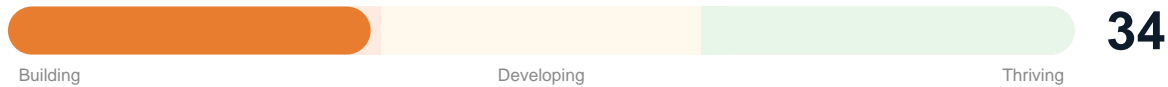


Prepared for: Mr. Report Taker

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● Emotional Self-Awareness & Regulation



The iPERSON Mini covers all seven domains of whole-person health. Below is a sample of what your Emotional domain section looks like.

Your Emotional Health score of **34** places you in the **Building** range. This means emotional awareness and regulation are areas where significant growth is available to you — and the fact that you're here means you've already started.

What This Means

Emotional health is the capacity to recognize, understand, and manage your inner emotional world. It shapes how you respond to stress, how you connect with others, and how honestly you can face what's happening inside you.

A score in the Building range doesn't mean something is wrong with you. It often means that emotions have been suppressed, dismissed, or simply never given language. Many people — especially those in caregiving or leadership roles — learn to push through their feelings rather than process them. Over time, this can lead to emotional numbness, sudden outbursts, anxiety, or a sense of disconnection from yourself and others.

“Emotional maturity is not the absence of strong feelings — it is the willingness to sit with them honestly.”

What You Might Notice

People in the Building range for Emotional Health sometimes experience patterns like:

- Difficulty naming what you're feeling beyond "fine" or "frustrated"
- Reacting strongly to situations and later wondering why
- Avoiding conflict or hard conversations because they feel overwhelming
- Carrying tension in your body — tight shoulders, clenched jaw, disrupted sleep
- Feeling disconnected from joy, even when good things are happening
- Others telling you that you seem shut down, distant, or hard to read

If some of these resonate, that's actually a good sign — it means you're already beginning to notice. Awareness is the first step.

Where to Begin

Emotional growth doesn't require dramatic change. It starts with small, honest practices:

- **Name it.** Start building an emotional vocabulary. Instead of "I'm fine," try: "I'm anxious about tomorrow" or "I feel unseen in that conversation." Precision matters.

- **Slow down before reacting.** When you feel a strong emotion rising, pause. Take a breath. Ask: *What am I actually feeling right now?* Even 10 seconds of space can shift a reaction into a response.
- **Write it out.** Journaling — even for five minutes — gives your inner world a place to exist outside your head. You don't need to write well. Just write honestly.
- **Talk to someone safe.** Emotions weren't designed to be processed alone. A trusted friend, pastor, counselor, or coach can help you hear what you're carrying.

The Aperture Connection

In the iPERSON framework, your Emotional domain is one of six blades in your personal aperture. When this blade is still building, it can't yet hold its share of the load. The aperture becomes uneven — other blades may compensate (you throw yourself into work, or lean entirely on your spiritual life) while the emotional blade is still developing.

Strengthening this blade doesn't just improve your emotional health. It brings balance to the whole aperture — allowing you to calibrate more freely to whatever the moment requires.

Want to Go Deeper?

The iPERSON Mini covers all seven domains with brief insights like the one above. The **full iPERSON Assessment** goes much deeper — with sub-scores, reflection questions, and personalized action steps across your entire aperture.

iPERSON Mini	iPERSON Full
All 7 domain scores	All 7 domain scores + sub-scores
Brief insight per domain	In-depth analysis per domain
General next steps	Personalized reflection questions
—	Personalized action steps
—	Full aperture visualization

Take the full iPERSON — \$20 at heartheheart.org/iperson

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