

The Journey

Write down how do you feel right now, or bring up a feeling you want to work with.

Sit with that feeling for a few minutes, then ask yourself a question: what is behind that feeling?

Repeat. What is behind that feeling?

You can go as deep as you want until you discover the deepest feeling you have and then let yourself fall into that feeling, let it out, let yourself be fully present in your feeling.

Use 'Healing Your Past Process' to discover when this feeling occurred for the first time, forgive yourself and other people involved, let go and commit to loving and caring for yourself unconditionally.

Healing Your Past Process

Heal your Inner Child and change your behavior from re-active to pro-active.

Identify your triggers or situations that awake strong emotions or tension in your present life. Make a list of the ones that immediately come to mind.

1

2

3

Take time to examine each of those triggers of situations and try to remember the earliest you felt this way, probably in your childhood.

1

2

3

Write down, why you had to act or think or feel this way when you were a child. Most likely there was a valid reason for you to behave a particular way: you needed to feel safe or get attention or hide from the unwanted attention, so on.

1

2

3

Acknowledge the pattern created out of that childhood event and write down how you are using it now in your present life.

1

2

3

Forgive yourself and others for creating and reinforcing this pattern and decide to let go. Write down why it is important for you to let go.

1

2

3

Write down two different ways you can react to your present triggers or deal with a provocative situation.

1 a)

b)

2 a)

b)

3 a)

b)

Please, continue working with your old behavioral patterns using this process and commit to becoming pro-active rather than re-active in your daily life. Check in with yourself and course-correct if necessary.

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