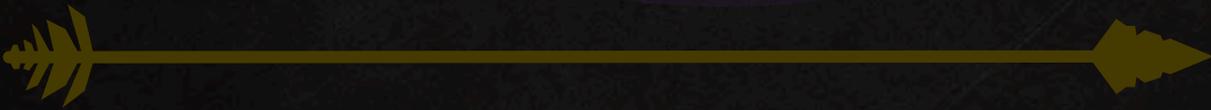


FEEL IT HEAL IT



THE UNHEALED MAN'S GUIDE TO LOVE



Hemi Balance



WELCOME

By downloading this guide, you have taken a step toward becoming the man & partner you know you can be.

I've walked this path myself.

Know that you're in safe hands.

I've been the man who overgave, shut down, performed, and abandoned himself in the name of love.

This work isn't theory to me. It's lived.

And what you're about to read is built from experience, training, and years of working with men who carry similar wounds.



THE INVITATION

This guide isn't meant to be skimmed.
It's meant to be experienced.

If you're willing, give yourself 30-45 minutes.
Find a quiet space.

Put your phone on "do not disturb."
Grab a pen and paper.

Take a few slow breaths before you begin.

Set an intention before going in.
The goal is to see yourself clearly.



HOW IT WORKS

This guide will act as a mirror.

It's divided into three parts:

1. Awareness—You'll identify the patterns running beneath your relationships.
2. Understanding—You'll see how your nervous system has been protecting you through those patterns.
3. Practice—You'll learn simple habits that begin shifting those patterns in real life.

This isn't about judging yourself.

What you put into this will determine what you get out of it.



Part 1

AWARENESS



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AWARENESS

1.

When you've felt not enough in a relationship, what's one thing you wish you could say to yourself in that moment?

2.

When you feel neglected or rejected, what do you notice yourself doing to protect yourself or numb the feeling?



AWARENESS

3.

When you feel rejected or not enough in life or relationships, what do you make that mean about yourself?

4.

When you think back to being younger, can you recall a time you felt not enough? Whose support would have helped you then?



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AWARENESS

5.

If you felt deeply secure and connected to yourself, what new possibilities might open up in your relationships and life?

6.

What wounds or patterns of love did you see growing up? How has that shown up in your own relationships today?



AWARENESS

If some of these answers make you feel uncomfortable- good. That's exactly how it's supposed to feel.

The patterns you're seeing didn't form by accident. You *learned* them somewhere. At some point, they helped you avoid feeling rejected, abandoned, or not enough.

But what once helped you cope may now be *blocking* the connection you actually want.

Protection and connection are not the same thing.

And now, in your adult life, those same reactions may be pushing love away.

If you want deeper love, something must change. Not her. Not the circumstances. You.



WHAT THIS LOOKS LIKE IN REAL LIFE

Once you don't feel enough, your behavior changes.

Not because you're broken.

Because you're trying not to feel that feeling again.

Something shifts.

You become more careful.

More accommodating.

More guarded.

And without realizing it, you start abandoning yourself.



HOW IT SHOWS UP

Overgive to prove your worth

Apologize for things that aren't your fault

Shut down during conflict

Work harder when she pulls away

Say what sounds right instead of what's true

Seek constant validation

Avoid being fully seen

Rely on her to make you feel happy

These aren't personality flaws.

They are protective responses.

When you don't feel secure inside, you try to regain control outside.



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Part 2

UNDERSTANDING

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THIS ISN'T RANDOM

When emotions are running high, you don't have full control over your reaction.

It happens fast.

Your body reads something as a threat.

Rejection

Being made to look weak

Feeling replaced

Thinking you're about to lose her

And when your body reads threat, it shifts into protection. In that state, safety becomes more important than connection. Not because you don't understand. But because your body reacts before your mind can catch up.

And when that happens, you fall back on what feels familiar.

That's why the same pattern keeps showing up.



WHEN SHE SAYS, “WE NEED TO TALK”

Something shifts immediately.

Your chest tightens.

Your mind starts scanning.

You replay recent conversations.

You look for what you did wrong.

You don't even know what it's about yet, but you're already preparing— to defend, explain, fix, or shut down.

The conversation hasn't started, but inside you're bracing.

In that state, you're not choosing your response. You're reacting.

That's how fast the pattern takes over.



WHEN YOU FEEL HER

PULLING AWAY

She's quieter than usual.
Her texts take longer.
Her tone feels different.
Something feels off.

Nothing has actually happened.

But you've been hurt before and you don't want to repeat that again.

Before there's proof, your mind starts going there.
It feels familiar.

And from that state, you start acting from fear.
You react to what you're afraid is coming.
That's how the pattern keeps running.



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Part 3

PRACTICE

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TAKING ACTION

Understanding Helps But It Doesn't Heal.
Practice Does.

And this is why awareness alone isn't enough.

Because in moments of conflict-
you don't rise to your intentions.

You fall back to your conditioning.

If you want different results, understanding won't
be enough.

You need something stronger.

You need practice.



HOW YOU BEGIN CHANGING THE PATTERN

You don't change this in the moment of conflict.

You change it in the quiet moments.

