



A FIRST LOOK AT THE ALCHEMY WINDOW™

What happens in the moment between feeling and reacting?

Discover the small but powerful space in which an automatic reaction can become
a conscious choice.

THE POINT IS

Small conscious choices create a different trajectory.

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Can You Recognise the Moment?

Your body often knows before your mind does.



Something happens. Your body activates. An emotion rises. Then an urge appears: fix it, defend yourself, withdraw, please, explain or react.

THE POINT IS

Between the feeling and the action is a space. That space is the Alchemy Window™.

Your window may be opening when...

- Your chest, throat or stomach tightens
- You feel an urge to answer, defend or fix immediately
- You say yes while your body is saying no
- You begin overexplaining or apologising
- You feel responsible for another person's reaction

TRY THIS

Say: "I am activated. I do not have to decide from this feeling."



The Ten-Second Window

A small pause can interrupt a familiar pattern.

1. STOP

Do not answer, explain or fix yet. Let the first urge pass without obeying it.

2. BREATHE

Take one gentle breath and make the exhale slightly longer than the inhale.

3. INCLUDE

Ask: What am I feeling? What do I need? What response would include me?

TRY THIS

Borrow this sentence: “Let me think about that and come back to you.”

This is not avoidance. It is a deliberate interruption between activation and action—long enough to let choice re-enter the room.



Try It with a Real Moment

Turn recognition into one conscious choice.

Imagine somebody asks for your help when you are already tired. Your automatic response is yes, but your chest tightens as you say it.

The automatic route

Feel pressure → answer immediately → override your body → regret it later.

The Alchemy route

Notice activation → pause → check your needs → choose a response you can stand behind.

A recent moment when I reacted quickly:

The body signal I noticed—or can recognise now:

A response that would have included me:

REFLECT

What becomes possible when you do not treat the first urge as an instruction?



Ready to Go Deeper?

The complete resource is waiting for you.



You have now recognised the beginning of the pattern. The full guide will help you understand it more deeply and turn that awareness into practical change.

YOUR NEXT STEP

Enter your first name and email address on this page to receive the complete guide.

Inside The Alchemy Window™ Guide

- The complete five-step PAUSE Practice
- Ways to regulate before responding
- Real-life response examples
- A personal reflection worksheet
- Your seven-day Alchemy practice

Your guide will be sent directly to your inbox.

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Helping women understand themselves so deeply that they finally feel free to choose differently.

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