

Understanding Your Emotions

A short guide to noticing, naming and moving through emotions more gently

Kamil Han · Global Certified TRE® Provider

Emotions are not the enemy

Emotions are signals. They tell us what matters, what feels threatening, and what we need. Anger often signals a boundary has been crossed. Sadness signals loss. Fear signals that something feels unsafe. The problem is rarely the emotion itself — it is how we push it away, bottle it up, or drown in it.

Emotions live in the body

Before we realise 'I feel anxious', the body usually already knows: a tight chest, a clenched jaw, a churning stomach, raised shoulders. Emotion is a physical experience. That is why body-based approaches — breathing, movement, TRE — can help where words struggle to reach.

- Anger: heat in the face, tense jaw and hands, energy rising upward
- Fear / anxiety: shallow breath, racing heart, knotted stomach, urge to escape
- Sadness: heavy chest, tight throat, body feels weak
- Shame: hot face, urge to look down or hide
- Relief / calm: deeper breath, shoulders drop, muscles soften

Three steps: Notice, Name, Make room

1. Notice. Pause and ask: 'What am I feeling in my body right now?' Observe without trying to change it.

2. Name. Give it a simple label: 'This is disappointment.' 'This is fear.' Research suggests naming an emotion can help lower its intensity.

3. Make room. Breathe slowly and let the feeling be there for a moment. Emotions are like waves — they rise, peak and settle when we stop fighting them.

When emotions feel too big

Sometimes emotions arrive too strong and too fast. This is not a sign of weakness — it is a sign your nervous system is working hard to protect you. In those moments, focus first on feeling safe in your body (see the guide '7 Ways to Calm Your Body'), and think later.

Questions for reflection

- Which emotions are easiest for me to feel? Which are hardest?
- What did I learn as a child about showing emotions?
- Where in my body do I usually hold stress?
- What is one small thing that helps me feel calmer?

If your emotions feel out of control for a long period, or you have thoughts of harming yourself, please seek help from a mental health professional right away. In Malaysia you can call Talian Kasih 15999 or Befrienders KL 03-7627 2929.

YOUR NEXT STEP

Emotions don't go away by thinking about them. They need to be released.

This guide is a good start. But what is stored in the body usually needs to be released through the body too. In a TRE session I guide you safely, step by step, until you can practise on your own at home.

“When my child cried, my hand used to go up first. Now when he cries, I hug him.
I'm human again, no longer a lion.”

A mother, day 5 of practising TRE

Private session

In person · 90 min

RM 2,500

Group workshop

Minimum 5 people · 2 hours

RM 786 / person

Online session

Video call · 60 min

RM 1,500

Book on WhatsApp: +60 17-693 3166

I have been where you are. You don't have to go through it alone.

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