

FIELD GUIDE NO. 01

THE MAP BACK TO PEACE

*How to Work With Big Emotions Without
Being Run By Them*

A Debbie Denova Client Field Guide

Feel everything. Let everything inform you. Don't
let everything drive.





When You're Emotionally Drunk

Ever feel almost drunk on your own emotional state?

Buzzy. Frenetic. Impatient. Brain-foggy. Overstimulated.

Suddenly the unanswered email, unexpected bill, traffic, relationship issue, and someone asking you a perfectly innocent question all seem to belong in the same category:

EMERGENCY.

When you're highly activated, your ability to prioritize, think flexibly, and see situations proportionately can become compromised. You're temporarily under the influence of your own physiology.

That doesn't mean your feelings aren't important. In fact, they may have something incredibly important to tell you. But this probably isn't the best moment to interrogate them.

Get sober enough to hear what they know.

Your emotions deserve a seat at the table. They don't automatically get the microphone, the gavel, the car keys, and access to your phone.

EMOTIONS = INFO.

They are not always instructions.

Too activated to read this?

Scan here and let me walk you through it.

 **Audio + Video Walkthrough**

Debbie Denova guides you through the S.O.B.E.R. framework step by step.

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THE FRAMEWORK

S.O.B.E.R.

*Five steps. One map.
The way back to yourself.*

— The Map

- 1 **S** — Stop the Story
- 2 **O** — Offload the Charge
- 3 **B** — Be With the Messenger
- 4 **E** — Examine the Evidence
- 5 **R** — Respond With Intention



STEP ONE

S – STOP THE STORY

Name the feeling without turning it into a conclusion.

"I'm experiencing anxiety." is different from:
"Something terrible is happening."

Then classify what's actually happening:

EMERGENCY Act now.	PROBLEM Make a plan.
INCONVENIENCE Adapt.	UNFINISHED You've done what you can. Wait.

Your body's intensity does not determine the situation's severity.

STEP TWO

O – OFFLOAD THE CHARGE

Before demanding clarity from your mind, help your body metabolize some of the activation.

Walk

Run

Dance

Stretch

Shake

Breathe

Shower

Step Outside

Reduce Stimulation



"What does my body need in the next 10 minutes?"

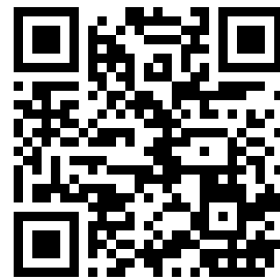
Sometimes:

Frenzy → Power → Direction → Peace.

Give the energy one target, then allow yourself to recover.

Mobilize → Move → Recover.

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B – BE WITH THE MESSENGER

Once you're regulated enough to listen, turn toward the emotion instead of trying to eliminate it.

"What are you trying to help me know?"

Then get curious:

- What are you protecting?
- What are you afraid might happen?
- What feels threatened?
- What feels unfair?
- Is there a boundary I've ignored?
- Is there something I want that I haven't admitted?
- Is there grief underneath this?
- Am I trying to control uncertainty?
- Have I been overriding myself?
- What would help you feel heard?

Don't argue yet. Listen. *Listening does not mean obeying.*

You can tell anger: **"I understand why you're here. We're still not sending that text."**

You can tell fear: **"I hear what you're protecting. We're still going."**

That's emotional leadership.



STEP FOUR

E – EXAMINE THE EVIDENCE

Now separate the message from the story.

WHAT ARE THE FACTS?

What would a camera have recorded?

WHAT STORY AM I ADDING?

What am I assuming, predicting, or interpreting?

WHAT DOES THE EMOTION HAVE RIGHT?

Don't gaslight yourself. Maybe a boundary really was crossed. Maybe something really does need to change.

WHAT MIGHT IT BE EXAGGERATING?

A real problem is not automatically a catastrophe.

WHAT ELSE COULD BE TURNING UP THE VOLUME?

Check your physiology and environment too:

Sleep • Food • Hydration • Hormones • Caffeine •
Medication/supplement changes • Illness •
Overstimulation • Lack of movement • Chronic stress • Too many unresolved problems



- ☐ Sometimes anxiety has profound psychological information. Sometimes your body needs lunch. **Sometimes both are true.**

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STEP FIVE

R

RESPOND WITH INTENTION

"Given everything I've learned, what does this feeling actually need from me?"

Maybe it needs:

Or perhaps: Nothing needs to happen.

You listened. You investigated. You understood. And now you can let the emotion move through.



ACTION

Something needs to change.



A BOUNDARY

Something needs a no.



COMMUNICA- TION

Something needs to be said.



GRIEF

Something can't be fixed and needs to be felt.



COURAGE

The uncertainty is real. Go anyway.



REST

Your system is depleted.



TIME

This does not need resolution today.



HELP

You don't have to navigate it alone.

When it's too much

TOO OVERWHELMED FOR ALL OF THAT?

Forget the whole framework. Answer only three questions:

1

WHAT AM I FEELING?

"I'm feeling ____."

2

WHAT DOES MY BODY NEED RIGHT NOW?

Movement? Water? Food? Quiet? Space? Sleep? A cry? A hug? Five minutes without anyone needing anything from me?

3

WHAT DOES THIS FEELING WANT ME TO KNOW — WHEN I'M READY TO LISTEN?

You don't have to answer that one yet. Tell your emotion:

"I hear you knocking. I'm going to get regulated enough to open the door."

YOUR REMINDERS

EMOTIONS ARE MESSENGERS, NOT MASTERS.

Sometimes the messenger brings wisdom. Sometimes it brings an old story. Sometimes it misunderstands what it saw. Sometimes it's exhausted. Sometimes it hasn't eaten. Sometimes it's responding to five unresolved things at once. And sometimes it's absolutely right and has been knocking for months. Your job isn't to shoot the messenger. Your job isn't to hand the messenger your life.

Receive the message.

Regulate the messenger.

Investigate the information.

Choose your response.

I can feel everything without letting everything drive. My body can be loud without my reality being dangerous. This is energy. It is not automatically an emergency. I don't have to silence the emotion. I need to get sober enough to hear it clearly.

Peace isn't found by escaping what you feel. Sometimes the way back to peace is through the very emotion that disrupted it.

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DEBBIE DENOVA

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COLLECTION NO. 01

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