



THE MISSING PIECE IN PERSONAL GROWTH



Why everything you know
about yourself can become
harder to access when life gets hard.



COMPANION JOURNAL

RECOGNIZE • REFLECT • RETURN



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CREATOR OF THE
EMBODIED PRESENCE FRAMEWORK™





WELCOME!

I'd like to invite you to approach this journal with curiosity.
There is nothing here to complete perfectly.

*This is simply a place to notice what happens to your connection with
yourself as you move through ordinary life.*

You may already know yourself deeply. You may also know what
helps you feel grounded, clear, and more like yourself.

And you've probably noticed that what you know about yourself
isn't always as easy to access when life gets busy, emotional, or
uncertain.

**This journal will help you begin noticing those moments
differently.**

Move slowly.

Pause often.

There are no right answers.

Just opportunities to notice.

Let's Begin



WHAT YOU'LL DISCOVER IN THIS WORKBOOK

As you move through these pages, you'll begin to notice five important shifts:

1. Pressure changes access, not wisdom.
2. Protection is intelligent, not the enemy.
3. Embodied presence is practiced in ordinary moments.
4. Returning matters more than getting it right.
5. Self-trust grows every time you stay connected to yourself just a little longer.



PART ONE

THE PRESENCE GAP™

One of the most revealing questions we can ask ourselves is this:
Who am I when I feel connected to myself?
And...

What tends to happen when that connection becomes harder to access?

For many self-aware women, the difference between those two experiences
can feel surprisingly large.

I call that difference The Presence Gap™.

It isn't the difference between your "good self" and your "bad self."

It's the difference between what becomes available when your nervous
system feels safe...
and what remains available when pressure rises.

Reflection

When I feel connected to myself, I tend to be:

- ☐ Calm
- ☐ Compassionate
- ☐ Curious
- ☐ Thoughtful
- ☐ Present
- ☐ Open
- ☐ Creative
- ☐ Loving
- ☐ Trusting
- ☐ Grounded
- ☐ Other: -----

THE PROTECTION RESPONSE MAP™

HOW YOUR NERVOUS SYSTEM AUTOMATICALLY SHIFTS INTO PROTECTIVE STATES.

*These responses are not flaws.
They are intelligent survival strategies your body uses
to keep you safe when it perceives threat.*

When your nervous system senses threat, it automatically shifts into one of these four protection responses.
As you explore the next few pages, notice which responses feel most familiar—with *curiosity, not judgment*.



ALL FOUR RESPONSES ARE NORMAL AND WISE.
The goal is not to get rid of them,
but to build the capacity to recognize them and return to presence.



PART TWO

YOUR PROTECTION PATTERN

Fight

I move against.

- ☐ Defend
- ☐ Control
- ☐ Explain
- ☐ Become critical
- ☐ Become frustrated
- ☐ Try to be understood

What do you notice?

Flight

I move away.

- ☐ Overthink
- ☐ Analyze
- ☐ Fix
- ☐ Stay busy
- ☐ Mentally leave
- ☐ Need space

What do you notice?



PART TWO (CONT)

YOUR PROTECTION PATTERN

Freeze

I shut down.

- ☐ Go numb
- ☐ Feel blank
- ☐ Can't think
- ☐ Disconnect
- ☐ Withdraw
- ☐ Feel stuck

What do you notice?

Fawn

I move toward.

- ☐ Keep the peace
- ☐ Over-accommodate
- ☐ Hide my feelings
- ☐ Worry about upsetting others
- ☐ Lose my preferences
- ☐ Take responsibility for everyone

What do you notice?



PART TWO (CONT)

YOUR PROTECTION PATTERN

You may recognize yourself in more than one protection pattern.

Your response may change depending on the person, situation, or what is happening around you.

There is nothing here to judge or fix.

The invitation is simply to begin noticing what happens when you start to lose connection with yourself.

Reflection

Which protection pattern feels most familiar to me?

Are there situations or people that tend to bring out a different response?

How do I know I'm beginning to move into protection?

What might my response be trying to protect me from?

What do I notice now that I didn't notice before?



PART THREE

WHEN DOES PRESSURE RISE?

Complete the sentences below:

I most often lose access to myself when...

