

# *Why You Keep Shrinking — A Reflection & Awareness Guide*

June 2026 · Coming Into Your Own · Practice Guide

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This guide is a companion to the full blog article "*Why You Keep Shrinking — And How to Stop.*" Use it alongside the article, at your altar, or anywhere you have a quiet moment to turn inward. There is nothing to solve here. Only something to see more clearly.

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## **Step One — Body Awareness Check-In**

Before moving into reflection, take three slow breaths and bring your awareness into your body. Place one hand over your heart. Notice what is present — tension, openness, heaviness, warmth.

**Where in your body do you feel contraction most often?**

*(Chest, throat, stomach, shoulders — notice without judgment.)*

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**What does that contraction feel like — physically and emotionally?**

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## **Step Two — Guided Reflection Prompts**

Move slowly through each prompt. Allow space between responses. Write whatever comes — full sentences, fragments, or single words. There is no wrong answer here.

### **Prompt 1**

*Think of a recent moment when you held yourself back — when you stayed quiet, deflected, or made yourself smaller. What was happening, and what did you tell yourself in that moment?*

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**Prompt 2**

*Where did you first learn that it was safer to be small? What environment, experience, or relationship taught you that lesson?*

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**Prompt 3**

*If you knew — really knew, in your body — that being fully yourself was safe, what would you do differently this month?*

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**Prompt 4**

*What is one thing you know to be true about yourself that you rarely let others see?*

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**Step Three — The Shrinking Inventory**

A gentle, honest look at the past week. This is not self-criticism — it is self-knowledge. You cannot change what you cannot see.

This week, I shrunk when...	What I wish I had done instead

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## Step Four — Heart Chakra Awareness Practice

This short practice can be done seated anywhere. It takes less than five minutes.

- 1 Sit comfortably with both feet on the floor. Place one hand over your heart center — the center of your chest.
  - 2 Take a slow breath in, expanding your chest gently. Exhale slowly, letting your shoulders soften. Repeat three times.
  - 3 On your next inhale, silently say: *"I am safe to be here."* On the exhale: *"I am allowed to take up space."*
  - 4 Sit quietly for one minute. Notice any shift in the body — even a small one.
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## Crystal Companions for This Practice

### Rose Quartz

Hold or place over your heart during the practice. Rose Quartz gently opens the heart center to self-love and emotional healing. Intention: *"I am worthy of my own love."*

### Rhodonite

Hold in your non-dominant hand. Rhodonite supports emotional regulation and helps bridge the gap between heart healing and courageous forward movement. Intention: *"I trust myself to take the next step."*

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## Closing Affirmation

Read aloud, hand on heart, before closing your practice.

*"I release the story that I am too much or not enough.  
I am allowed to be fully present.  
I am allowed to be fully seen.  
I am already becoming who I came here to be."*

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