

Get Curious

FOR SELF-EXPLORATION



Workbook

BY MEGAN THOMAS



unoo
A CONSCIOUS COMMUNITY

Welcome!

I am happy that you are here and feeling the pull to turn inward. The purpose for this workbook is to help you lean into your triggers, irritations, pet peeves ..or to put it plainly, the things that ENRAGE you.

There is a lot of wisdom in these occurrences. This workbook will help you gain awareness to your inner world, your conditioning and needs. With this awareness, you will begin to have a deeper understanding for yourself; why you are the way that you are.

Once we build understanding, compassion naturally follows. Self-compassion. This is a beautiful place to be. A place where you are gracious with yourself ..this is my wish for you. To treat yourself with curiosity and kindness❤️

With all my love,

Megan Thomas



ABOUT ME

First off, my greatest joy is being a mother. I am a mom to two incredible souls! Which lead me to my work through Unoa.

My work as a ThetaHealer® and Human Design Guide is reflected in this workbook. Bringing people into relationship with themselves and healing their conditioning. I just love people, and I want to see everyone thrive!



UNOA
A CONSCIOUS COMMUNITY

BECOMING AWARE

Think of an event or situation that bothers you, or a pet peeve you have. Describe the event that triggers your irritation, anxiety, anger or sadness. Anything that puts you into an uncomfortable mood.

What is the situation?

Ex. 1 - I can't stand repeating myself

Ex. 2 - I hate that I am the last to know anything at work

Ask yourself "why" does this event/occurrence trigger me? Then proceed to ask yourself why, regarding the last answer. Asking why 5x will help get to the root of your discomfort. The benefit is that you will gain a stronger understanding of yourself.

Why?

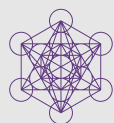
Ex. 1 - Why cant I stand when I repeat myself? Feels like no one listens to me

Ex. 2 - Why do I think I am the last to know? I am told about decisions after the fact, I am never consulted.

Why?

Ex. 1 - Why does it bother me that I am not listened to? Because I work so hard in this house, always putting everyone first that the least they can do is help me when I ask.

Ex. 2 - Why do I feel I am never consulted? No one values my opinions.



BECOMING AWARE

Why?

Ex. 1 - Why does it bother me that no one is hearing my plea for help? I am being ignored all over again. I'm invisible.

Ex. 2 - Why does no one value my opinions? People think I am dumb and that I don't have good ideas.

Why?

Ex. 1 - Why do i feel invisible? My parents never paid attention to me, I had to act out for attention.

Ex. 2 - Why do people think I am dumb? Being the youngest in the family, I was the last to know and I was often left out of family discussions. Always been told "you're too young".

Why?

Ex. 1 - Why did my parents not pay attention to me? I wasn't good enough or important enough.

Ex. 2 - Why is the youngest seen this way? I notice a pattern in my mothers family that the youngest is coddled and treated as "a baby". No value is given to the youngest. I don't feel valued.

HEALING THE LIMITING BELIEF

Change the narrative

What you just uncovered is an unconscious core belief. This belief was developed as a result of the environment you grew up in. It becomes a limiting belief when it limits your mindset.

What is the core belief?

Ex. 1 - I am not good enough or important enough.

Ex. 2 - I am not valued.

Change to a positive belief

Repeating new, positive beliefs changes our neural pathways to accept a new way of being. With repetition, in time, you're mind will respond automatically with this new perspective.

Ex. 1 - I am important and enough as I am

Ex. 2 - I am valued



Search for evidence

PROVE WHY THIS BELIEF IS UNTRUE

Let's take a look to see where this belief is not accurate and find positive evidence to balance out the limiting belief. Find four instances where this limiting belief was debunked!

The limiting belief

Ex. 1 - I am not important or good enough

Ex. 2 - I am not valued

Evidence # 1

Ex. 1 - I am important to my children

Ex. 2 - My grandma always made me feel special

Evidence # 2

Ex. 1 - I know my children appreciate when I make them their favourite foods

Ex. 2 - I am good at my job and my work is valued

Evidence # 3

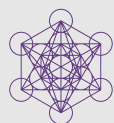
Ex. 1 - I graduated university with honours

Ex. 2 - My friend asks for and respects my opinion

Evidence # 4

Ex. 1 - In school I was chosen as the club leader

Ex. 2 - I feel valued when my husband cares for me when I am sick/tired.



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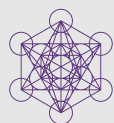
The limiting belief

Evidence # 1

Evidence # 2

Evidence # 3

Evidence # 4



Going forward .. Celebrate the small wins

It's really important to celebrate the small wins. If you usually yell at the kids 10x a day and you yelled 9x ..THAT'S GROWTH! If you usually blow up when your mom brings up a "trigger topic", and you breathe through it and excuse yourself off the phone ...AMAZING! The big wins come after the small successes and the more you pat yourself on the back, the quicker your brain accepts this new way of being.

Next, BE GENTLE WITH YOURSELF! Let me guess, you've spent the majority of your life (if not your whole life) beating yourself up! You're so hard on yourself! Would you listen to a boss or mentor who spoke to you this way? Would you be friends with yourself?! My guess is a hard no. So let's try something new. Try showing yourself compassion, talk to yourself like you would if a friend came to you with that problem.



At any point you're needing support with what you've dug up, or if you're struggling to answer these "seemingly" simple questions, that's ok! This is completely normal.

You may need a bit of support! This is why I am here. Treat yourself to a ThetaHealing® and together we can tackle the tough stuff!

