



ENERGY RELEASE

Compass Worksheet

Releasing the Energy of Unspoken Words



*The goal isn't to speak every thought.
The goal is to give every emotion a healthy place to move.*

1 PAUSE & REFLECT

Take a slow breath before you begin.

What conversation or situation
keeps replaying in your mind?

2 WHAT WAS LEFT UNSAID?



Write the words you wish you could have spoken.

3 WHAT DID I TRULY NEED AT THAT MOMENT?



- | | |
|---|--|
| ☐ To feel heard | ☐ To feel valued |
| ☐ To feel respected | ☐ To feel supported |
| ☐ To feel understood | ☐ To feel loved |
| ☐ To feel safe | ☐ Other: _____ |



5 REFLECTION



Was my silence...

- ☐ An act of wisdom?
- ☐ An act of kindness?
- ☐ A way of protecting peace?
- ☐ A way of protecting myself?
- ☐ A moment of self-abandonment?
- ☐ I'm still discovering the answer.



6 MY NEXT GENTLE STEP

What is one small act of kindness I can offer myself today?



7 BREATH PRACTICE

Place one hand over your heart
and one over your throat.
Take three slow breaths.
As you exhale, quietly repeat:

*"I release what no longer
needs to be held."*



8 CLOSING REFLECTION

*Today I choose to honor
my voice with kindness,
courage, and compassion.*

Date: _____

Signature: _____

