

Week 2: Identify Obstacle Behaviors

Empty Your Trash Can

Great work so far in the previous readings and assignments for Week 2. This is a heavy week! Identifying self-destructive behaviors can bring up a lot of feelings and emotions that may have been buried for a while! The next step is to learn how to *forgive yourself* for the times you did not live up to your own expectations, or for the times you did not act according to your values. The act of forgiving oneself and forgiving others is important. It is about letting go of guilt, resentment, and fear: three emotions that can often hold us back from growing. **In order to make space for your new vision, you must let go of the things that are holding you back.**

In our work with clients, we have identified three things that they often need to let go of:

- 1** Guilt with oneself for not living up to own values
- 2** Resentment directed at others for wrongdoings
- 3** Fear that keeps you from being your authentic self

Guilt:

In your past, you may have done things you are not proud of, out of alignment with your personal values. These faulty actions can often lead to the emotion of guilt. However, guilt only serves you if you can use this emotion as fuel for you to do better. Oftentimes, if we hang on to guilt for too long, it becomes fuel for self-destruction instead. Holding onto guilt does not serve you.

Resentment:

“Resentment is drinking poison and expecting the other person to die.” - Anonymous
At some point in our lives, others may treat us poorly. The sadness and disappointment that we feel when others treat us unfairly can build up, but it’s easier to feel anger at someone else than feel sad due to the way we were treated. The purpose of forgiving someone else is not to let them hurt you over and over, but rather to release the emotion of resentment so that it does not harm *you* anymore.



Fear:

Fear can keep us stuck in multiple ways. When we are fearful of how others will think of us, we tend not to act on our own values and then lose authenticity within ourselves. When we are fearful of pushing our boundaries, we are held back from what we are truly capable of accomplishing. Fear is a natural human emotion; however, we must learn not to be dominated by fear or consistently act based on our fears.

In order to fulfill your vision, you are going to need to “**empty your trash can**”. This means becoming aware of the “trash” in your subconscious that may have previously led you to self-sabotage (is it guilt, resentment, fear, or something else?). By actively forgiving yourself, you are making room for new thoughts, experiences, and emotions in your life. Through forgiveness, you are transformed and will no longer be controlled by the emotions and experiences of your past. Forgiveness is ultimately an act of loving yourself.

In the reading “Left or Right”, you have learned about making empowered choices. In the self-destructive behaviors assessment, you have identified behaviors that you want to work through. You are supported in this process and you will go through all of this information with your coach. Now, it’s time to dig deep and list out what you need to let go of.

Journal Prompts:

- 1 REFLECTION: What do I need to let go of?

- 2 REFLECTION: How do I benefit from holding on? (Examples: not admitting that I might be wrong, not having to be vulnerable, not having to look at myself, staying comfortable.) Will it benefit me more to let go?



- 3** ACTIONABLE STEPS: What actions do I need to take to let go of this? (*Example 1: Letting go of guilt:* Pretend you were dishonest with someone in the past. In order to let go of this and forgive yourself, you may need to make an apology and change your behavior moving forward. *Example 2: Letting go of fear of rejection:* In order to let go, I need to be clear on who I am, know what my values are, and act with courage. *Example 3: Letting go of resentment:* In order to let go, I need to look at my role in the situation/relationship and set strong boundaries.)

- 4** AWARENESS: How does it feel to let go?

Disclaimer:

This week's content is heavy. Your Transformational Solutions coaches are here to support you through it! Please feel free to reach out online to schedule additional individual coaching sessions if necessary. We are so proud of the hard work you are putting in!

