

Awakening

Exercise 1 – Waking up (to the meaning we are making)

You are not your mind. You are not your thoughts, and neither are you defined by any one thing you've ever done, or anything that's ever happened to you. You are so much more than any of the singular experiences, situations or thoughts that make up your life experience. When we know this, it cannot be unknown.

1. Your feelings arise from the combination of thoughts and body sensations. In this exercise, I'd like you to identify three emotions that it would be useful to have a different experience of.

Emotion 1:

Emotion 2:

Emotion 3:

2. Now I'd like you to answer this question for each:
'What is it that I must be believing, to be feeling this way?'

In order to *feel* (emotion 1), I must be believing...

In order to *feel* (emotion 2), I must be believing...

In order to *feel* (emotion 3), I must be believing...

THE INDEPENDENT SINGLE MUM

3. How is it that you would like to be feeling, and what is it that you'll need to connect with to allow this feeling to transform for you? Often, honouring the emotion but allowing our minds the freedom to move in relation to the belief that underlies it, is all that is needed to have a different experience.

Emotion 1:

How I would *like* to be feeling:

What would I be **believing** if I felt this way?

Emotion 2:

How I would *like* to be feeling:

What would I be **believing** if I felt this way?

Emotion 3:

How I would *like* to be feeling:

What would I be **believing** if I felt this way?