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# The Emotional Reset Workbook:

## How to Reconnect With Yourself and Create Boundaries That Stick



A workbook to help high  
achievers create a life where  
you feel more present,  
empowered, and at peace

# Welcome

If you've been feeling emotionally disconnected, overwhelmed, or stuck in cycles of people-pleasing and burnout, you're not alone. High-achievers and trauma survivors often learn to suppress their emotions to stay productive and in control. But healing isn't about ignoring your emotions—it's about learning how to reconnect with them in a way that feels safe and empowering. This workbook will guide you through simple, effective practices to help you reset emotionally, reclaim your inner voice, and create boundaries that actually work.



# Why You Feel Disconnected

Emotional disconnection is a protective mechanism that often starts in childhood or during difficult life experiences. It can manifest as:

- Feeling numb or detached from your emotions
- Overanalyzing rather than feeling
- Struggling to identify what you truly need
- Avoiding conflict at the expense of your well-being

The good news? Emotional connection is a skill you can rebuild with practice.



What are some of the ways you've been emotionally disconnecting?

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# The Self-Check-In: A Guided Exercise

Checking in with yourself is the first step in reconnecting with your emotions. Try this simple practice and write down what you notice.

1. **Pause & Breathe** – Close your eyes and take three slow breaths.
2. **Name Your Feelings** – Ask yourself, What am I feeling right now?  
(Frustrated, anxious, content, exhausted?)
3. **Body Scan** – Where do you feel this emotion in your body?  
(Tension in your shoulders, tightness in your chest?)
4. **Acknowledge Without Judgment** – Whatever you feel is valid.  
Instead of pushing it away, try saying: It's okay to feel this way.

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Practicing this daily will strengthen your ability to recognize and process emotions instead of suppressing them.



# Breaking Free from Auto-Pilot ✨

Many high-achievers operate on autopilot, prioritizing tasks over feelings. Use the following Journal Prompt to help you break that cycle:

- When was the last time I felt fully present and connected to myself? What was I doing?
- What daily habits pull me into auto-pilot mode? (Constant phone use, overworking, avoiding rest?)
- What is one small action I can take today to slow down and reconnect with myself?

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# BOUNDARIES THAT STICK

Setting and enforcing boundaries is crucial for emotional well-being. If you struggle with boundaries, you may experience guilt, resentment, or exhaustion. Here are some steps to create boundaries that stick:

## *1 Identify Your Boundary Needs*

Where in your life do you feel drained or resentful? That's often where a boundary is needed.

## *2 Communicate Clearly*

Instead of over-explaining, try: "I won't be available for calls after 7 PM."

## *3 Expect Discomfort*

It's normal to feel guilty at first. Remind yourself: Setting boundaries is an act of self-respect.

## *4 Stay Consistent*

The more you uphold your boundaries, the more natural it becomes.

# Your Daily Emotional Reset Plan

To maintain emotional balance, create a daily reset routine. Here's a simple plan:

- Morning: Set an intention for how you want to feel today.
- Midday Check-In: Pause for 60 seconds, take deep breaths, and ask yourself, What do I need right now?
- Evening Reflection: Journal one thing you're proud of and one way you honored your emotions.

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Reconnecting with yourself takes time, but every small step matters. By practicing emotional awareness and setting boundaries, you'll create a life where you feel more present, empowered, and at peace.



If you're ready to go deeper, therapy can provide a supportive space to navigate this journey. I specialize in helping high-achievers and trauma survivors heal from the past and build lives that feel fulfilling and free.

Reach out to schedule your complimentary consult today.



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