

FOR THE INTENSE FEELER

Your 7-Day NeuroFlow™ Reset Workbook

Your feelings are not too much.

They may need safer ways to be felt, expressed, and supported.

A simple 7-day printable workbook for your quiz result.



Know your pattern. Drop the shame. Build your brilliance.

 START GENTLY

Before You Begin

This workbook is not a diagnosis, therapy, or medical treatment.

It is a self-reflection and nervous-system support tool.

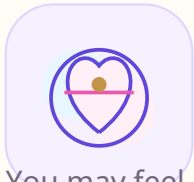
- ✓ Use it gently.
- ✓ Go slowly.
- ✓ You do not have to do it perfectly.

The goal is not to fix yourself.

The goal is to understand your operating pattern and support it better.

How to use this workbook

- ✓ Use one gentle practice for 7 days.
- ✓ Write, draw, map, or make notes in your own style.
- ✓ If it feels too much, pause and return later.
- ✓ Repetition matters more than intensity.



The Intense Feeler: what this means

You may feel deeply, sense emotional shifts quickly, and carry experiences with intensity. The work is not to feel less. The work is to feel safely.

- ✓ You may be affected by criticism, silence, or misunderstanding.
- ✓ You may react, suppress, explain, or shut down.
- ✓ You may need more time to emotionally return.

The problem begins when your emotions have to become smaller to be acceptable.

Then sensitivity becomes shame. Intensity becomes fear. Your system starts treating feeling itself as a threat.

Most people miss this:

Most people miss this: emotional intensity is not the problem. The difficulty begins when emotions are judged, rushed, or hidden.

SELF-AWARENESS WITHOUT JUDGEMENT

Your Pattern Intensity

Choose the one that feels closest. This is a mirror, not a label.

Starting to Cost You

- ☐ This pattern is showing up in small but noticeable ways.

Shaping Your Daily Life

- ☐ This pattern is regularly affecting your energy, focus, emotions, choices, or relationships.

Holding You Back Repeatedly

- ☐ This pattern is strongly active and may be keeping you stuck in repeated cycles, even when you want to move forward.

**This is not about urgency through fear.
It is about honest support before the pattern costs you more.**

 7-DAY PRACTICE

The Safe Feeling Practice



For the next 7 days, practise this once a day. You only need 5 minutes.

Write:

The feeling present in me today is...

Then write: What this feeling may need is...

- ✓ Do not analyse the feeling immediately.
- ✓ Do not call it dramatic.
- ✓ Do not rush yourself into calm.
- ✓ Do not force yourself to act on it today.

End with this sentence:

This feeling can be seen without taking over all of me.

 WHY IT HELPS

This supports your pattern.

Feelings become louder when they are judged, rushed, suppressed, or explained away.

Naming a feeling gives the nervous system a small signal of orientation.

Asking what the feeling needs creates support before reaction.

This practice does not make you less sensitive. It makes sensitivity safer to live with.

Emotional safety makes repair, clarity, and honest response easier.

A feeling can be intense without becoming unsafe.

 THE SAFE FEELING PRACTICE

Day 1

The feeling present in me today is...

Draw, write, map, or make notes in your own style.

What this feeling may need is:

One sentence I want to remember:

This feeling can be seen without taking over all of me.

 THE SAFE FEELING PRACTICE

Day 2

The feeling present in me today is...

Draw, write, map, or make notes in your own style.

What this feeling may need is:

One sentence I want to remember:

This feeling can be seen without taking over all of me.

 THE SAFE FEELING PRACTICE

Day 3

The feeling present in me today is...

Draw, write, map, or make notes in your own style.

What this feeling may need is:

One sentence I want to remember:

This feeling can be seen without taking over all of me.

 THE SAFE FEELING PRACTICE

Day 4

The feeling present in me today is...

Draw, write, map, or make notes in your own style.

What this feeling may need is:

One sentence I want to remember:

This feeling can be seen without taking over all of me.

 THE SAFE FEELING PRACTICE

Day 5

The feeling present in me today is...

Draw, write, map, or make notes in your own style.

What this feeling may need is:

One sentence I want to remember:

This feeling can be seen without taking over all of me.

Day 6

This feeling can be seen without taking over all of me.

 THE SAFE FEELING PRACTICE

Day 7

The feeling present in me today is...

Draw, write, map, or make notes in your own style.

What this feeling may need is:

One sentence I want to remember:

This feeling can be seen without taking over all of me.

 INTEGRATION

After 7 Days

Take a moment and notice. You do not need a dramatic breakthrough. Look for small shifts.

What changed slightly?

- ☐ I could name a feeling more clearly
- ☐ I reacted a little less quickly
- ☐ I judged my sensitivity less
- ☐ I noticed what my feeling needed
- ☐ I felt more space before responding
- ☐ I returned to myself after intensity
- ☐ Something else: _____

What This May Be Teaching You

Intense Feeler is not wrong. It may simply need:

- ☒ emotional naming
- ☒ more safety around feelings
- ☒ less judgement of intensity
- ☒ small pauses before response
- ☒ support that respects sensitivity

 NEXT STEP

Continue with support, not self-force.

If this 7-day reset helped you understand yourself even a little better, your next step is not to force yourself harder.

Your next step is to continue with support.

JOIN THE COMMUNITY

NeuroFlow™ Reset

A space for stuck achievers with misunderstood, intense, sensitive, high-capacity minds who want to bridge the gap between wanting and doing.

[Join the community of NeuroFlow™ Reset](#)



Visit neuroflowinstitute.com

Follow NeuroFlow™ on Instagram, LinkedIn and YouTube for practical notes, reset reminders and community updates.

 YOUR GUIDE

Meet Dr. Swati Nambiar



Dr. Swati Nambiar is the founder of NeuroFlow™ Institute. Her work brings together neuroscience, psychology, trauma-informed leadership, shadow-work and behaviour-change practice to help capable people understand why they stay stuck and what actually helps them move forward.

She supports intelligent, sensitive and intense high-achievers to know their patterns, drop shame, and practise new responses until insight becomes lived change.

Qualifications and experience

- ✓ PhD in Neuroscience
- ✓ MA in Clinical Psychology
- ✓ MSc Gold Medalist in Human Genetics
- ✓ IPHM-accredited Shadow Work Practitioner and Facilitator
- ✓ TEDx speaker and published researcher
- ✓ Certified EFT practitioner and trauma-informed leadership coach
- ✓ Worked directly with 3,000+ high-achievers

Continue with NeuroFlow™ Reset

Join the Reset community. Follow on Instagram, LinkedIn and YouTube.

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