Pressure tends to rise when...

My body first lets me know by...

What usually feels threatened?

What am I trying to protect?

Reflection:



PART FOUR

THE CAPACITY PATH™

Learning to stay connected to yourself happens gradually.

First you begin noticing when you're starting to leave yourself.
Then you practice staying with yourself for a little longer.

And when you can't, you practice finding your way back.

Over time, staying connected becomes possible in more of ordinary life.

This is what I mean by building capacity.

That's how embodied presence grows.

Reflection:

**What would change if you didn't have to stop being activated...
only stop abandoning yourself?**



PART FIVE

THE PRESENCE UNDER PRESSURE™ PRACTICE.

The following practice is designed to help you apply what you've learned to a real experience.

Think of one recent situation. With that experience in mind, move through the five steps below and notice what occurred for you at each stage.

1. Notice

What happened?

What was the situation?

Who was involved?

What did you first notice inside yourself?

2. Orient

What told your nervous system this moment wasn't safe?

Was it something someone said?

A tone of voice?

A facial expression?

A memory?

A fear?



PART FIVE (CONT)

THE PRESENCE UNDER PRESSURE™ PRACTICE.

3. Slow

What happened inside your body?

What sensations did you notice?

Did you speed up...

shut down...

tighten...

want to leave...

become defensive?

4. Stay Connected

What helped you stay connected to yourself?

If nothing did...

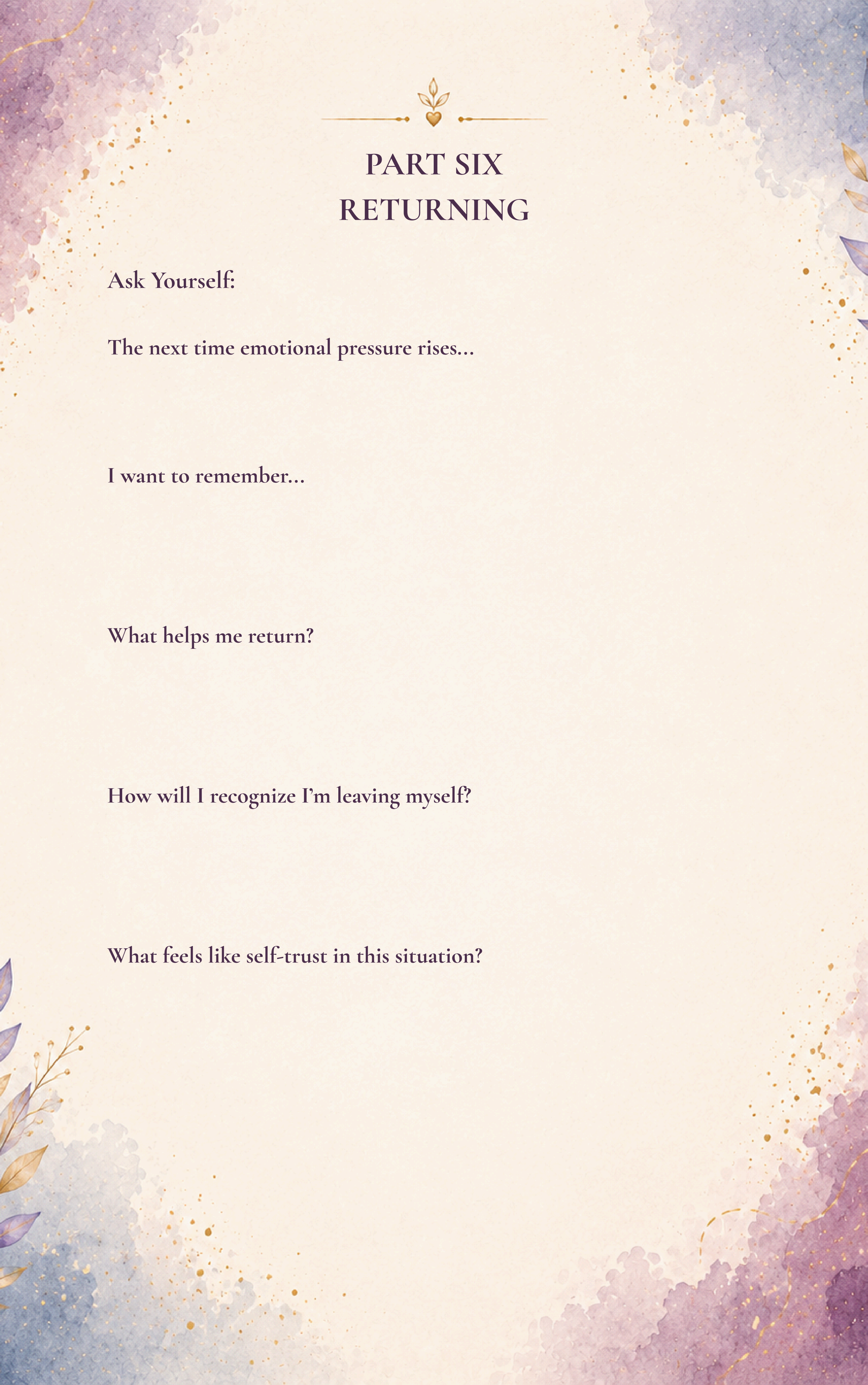
what might have helped?

