

Ride with Me™

A SIMPLE GUIDE TO PROCESSING
EMOTIONS (WITHOUT NUMBING,
YELLING, OR SHAMING YOURSELF)



A GENTLE, FAITH-ROOTED PATH TO
STOP RESISTING EMOTIONS- AND
START LETTING THEM RIDE WITH YOU
IN PEACE, TRUTH, AND LOVE.

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WHY YOU'RE STILL STRUGGLING

Friend, let me be honest-

You're not broken.
You're just exhausted from
fighting emotions you were
never meant to fight alone.

No one ever taught you
how to feel.

You were told to *fix your attitude*.
You were praised for
pulling it together.
and somewhere along the
way, you believed that
“good moms” don't feel
overwhelmed, resentful, or
sad.

But emotions aren't the
enemy. They're
messengers.

Trying to silence them- by yelling,
numbing, controlling, or pretending- only
turns up the pressure.

Here's what I want you to know:

- 80% of emotions rise without your control
- Resisting them increases your suffering
- **Allowing them brings peace**
- And you don't have to do this alone-
God rides with you

In the pages that follow, I'll walk you
through my Ride With Me Method TM- a
practical way to let your emotions ride with
you, without letting them drive your day.

Are you ready?

Let's stop kicking emotions off the bus-
and start learning how to travel together.

Most moms don't even realize they're
resisting emotions.
It looks like:

THE COST OF RESISTING EMOTIONS



Snapping at your kids
for tiny things



Shaming yourself
for how you feel



Yelling, shutting down,
scrolling, or stuffing snacks



Thinking "I shouldn't feel
this way."



Or believing "If I were more
spiritual, I wouldn't be so angry."



Building emotional walls in
your relationships

But here's the truth:

Emotions aren't problems to fix. They're passengers to hear.

When you resist them, they get louder.

When you invite them up front, they calm down.

Unfelt feelings don't disappear- they just drive the bus in the background.

The Ride With Me Method™

Here's the new way forward.

A method rooted in faith, honesty, and wholeness- so your emotions get space, *but not the wheel.*

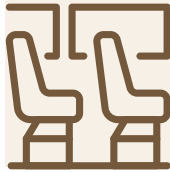
1. NOTICE THE PASSENGER



Pause and realize: *an emotion has boarded your bus.*

Ask: *What am I feeling right now? What just happened?*

2. LET IT SIT UP FRONT



Instead of stuffing it down or yelling at it to go away, let the emotion sit beside you. Let it talk.

Ask: *What is this feeling trying to tell me?*

3. NAME IT. FEEL IT.



Say it out loud. Feel it in your body. No judgment, no fixing.

"This is anxiety. I feel it in my stomach. It's okay that it's here."

4. BUCKLE UP WITH GOD.



Let God anchor you to truth and keep you grounded when the ride gets bumpy.

"God, help me stay seated in who You say I am."

5. CHOOSE YOUR DRIVER.



Your emotions don't steer the bus- your values do.

Ask: *What do I want to choose here? What matters most to me?*

Real-Life Example: When Rage Rides the Bus

Let me show you how this works in real life.

Yesterday I felt rage.

I was trying to get dinner started, and two of my kids were fighting in the kitchen.

My husband came home and walked straight past the mess.

I felt that fire rise in my chest- the urge to slam drawers and yell just to feel heard.

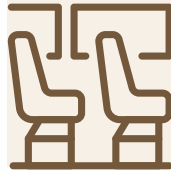
But instead of reacting, I paused. I used my Ride With Me Method TM:

1. NOTICE THE PASSENGER



"Okay, rage is here. That flash of heat in my chest? That's a signal."

2. LET IT SIT UP FRONT



"What are you trying to tell me?
Rage whispered, *"No one sees how hard you work. You feel invisible."*

3. NAME IT. FEEL IT.



"This is rage. It's hot and tight in my throat."
I stood still, breathed deep, and let the tears well up.

4. BUCKLE UP WITH GOD.



I whispered, "God, I don't want to lose it. Help me stay grounded in who I am."

5. CHOOSE YOUR DRIVER.



Instead of exploding, I said, "I'm feeling overwhelmed, I'm going to step outside for a minute."
that choice came from my values- not my feelings.

That moment didn't feel magical. But it was powerful.
Because I *stayed in the driver's seat*- and brought my family with me in peace.

You're Not Broken. You're Becoming.

You were never meant to be perfect.
You were meant to be **present**.

You can be a deeply emotional woman
And a deeply grounded mother.
You can feel the anger
Without letting it define you.

You can cry and still be strong.
You can pause and *still be powerful*.
You can stop yelling-
Not because you've silenced yourself...
But because you've learned to listen.

So let's stop trying to escape the ride.
And start showing up as the steady, soul-led driver you were always meant to be.



This guide is just the beginning.

If you're ready to stop surviving and start healing the way you live, love, and lead your family- I'd love to support you.

In 1:1 coaching, we'll work together to:

- Understand and process your real emotions (no guilt, no shame)
- Release resentment and perfectionism
- Rebuild calm, clarity, and Spirit-led confidence
- Deepen your connection with God and your people
- Learn to stay in the driver's seat- even on the hardest days

You don't have to drive alone. Let's talk about what's possible.

Book your free clarity call [HERE](#).

amypetersencoaching.com

