

Heal Yourself

Tools

Workbook

Lira Kay

She's Got Passion
all rights reserved

Shadow Work Process

Write down what is it you don't like about yourself in the left column. And in the right one write down what kind words would you tell somebody who is experiencing this. Then say those words to yourself. You deserve compassion just like everybody else.

Qualities	Exaggerate	What happens	Fears	Benefits
1				
2				
3				
4				
5				
6				
7				

Now write down 7 ways you can let your shadow express itself in your daily life and commit to letting it play.

1

2

3

4

5

6

7

Re-scripting Process

Write down the old story about an event that keeps coming up in the conversations with others or with yourself.

Then write a new uplifting story about the same event, stating the life lessons you learned and how differently you feel about it now.

Of course, restrict yourself from repeating the old story and, if you have to, start telling the new story instead.

Old story:

New Story:

Healing Your Past

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.

Changing Limiting Beliefs

Examine the beliefs you have right now that are blocking you from achieving your goals or feeling a certain way or expressing yourself freely. Write down a list of limiting beliefs and then work with each of them using the process below.

Limiting Beliefs:

about relationships

1

2

3

about work

1

2

3

about money

1

2

3

about who you are and what you are capable of

1

2

3

about people

1

2

3

about the Universe, God, Life

1

2

3

about your future

1

2

3

about health and aging

1

2

3

about happiness

1

2

3

about your mind or brain

1

2

3

about anything else

1

2

3

Changing Limiting Beliefs Process

Now change your old limiting belief into an empowering thought you can make a belief through repeatedly thinking the new thought in a form of affirmations or through any other brain-entrainment methods.

Write down your old belief:

What is the extreme opposite of that:

If the extreme opposite is too hard to accept right now, find a belief that would feel more comfortable, yet, is not your old belief.

Naturally, your old belief feels the most comfortable to you now, but as you know, it had been blocking you from your success. Push yourself a bit and find a better, more empowering belief you can just tolerate enough not to resist completely.

You can experiment by writing down all different beliefs, beginning with making your old belief just a little bit lighter and continuing with writing down even a lighter belief and so on.

1

2

3

4

5

6

7

8

9

Once you found belief you want to have and it feels good enough, yet, much lighter than your old one, it's time to imprint your new belief into your mind.

Write down an affirmations you can say daily here:

1

2

3

For a better and faster results write down your new beliefs as affirmations and put them on the wall, in your car, wherever you will see them more often. Use tapping while you read them out loud daily. Make a recording of you saying these new beliefs and then listen to it whenever you get a chance.

Take time with this process and be consistent and patient with yourself.

Continue working through this process and change any other limiting beliefs you have.

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?

What is behind that feeling?

What is behind that feeling?

What is behind that feeling?

What is behind that feeling?

What is behind that feeling?

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.