5. Return

Looking back now...

How did you respond?

How would you like to respond next time?



PART SIX RETURNING

Ask Yourself:

The next time emotional pressure rises...

I want to remember...

What helps me return?

How will I recognize I'm leaving myself?

What feels like self-trust in this situation?



PRESENCE ISN'T BECOMING SOMEONE NEW..

*IT'S ABOUT HELPING YOUR DEEPEST WISDOM REMAIN AVAILABLE....
ESPECIALLY WHEN PRESSURE RISES.*

The goal isn't perfection.

The goal isn't to never get activated.

The goal is to notice a little sooner...

stay a little longer...

and return a little more gently.

**That's how staying connected to yourself becomes
possible in more of ordinary life.**

One ordinary moment at a time.



A PERSONAL NOTE

For years I believed the answer was becoming more healed... more aware... maybe even more embodied.

I had also created a life with a lot of space for going inward.
I journaled. Meditated. Reflected. Spent time alone.
And I could feel deeply connected to myself there.

Then my life changed.

There was more closeness. More spontaneity. More responsibility. More uncertainty.
More ordinary life happening around me.

And I began to see something I hadn't understood before.

I knew how to find myself in the quiet.
But I hadn't yet learned how to stay connected to myself when life wasn't quiet.

That changed the question I had been asking.
Instead of trying to figure out how to get back to the version of my life where
connection felt easier...

I began asking what would help me stay connected to myself while life kept happening.

Eventually I realized I wasn't actually losing myself.
It's what I could access in those moments that was changing.

That realization changed everything. I began learning how to stay connected to myself
while life kept happening.

And it's why I created this training.

I'm so glad you're here.

With warmth,

Lisa DePamphilis

Creator of the Embodied Presence Framework™



BEFORE YOU GO...

If this journal has shown you anything, I hope it's this:

You don't have to become someone new.

The parts of you that feel clear, grounded, wise, loving, and deeply connected to yourself haven't disappeared when they're harder to reach.

You're beginning to notice what happens when you lose access to them.

And with practice, you can begin to:

Notice a little sooner.

Stay a little longer.

Return a little more gently.

Not by creating a life where nothing ever unsettles you.

But by learning to stay connected to yourself through more of the life you're actually living.

That's Embodied Presence.

One ordinary moment at a time.

One conversation at a time.

One return at a time.

With warmth,

Lisa DePamphilis

Creator of the Embodied Presence Framework™



WHERE TO GO FROM HERE

Free Videos

Explore more teachings on staying connected to yourself in the middle of ordinary life.

[Watch on YouTube →](#)

Embodied Presence Gathering™

A free monthly gathering for self-aware women to practice staying connected to themselves together, in real time.

[Learn More →](#)

Private Mentorship

For women who want personalized support learning to stay connected to themselves through the relationships, changes, and everyday moments that matter most.

[Explore Private Mentorship →](#)

Lisa DePamphilis

Creator, Embodied Presence Framework™

Helping self-aware women stay connected to themselves in ordinary life.



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