



The

Inside Out
Connection & Reflection
Journal

To accompany the book "Inside Out"

When Grief becomes a Gift

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Journal Questions & Processes

Welcome to your Inside Out
Reflection & Connection Journal.

I invite you into this space with love and
deep curiosity to look within yourself as you
strengthen your inner connection.

This journal accompanies my book
"Inside Out" - When Grief becomes a Gift.

Feel free to work through the questions
and exercises at your own pace.

You can start at the beginning and
move through them slowly over time,
or you may find there are specific
questions that call you.

Trust your instincts.

Be aware that the questions we often
resist the most are the ones that are
calling for our attention.

Take your time, be gentle and kind.
Get curious, as you gift yourself this
beautiful opportunity to look within.

EXPLORE LISTEN FEEL TRUST

With Love Kim

If you found out you were going to lose someone you loved dearly, long before you thought you would, what would be the most important things for you to do?

Have you ever had to prepare to say goodbye to someone after they passed away and felt like you needed more time to process and express how you felt?

Is there any way you would like to do this differently next time?

Have you ever felt uncomfortable speaking with someone who has lost a loved one, wondering what the 'right' thing to say is? How did you feel in their presence? Having this self-awareness creates a beautiful opportunity to get curious about why it might be this way for you.

How do you honour and look after yourself when you are grieving? Remembering that grief is not just experienced when we lose people we love.

Have you ever lost someone and noticed how the men and women in your life grieve differently? What did you notice?

Have you ever found yourself judging anyone based on these differences and your own beliefs?

How do you grieve?

Do you feel you are more of an instrumental or intuitive griever? *(These are explained in more detail within the book Inside Out).*

What is useful for you during these times?

This is important to know, so you can recognise the tools that you already have to draw on.

Is there anyone in your life you've been meaning to connect with in some way, but have not made it a priority to do so? Think about what you'd like to say to them, or do with them, and make it happen—because tomorrow is never guaranteed.

What would you do today if you knew you would not be here tomorrow?

Who are the people in your life that you know would be there for you if you needed them, in a heartbeat, for months and years after a tragedy, no questions asked?

Do you value the connection you have with them?

How could you continue to nurture these connections?

How do you feel within yourself when people around you are experiencing emotional pain? Do you ever feel like you want to take their pain away?

Is it hard for you to sit with someone in silence, just holding their hand and being fully present, without feeling there is something you have to do or fix?

Has anything significant happened to you in your life, and when you look back in hindsight, you realise there were so many signs leading up to the event that you never noticed at the time, but seem so obvious now?

What were they and what did they mean to you once you connected with them?

Have you ever had a feeling of deep knowing in your gut and followed your own intuition, regardless of other people's opinions?

Do you remember the energy of this and what it felt like?

What was the outcome of trusting your own intuition?

Have you ever had a spiritual experience that you have questioned or felt uncertain about sharing in case others didn't believe you?

What was your experience like for you?

Allow yourself to relive it.

Become aware of the feelings that are remembered when you step back into this space, knowing no-one can ever take that moment away from you.

How do you react or respond when you feel fear or anxiety?

What physical sensations do you feel in your body and where?

How do you move through these feelings?

What resources help you navigate through these times— internally and externally?

Is it easier for you to give or receive?
What part of giving or receiving is challenging for you?

Can you recognise a cycle or pattern you may have adopted that has been passed down through past generations within your own family?
If this is a pattern you would like to step out of, what steps could you start to take to commence this transition for yourself?

What is one thing you would do if you knew you could not fail?

Have you ever held onto wanting a specific outcome so tightly that it was difficult to let go of it when it didn't arrive the way you expected?

Bring it to your awareness now:

What if you had no expectations to begin with?

How might this have felt different?

What holds you back, or what do you see as an obstacle for not taking time out for yourself?

Be consciously aware of not blaming others.

This is an opportunity to take full responsibility for the choices you are making for yourself in this lifetime.

Do you feel worthy enough to put yourself first?

