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SIGNS YOUR EMOTIONS ARE MAKING YOU SICK

...and you are not realizing it

A Practical Guide by

Dr. Diego Salama

Masters & Doctorate in Gestalt Psychotherapy

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SIGN #1

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EXERCISE: Body Scan (3 minutes)

1. Close your eyes and take 3 deep breaths.
2. Mentally scan your body from head to toe.
3. When you find an area of tension or pain, stop there.
4. Ask yourself: If this pain could speak, what would it tell me?
5. Write down the first thing that comes to mind, without judging it.

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SIGN #2



EXERCISE: The 90-Second Pause

1. The next time you feel about to explode, STOP.
2. Count mentally to 90 (intense emotion lasts 90 seconds physiologically).
3. While counting, breathe slowly: inhale 4 seconds, exhale 7 seconds.
4. Ask yourself: Is what I feel because of what just happened, or something earlier?
5. If the answer is "something earlier," write it down. That is an unresolved issue.

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EXERCISE: Nightly Mental Download

1. Before sleeping, take a sheet of paper.
2. Write EVERYTHING on your mind. No order, no filter. Just empty it out.
3. When you finish, write one sentence: "This can wait until tomorrow."
4. Fold the paper and put it away from your bed.
5. Lie down and take 5 slow breaths: inhale 4 sec, hold 4, exhale 6.

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to the past, let

EXERCISE: Unfinished Business Inventory

1. Write the names of 3 people with whom you feel something unresolved.
2. For each one, complete: "What I never told you is..."
3. Then complete: "What I really need is..."
4. You do not have to send or say anything. Simply acknowledging it releases energy.
5. If any situation brings intense tears or anger, mark it with a star.

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SIGN #5



EXERCISE: The Authenticity Mirror

1. Look at yourself in the mirror for 60 seconds in silence.
2. Ask yourself: What is it hardest for me to show others?
3. Now ask: What would happen if I showed it?
4. Write your answer. Usually, the fear is greater than the real consequence.
5. Choose ONE trusted person and share something you normally keep to yourself this week.

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RECOMMENDED NEXT STEP

Schedule a free 15-minute call with me. No commitment. Just to listen and guide you.

yodiegosalama.com WhatsApp: +52 1 55 7737 6549

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Service	Ideal for	Duration
Gestalt Psychotherapy	Resolving specific issues	45 min/week
Gestalt Psychotherapy+	Deep transformation	90 min/week
7 Pillars Course	Total life reinvention	7 months
Couples Therapy	Reconnecting with your partner	90 min/session

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