You build the capacity before you need it.

Here are four practices that build that capacity.



Practice 1

OWN YOUR DAY

At the end of each day, ask yourself:

Did I abandon myself today?

Did I say yes when I meant no?

Did I hide my real feelings?

Did I seek approval instead of being honest?

Did I avoid setting a boundary?

Did I apologize when it wasn't my fault?

Did I act on autopilot instead of consciously?

When you bring unconscious behavior into awareness, you stop repeating it blindly.

You can't change what you don't see.



Practice 2

MASTER THE REACTION

When you feel yourself getting triggered, don't push through it.

Tell yourself, "I'm feeling triggered. I need a minute."

That's not weakness – it's self-control.

Most men either escalate or shut down. Pausing is different. It gives you space to think, prevents you from saying something you don't mean, and allows you to come back steady instead of reactive.

That minute can stop unnecessary damage and help you respond in a way you respect afterward.



Practice 3

FACE YOURSELF

Stand in front of a mirror alone. No music. Just you. Look at yourself fully. You don't have to like what you see – that's not the goal.

The goal is to stop creating separation from yourself.

Take slow breaths:

Inhale for 3 seconds, hold for 3, exhale for 4.

Do it for 4 Minutes

Stay there for five minutes. Notice the urge to look away, adjust, or criticize. Don't fight it. Just remain present. This practice teaches you to accept who you are right now – not to settle, but to stop rejecting yourself. When you can face yourself without judgment, you build unity within and stop giving others the power to define your worth.



Before Practice 4

YOU CAN'T CONTROL WHAT YOU WON'T FACE

You can pause in the moment. You can reflect at the end of the day. You can stop abandoning yourself. But, if you never sit with what you actually feel, the pattern will keep returning.

What you avoid doesn't disappear.
It goes underground,
running in the background.

Influencing your tone, your reactions, your defensiveness, and your silence.

It shows up in how quickly you escalate, withdraw, or assume the worst. You're already feeling it. You're just not feeling it directly.



Practice 4

SIT WITH IT

Find a quiet space. Sit upright. No distractions. Breathe slowly—inhale for 4 seconds, exhale 4 seconds. Breathe for 7 minutes, keep it steady.

Bring to mind a recent moment that triggered you.

Ask yourself: what emotion is here?

Choose one: anger, fear, shame, or sadness.

Do not go into the story. Feel the raw emotion.

Let your awareness spread over the feeling.

Notice where it shows up in your body.

Keep your muscles relaxed. Especially your jaw –

If it tightens, soften it. Do not analyze. Do not justify. Do not escape it. You may feel heaviness at first. Stay steady.

Sit with it for 5–10 minutes. Let the emotion rise without reacting. Work with one emotion at a time. One per day is enough.



REPETITION IS KEY

You are not undoing years of stored emotion in one session.

Some of what you're feeling may have been building for 10, 20, even 30 years.

This is not about a breakthrough moment.
It's about building capacity.

You will need to revisit this practice again and again. Each time you stay with the emotion instead of reacting to it, you strengthen your control.

Each time you choose steadiness over impulse, you change the pattern.

This is not quick work.
It's disciplined work.



HOW THIS CHANGES THE WAY YOU LOVE

This work builds trust with yourself.

You understand your needs.

You stop abandoning them.

You show up more grounded.

as a man and as a partner.

You can hold emotional safety instead of reacting to it.

You don't attract healthier love by chasing it.

You attract it by becoming someone who can hold it.

Love becomes stable
when you become stable.



FEEL IT HEAL IT
FEEL IT HEAL IT
READY TO CONTINUE
YOUR GROWTH?
FEEL IT HEAL IT
FEEL IT HEAL IT
FEEL IT HEAL IT



KEEP GOING

If you made it this far, you chose to go within.

Most men won't.

You looked at emotions you could've avoided.

That takes courage.

That says something about you.

You're one step closer to reaching your potential—
as a man and a partner.

If you're ready to continue the work,
keep reading.



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TWO PATHS FORWARD

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PATH 1

In 1:1 coaching, we work directly with your blind spots – the patterns you can't see on your own.

Through somatic practices and nervous system work, we go beneath the surface. We work with emotional blocks that have been stuck for years – not just the thoughts around them.

Over 12 weeks, you build real safety in your body. You heal relationship wounds at the root. You don't just understand your reactions – you change them.

This changes how you show up in love.

This is for the man who's ready to step out of his comfort zone and willing to do the uncomfortable work.



PATH 2

This is structured, facilitated work in a group setting.

Sometimes we focus on a specific topic. Sometimes we work with what's present in the room. The goal is the same— to reveal what's underneath the mask.

This is a space where you speak honestly, without competition. Where you are seen and heard without judgment. You realize you're not alone in your fears, doubts, or relationship struggles.

You build emotional resilience by staying present instead of withdrawing, defending, or performing. This space is for men who want to stop pretending everything is fine and willing to show up honestly.

Join the monthly Men's Group.



CONTINUE THE WORK

DM "COACHING" for 1:1 coaching.

DM "GROUP" for the monthly Men's Group.

IG: @HEMIBALANCE

Thank you for reading.

