



FREE

ROTTEN DAY EMERGENCY KIT FOR WRITERS

HOW TO MOVE THROUGH RESISTANCE AND
BLOCKS WHEN WRITING FEELS LIKE A BATTLE
AND NOT A JOY.





You sit down to write, and suddenly, everything tightens. Your chest feels heavy, your stomach knots, and your brain races with self-doubt.

What if this isn't good enough?

What if I don't have anything worth saying?

What if I fail?

For some, the fear starts before they even open their notebook or laptop. It lingers in the back of their mind all day, growing louder the moment they decide to put words on the page.

Perfectionism, criticism, and past writing wounds can turn a simple creative act into an exhausting internal tug of war.

It can look like:

Sitting down to write and judging every word that wants to flow onto the page. Assuming that what you do write will not be understood or accepted, and as a result, you'll be rejected. Fighting with your inner editor to just let the words come out, even when writing a first draft. And my personal favourite, suspecting that you're not meant to be a writer after all, you have nothing worth saying anyway, and you should just give up that dream.



Sound familiar? You are not alone.

This is not proof that you aren't a writer. **This is a biological response:** a nervous system reaction to past experiences, internalized criticism, or unprocessed stress. Writing resistance isn't just in your head; it's in your body. The good news is that you can work with your body, not against it.

Welcome to the Rotten Day Emergency Kit for Writers: a somatic-based approach to moving through resistance, writer's block, and creative self-judgment with compassion and embodiment.

Because your words deserve to be written. Your story matters. Your voice matters. **Today's world needs you to express your Soul's voice through your humanity.**



HEY, I'M KASIA

I've spent years helping writers and creatives break free from the fear, resistance, and self-judgment that keep them stuck. As a professional bioenergetic healer, Akashic Records intuitive and writing workshop facilitator, I specialize in working with the nervous system and the movement of energy in the body to unlock creative flow.

My work blends somatic practices, energy healing and deep self-inquiry to help writers not just write, but write with joy, confidence, and freedom. If you're ready to shift your relationship with self expression and writing, I'm here to help. Let's reconnect you back to the page with more capacity and ease.

To discover how I can help you balance your bioenergetics and connect you to your Soul voice, schedule a session with me [HERE](#).



ABC: A SIMPLE SOMATIC PROCESS FOR WRITING RESISTANCE

Instead of fighting yourself, follow this three-step somatic practice to shift from frustration to flow and increase your capacity for embodied creativity.

A — Awareness

Pause and notice where in your body you feel the tension, stress, or resistance.

- Where is the constriction? Shoulders? Jaw? Chest? Stomach?
- How does it feel? Tight, heavy, fluttery, numb, tingly, etc?
- If you feel nothing, grab a pillow and hold it to your chest. Focus on the contact between the pillow and your body. Let yourself tune into sensation.

♦ Key Reminder: Resistance isn't proof that you can't write. It's your animal body responding to past stress like when a teacher or parent criticized your stories or your grammar as a kid. Your nervous system is simply doing its job to protect you. Nothing is wrong with you.

B — Be With It

Instead of trying to push discomfort away, meet it with curiosity.

- What does this part of your body need? A deep breath? Movement? A stretch? A shake?
- Imagine or actually make the movement in slow motion.
- If emotions arise, let them be there without judgment. You don't have to solve or fix them.

♦ Key Reminder: Your body will release stress in its own time. Your job is to tend to it, not force it to change.

C — Choose the Present Moment

Come back to right now.

- Open your eyes and take in your surroundings.
- Focus on one thing you love looking at.
- Notice the absence of any threats in your space. Breathe.
- Ask yourself: "Where do I feel softness, ease, or even the tiniest bit of relief in my body?" Focus your attention there, even if it's the tip of your nose.

♦ Key Reminder: Safety isn't the absence of stress, it's the presence of connection. The more you connect with yourself, the more capacity you create for creativity and joy.





UNDERSTANDING THE NERVOUS SYSTEM OF A WRITER

Your blocks, fears, and inner criticism aren't personal failings, they're nervous system responses.

- Your body remembers past experiences: educational trauma, harsh feedback, rejection, the fear of being misunderstood.
- The writing process can activate old fears, making it feel unsafe to express yourself.
- Your job is not to force your way through resistance but to create an environment where your nervous system can move through it naturally.

Imagine a dog terrified of fireworks. She hides under the bed, shaking and panting. You can't force her to calm down, you can only sit with her, offer safety, and let her process it in her own time. The same applies to your nervous system and creativity.



WHAT THIS PRACTICE WON'T DO

- ✗ It won't immediately erase all tension or self-doubt.
- ✗ It won't prevent resistance from showing up again.



WHAT THIS PRACTICE WILL DO

- ✓ Give you a way to be with yourself instead of battling yourself.
- ✓ Help you move through writing resistance without shutting down.
- ✓ Strengthen your ability to show up to the page with more ease and self-trust.



The more you practice, the less power your blocks will have over you.

And that's what true embodiment is: being able to meet life, such as it is, with all it's ups and downs and curveballs, knowing you can handle the sensations, emotions, and thoughts that arise within you and relate to them with compassion.



CAN'T GET ENOUGH?



You Don't Have to Do This Alone

Some patterns are deeply ingrained. If your writing struggles feel overwhelming or you sense there's more underneath, I can help.

I work with writers and creatives to move through deep-seated stress, creative blocks, and nervous system dysregulation so they can write with more joy, clarity, and freedom.

[JOIN A JOYFUL REBEL WRITER CIRCLE HERE](#) to work through what's keeping you stuck, so you can reclaim your creative voice in a supportive community.

Click on the any workshop listed in the calendar to register. They happen each week online. (And in person, if you're local to the Okanagan.)

YOUR NOTES:





MORE LOVE NOTES



INCLUDE A QUOTE OR TESTIMONIAL FROM
YOUR CLIENT. LET THEM SHARE THEIR
EXPERIENCE WORKING WITH YOU AND
HOW IT POSITIVELY IMPACTED THEIR
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