



HOW HORMONES CAN CORRELATE

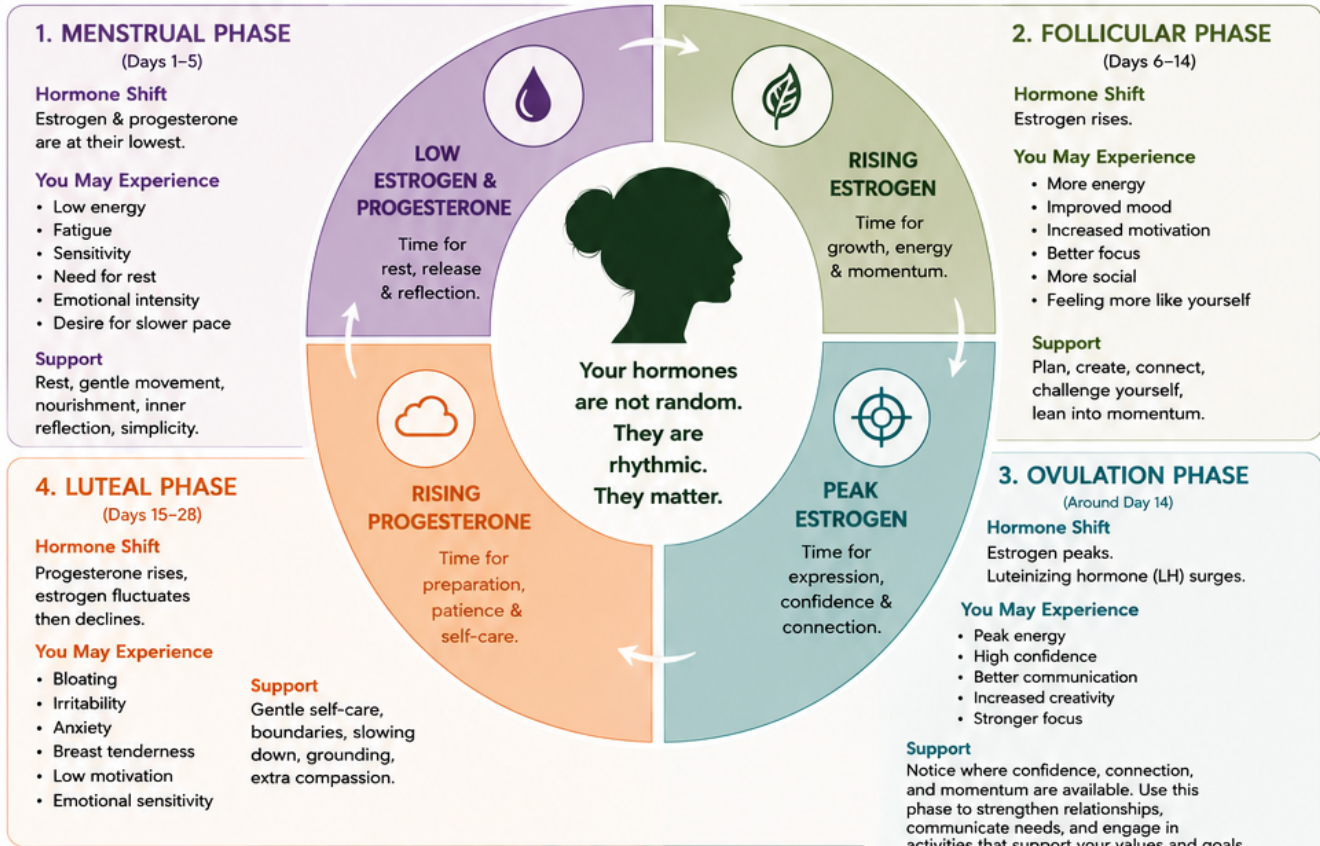
Understanding the Connection Between Hormones, Emotions & Patterns



Hormones influence your body, brain, emotions, energy, sleep, motivation, stress response, and the way you think, feel, and respond. Awareness creates understanding. Understanding creates choice. Choice creates change.

THE HORMONAL CYCLE & ITS IMPACT

Estrogen & Progesterone fluctuate throughout the menstrual cycle. These shifts can influence mood, energy, sleep, motivation, pain tolerance, and emotional sensitivity.



HOW HORMONES CAN CORRELATE WITH YOUR EXPERIENCE

MOOD & EMOTIONS Hormonal shifts can influence irritability, anxiety, sadness, sensitivity, motivation, and emotional resilience.	ENERGY & MOTIVATION Estrogen supports energy, focus, and drive. Progesterone can increase fatigue and lower motivation.	SLEEP Progesterone supports sleep. Fluctuations may cause insomnia, restlessness, or vivid dreams.	STRESS & NERVOUS SYSTEM Hormonal fluctuations can impact stress tolerance, overwhelm, and emotional reactivity.	RELATIONSHIPS & PATTERNS Emotional sensitivity, communication style, needs, and boundaries may shift throughout your cycle.	BODY & PHYSICAL SYMPTOMS Bloating, cramps, breast tenderness, headaches, & body aches can correlate with hormonal changes.
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PRACTICAL TOOLS

- ✓ Track your cycle.
- ✓ Notice patterns without judgment.
- ✓ Adjust expectations with your cycle.
- ✓ Honor your need for rest.
- ✓ Communicate your needs.
- ✓ Create routines that support you.
- ✓ Nourish your body and mind.
- ✓ Practice self-compassion daily.

QUESTIONS FOR REFLECTION

- What patterns do I notice in my mood, energy, or behavior throughout my cycle?
- When do I feel most like myself?
- When do I need more support, rest, or gentleness?
- How can I better support myself in each phase?

GENTLE REMINDER

Your cycle is not a problem. It is information. It is wisdom. It is part of you.

You are allowed to work with your body, not against it.

CMBT™ REMINDER

Awareness creates understanding. Understanding creates choice. Choice creates change.



CMBT™ (Core Messaging Based Therapy™) integrates emotional awareness, nervous system understanding, and core message exploration with compassion, curiosity, and clinical wisdom.

