

Key Questions

Do you have difficulty in letting go of hurts?

Do you often catastrophise about the future?

Do you have difficulty in letting go of the past?

Do you rarely forgive yourself for your mistakes?

Do you need things to be just so before you can relax and enjoy them?

Do you seldom get enough rest, relaxation and pleasure?

Do you have difficulty in saying no to others?

Do you give and give and give and not get back in return?

Do you constantly worry about EVERYTHING?

Are you critical of yourself and others?

Do you worry about what others will think when making choices or decisions about your own life?

Do you have difficulty in handling conflict situations?

Have you had repeating difficulties in relationships?

Were there problems in your childhood?

Do you live by a lot of rules? (e.g. punctuality, manners etc)

Do you use the terms *should*, *must* and *have to* all the time?

Do you often feel "let down" by others or life?

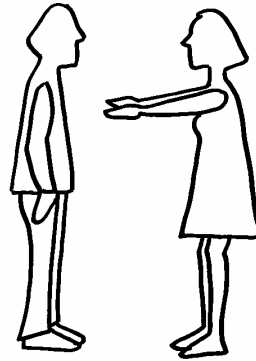
Are you dissatisfied with being who you are?



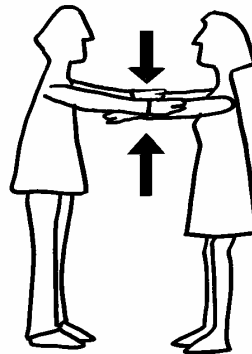


THE POWER OF YOUR THOUGHTS

1. Stand opposite someone and hold your arms straight out ahead of you (as shown)



2. The person assisting you now pushes down briefly on your arms. You are to resist the push (without struggling!). This shows you your natural strength.



Now drop your arms.

3. Next, close your eyes, and say to yourself over and over "I am a weak and unworthy person ". Make it up, if you need to, or recall a time when you felt that way. (YOU DON'T HAVE TO BELIEVE THIS!)

Once you feel that this message has clicked with you, raise your arms as before and repeat step B.

4. This time, say to yourself, "I am a strong and worthy person", until you feel the connection and raise your arms again. Repeat step B.



MAIN POINTS FROM SESSION 3 (Cont'd)

- ✓ Recognise that your interactions with others greatly reflect where you yourself are at. Observe what others are showing you about yourself.
- ✓ Taking OWNERSHIP of the areas in which you remain a little stuck (as well as acknowledging the good points that are reflected back to you). This will help you develop far more open and flexible relationships with others because you will not feel the need to "DEFEND" yourself as much. There will be fewer of those 'flaws' that you feared would 'expose' you to others, that you yourself have not already addressed.
- ✓ ENJOY the fact that we're all DIFFERENT. Make it an ASSET, not a LIABILITY.
- ✓ LOSE the 'DISEASE TO PLEASE."
- ✓ Learn to value your OWN needs, wants and feelings, as much as you do for others.
- ✓ Make PEACE with yourself. HEAL yourself. Become your own BEST FRIEND.





EXPLORING THE SHADOW

1. THE CAFÉ EXERCISE

Imagine that a group of people who know you are gathered together in a café and you are able to observe them and listen in to what they are saying without their knowledge.

Firstly, they are compiling a list of your POSITIVE qualities.

WRITE DOWN FOUR OF THESE POSITIVE QUALITIES

Now, the group is compiling a list of your NEGATIVE aspects.

WRITE DOWN FOUR OF THESE NEGATIVE ASPECTS.

Now do the same lists for the people in the café. How do your lists compare?



THE LAWS OF LIFE

FLEXIBILITY Total acceptance of self, others and things as *they* are. Think of the times that you resist or fight being in situations or having experiences. Does the resistance change anything?

CHOICES How often do you think, feel, express, act or react in a *negative way*? You can CHOOSE not to. You can CHOOSE to use the strategies that help you, or not. You can CHOOSE to stay stuck, or not. You can CHOOSE your reactions to life's experiences or other's behaviour, or be subject to them.

RESPONSIBILITY For peace of mind

I need to resign

As Manager of the Universe.

You are only responsible for your own life and happiness, and perhaps that of your children when they are small. Beware of rescuing or trying to fix other people's lives. If you are tempted to do this, ask yourself what is motivating you –a need to be liked? A need to control others? A need to fix something painful in yourself?

Also think of a list of things you'd rather not do. How many do you end up doing out of a sense of responsibility to others?

BALANCE "Whatever we feel we need most, is what we need most to give." Learn not to swing between extremes. How balanced is your life, your relationships etc? What do you need to *give*? What do you *need to take*?

PROCESS Make the smallest step towards progress the largest one you can make. Think of how you learned to drive a car. Did you get it in one go, without mistakes? What made you good at it? The only way to make something last is to do it carefully and plan it well. If you race through life ask yourself what is the rush? Learning to enjoy the small steps as much as the end product can bring a lot of peace to your life. Think of it as a form of meditation.

PATTERNS Think of the patterns in your life that repeat. See the common threads and the part YOU play in the pattern repeating. What do you need to do differently to change this? Note: if it continues to repeat, well, you still haven't figured it out. Try again.

DISCIPLINE Singer and actress Julie Andrews said "Some people see discipline as a chore. I see it as an order that sets me free." Are you willing to do the *work* required to get what you want?