

5 Signs Your Body May Be Holding Trapped Emotions

And why they may be the reason you're still stuck



Plus a simple
breathwork
exercise to help
your body release
trapped emotions



By Stephanie Speeney, Certified Emotion Code, Body Code, and
Belief Code Practitioner

What Nobody Told You About Why You're Still Stuck



Health often gets interpreted in physical terms: pain levels, nutrition, sleep quality, bloodwork, labs, and levels.

Emotions, even stress, tend to get treated as something separate. But research increasingly confirms that our emotional experiences don't just affect how we feel mentally. They live in the body and shape our perspectives, nervous system, inflammation levels, energy, and our pain.

Our bodies literally "keep the score" of our life experiences. Unprocessed or trapped emotions don't simply disappear; they become stored within our physical form and may manifest as negative emotional patterns or physical tension, pain, or illness.

No supplements or treatments can fully resolve a symptom if it started at the emotional layer. Clearing it means addressing the root—and helps your body shift from a survival state into a space of healing, regulation, and emotional freedom.

Emotions are a part of being beautifully human, and because of this, it's safe to say everyone has trapped emotions. The question isn't always whether you have it. It's whether it's contributing to how you feel right now.

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5 Signs Your Body May Be Holding Trapped Emotions

Here are 5 signs your body may be signaling there's emotions it's ready to release:

1

Unexplained physical symptoms

Chronic tension, pain, fatigue, or digestive issues that don't have a clear medical cause — or that persist despite treatment.

2

Emotional reactions that feel bigger than the moment

Disproportionate anxiety, irritability, or sadness that seems to come from somewhere deeper than the present situation.

3

Patterns that keep repeating

The same relationship dynamics, self-sabotaging behaviours, or mental blocks showing up again and again — even when you know better.

4

A persistent sense of being stuck

Feeling like you can't fully move forward, even when circumstances in your life have changed.

5

Feeling disconnected from yourself

A flatness, numbness, or sense that you're going through the motions — like you've lost access to a version of yourself that felt more alive.

So, then what do we do to get rid of our trapped emotions?



Supporting your emotional health doesn't have to be complicated...

These simple practices support your emotional health and help signal safety to your nervous system, creating the internal conditions your body needs to shift out of survival mode and into a state where real healing can happen.

- 🌿 Breathwork
- 🌿 Journaling
- 🌿 Emotion Code Sessions
- 🌿 Therapy/Counseling
- 🌿 Being in Nature
- 🌿 Meditation

Clearing Emotions Without Reliving Them

A common block to addressing painful emotions is the belief that you have to relive or rehash painful memories to move on. The Emotion Code works differently. Using muscle testing, a gentle form of biofeedback, it asks the body directly what emotional energy it's ready to release, and in what order. The body knows what it needs and will tell us! We just have to ask the right questions and listen.

Working with Steph

Steph Speeney is a Certified Emotion Code, Body Code, and Belief Code Practitioner. She brings empathy to every session, knowing what it's like to feel stuck—and she's passionate about helping others reconnect with their body and get their life back!



Each Emotion Code session is remote, 30 minutes, and completely personalized. From persistent physical conditions or carrying emotional weight from past experiences, these sessions may help you:

- Feel lighter & calmer
- Alleviate chronic discomfort
- Become more connected in relationships
- Be less reactive, more stable
- Break through mental blocks and patterns
- Get better sleep & improved energy

A Simple Breathwork Practice to Try Right Now

Breathwork is one of the best ways to help settle your nervous system and bring you back into your body and into the present. You can do this seated, lying down, or anywhere you have a few quiet minutes.

Settle in

Place one hand on your chest and one on your belly. If it feels comfortable, close your eyes, and take a moment to notice: the weight of your body, the air temperature, the feeling of the clothes on your skin.

Breathe in

Slowly breathe in through your nose for a count of 4, letting your belly rise first, then your chest.

Pause

At the top of the inhale, gently hold the air in for a count of 2.

Breathe out

Flowly breathe out through your mouth for a count of 6. Let your shoulders drop. Let your jaw unclench.

Repeat

Continue this cycle for at least 10 rounds or until your desired duration.