel and what you need.*

1



NOTICE THE BODY

Pause for a moment.
What sensations do I notice in my body?
There is nothing I need to change or fix right now.

2



RIDE THE WAVE

Can I stay with this feeling for a few moments?
Can I allow it to be here without fighting it,
avoiding it, or acting on it?
Notice your breath. Notice what is happening in your body.
Make space for your experience with curiosity and compassion.

3



NAME THE EMOTION

What emotions are present?
Are there one or more core emotions here?
Perhaps sadness, anger, fear, disgust, joy, or excitement.
There may be more than one emotion present at the same time.

4



LISTEN WITH CURIOSITY

What might these emotions be bringing to my attention?
What happened? What is my experience in this moment?
What story am I telling myself?

5



IDENTIFY THE NEED

What might I be needing?
Perhaps nourishment, rest, comfort, safety, connection,
reassurance, pleasure, stimulation, space, support, or a boundary.

6



RESPOND WITH COMPASSION

What would a kind, loving, gentle guide say to me right now?
What do I need to hear or believe in this moment?

7



CHOOSE A SUPPORTIVE RESPONSE

What might support me or help meet this need?
I may still choose food. The purpose is not to find the perfect
response, but to offer myself more understanding, care, and choice.



A GENTLE REMINDER

This is a practice, not a test.
You do not have to understand everything or meet every need perfectly.
Every time you choose curiosity over criticism, you strengthen trust in yourself.

