

Fill in the _____

Exercise: Read through the paragraph and fill in the blanks without hesitation. Write the first word that pops into your mind. The goal is to try and capture uninhibited connections through selective words and word associations. Secrets lie beneath the conscious mind. Let's discover some of those raw emotions and deeply ingrained beliefs. If you have trouble finding a word, look around your surroundings, find an object, and think of words you would use to describe that object.

I always feel like I'm the _____ one.

_____ is how I manage to escape.

_____ brings me peace.

I am so tired of _____

and _____, but

I'm excited about _____ and

_____.

I want to try to _____ so that I can finally

_____.

For some reason, I always end up _____.

I deserve _____ and _____.

Fill in the _____

Reflection Questions

Why am I sometimes seduced into a victim mentality?

What self-improvement techniques can I use to replace my victim mentality into a more empowering, loving belief about myself or the situation?

What kind of thinking do I need to practice in order to step outside of my beliefs and thought processes that hold me back?
How can I start to focus on what makes me happy?

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As a child, I was told not to _____.

This made me very _____. I feel like

things would be different if

_____.

I wish I could tell my child-self

_____.

I am so grateful for _____, but wish my

guardians would have _____.

Fill in the _____

Reflection Questions

What memories came to mind with this exercise?

If they are too painful to put into words, just recognize them in your mind.

How can I reframe these memories so that they don't continue to hurt and hinder me in the future?

How can I regularly show myself compassion as I would give to my child-self? Give examples of ways you can practice daily self-love.