

The Imago Session Nine



Emotional Awareness in Real Life

Session Summary

In this session, we explored a different way of understanding emotions. Rather than seeing emotions as something to control, avoid, or fix, we began recognising them as signals.

Emotions are not random. They arise in response to something – a situation, a thought, a dynamic, or a moment that holds meaning.

They highlight what matters, what feels off, what may need attention, and where something within you is being activated.

For many people, emotions can feel overwhelming or uncomfortable. The instinct is often to react quickly, push them away, or try to make them go away.

In this session, we shifted that approach.

Instead of asking, ***“Why am I feeling this?”*** we introduced a more useful question: ***“What is this showing me?”***

This question moves you out of reaction and into awareness.

It creates a pause – a moment where you are no longer inside the emotion, but able to observe it.

And in that space, something important happens.

You begin to see more clearly.

You begin to understand what is actually being highlighted.

And from that place, you are no longer reacting automatically – you are choosing how to respond.

This is where emotional awareness becomes practical.

Not something you analyse endlessly...

but something you use.

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Journal Prompts

Take a few moments to reflect on what stood out to you in this session
There's nothing to get right here - just notice what stands out.

Prompt 1

What emotions do I notice most often in my day-to-day life?

Prompt 2

What do I usually do when I feel them?

Prompt 3

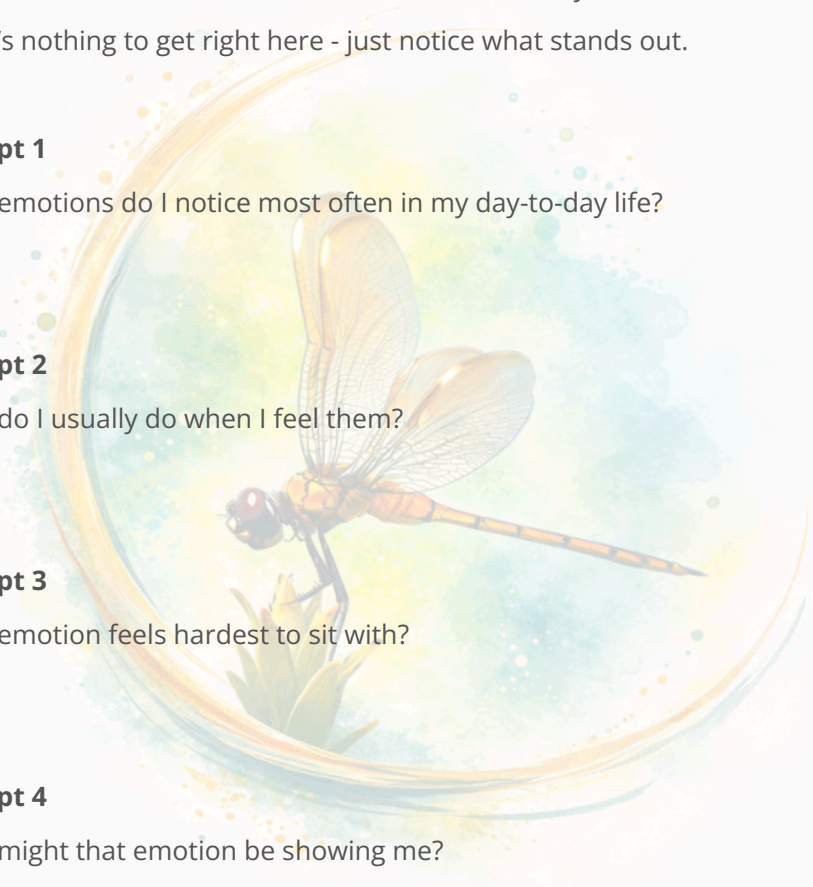
What emotion feels hardest to sit with?

Prompt 4

What might that emotion be showing me?

Prompt 5

What did I begin to see differently about myself during this session?



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Noticing Emotional Signals

Over the next week, begin noticing moments where you feel a strong emotional response.

You might notice:

- *frustration*
- *overwhelm*
- *irritation*
- *sadness*
- *withdrawal*

When you notice it, pause and gently ask:

What am I feeling?

What might this be showing me?

You don't need to fix it. Just notice it.

Awareness Before Action

This week is not about changing your emotions. It's about recognising them.

When a strong emotion arises:

Pause.

Notice it.

Name it.

Then ask:

What is this showing me?

Even a few seconds of awareness creates space.

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The Signal Behind the Feeling Activity

Think of a recent moment where you felt something strongly.

We will work through the prompts below in our session:

What emotion did I feel?

What was happening just before it came up?

What did I want to do in that moment?

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The Signal Behind the Feeling Activity

What might this emotion have been pointing to?

What did I begin to see more clearly?

Your emotions are not there to control you.

They are there to inform you.