Why OR why not?

Are the reasons you are telling yourself true or false? How could you turn these around (if necessary) into more positive thoughts to create a different outcome?

Are you someone who gives a lot of yourself to others?
Does this have any negative impact on you emotionally, physically, mentally or spiritually?
How do you feel when you have given too much of yourself?

What is one thing you could do to start to change this pattern?

What needs of yours are being met by others when you put their needs in front of your own? (This can be a tricky question, but an extremely important one—read it again.)

Have you ever had a moment in your life where you've allowed yourself to fully let go of all fear and resistance, totally surrender, and trust the flow of life?

If you have—what did this feel like for you?
If you haven't—what stops you?

Is your heart open, ready to give and receive love?

Do you ever feel like you are blocking people from fully connecting with you?

Acknowledge how you do this and why you feel this might happen.

Is there something you are holding onto that you need to let go of that is creating a blockage in your body and contributing to imbalance or stagnation?

What changes could you make personally to allow love to flow freely in and out of your life?

Can you recognise a wound you might be carrying that feels heavy, calling for your attention?

Be honest with yourself and write it down. Name it.

It could be something that triggers you, causing an emotional response or reaction. It could be contributing to physical pain in your body.

It could be grief or trauma you have never given time and space to process.

Acknowledge how long you have been carrying this wound around.

Become aware of any avoidance towards acknowledging this wound.

How do you react to this each time it is brought to your attention? How does your body feel?

Do you feel this wound impacts your life and how you show up in the world? How? Does it have an impact on those around you?

What support do you need to begin healing this part of you to improve the quality of your life and what are your committed to doing?

Do you know what your values are?

If you do write them down and ask yourself if you are living your life in alignment with these?

If you are not, is there something you need to do so that they align, in order for you to show up as the most authentic version of yourself in the world?

If you are uncertain what your values are and would like support in ascertaining these, I can assist you in this process. Feel free to book in a session with me through my website.

www.kimcameronholstictherapies.com.au

Is there someone in your life you need to forgive to set yourself free?

Write down who it is & what you are forgiving them for. (Forgiveness is not about condoning the bad behaviour of others; it is about releasing the hold it has on you).

Once forgiveness has taken place there is no-one to blame.

How does your body feel when things are out of balance for you?

What are some of the behaviours that present themselves when you are feeling this way?

What are some of the tools you currently use to rebalance yourself?

Is there something you would like to bring more of into your life to feel more balance?

Are you aware of any addictive behaviours or habits that you have, or have had, in your life that you've used as a distraction to numb your own pain or avoid connecting to your feelings? What would the benefits be for you to work towards replacing these behaviours with more nurturing ones? What might these look like?

What support would you need to begin to make these changes?

Have you ever set high expectations for yourself and been disappointed when you could not achieve them?

What are your feelings around lowering your expectations and letting go of the 'pushing' energy that may be behind them?

What difference do you think this would make to how your body feels when you release this pressure you have been placing on yourself?

Emotions are our messengers.

When emotions arise for you, do you stop and listen to what they are trying to tell you with openness, interest and curiosity?

Or do you shut them down quickly, pushing them back into your body until they rise again at another time, trying desperately to get your attention?

Try to become aware of your body's response or reaction to your emotions when they present themselves and give them space to be felt.

When was the last time you fully surrendered and allowed yourself to give in to rest completely?

What does family mean to you?

What does it look like? (Remember family is not always your blood relatives.)

How do you feel when you are with these people?

Have you ever felt like you needed to rest, but continued pushing yourself so you didn't disappoint others?

How did this feel?

Is this a pattern in your life that you recognise?

Has it been passed down through generations within your family?

If this is a pattern you resonate with, how could you start to change it?

Breaking the cycle by changing the pattern creates powerful transformation.

Think of an important relationship in your life. Take some time to reflect on the connection you have with this person:

Do you feel it may benefit from some extra energy and attention?

What could you do to create a deeper connection with this person to have more open and honest conversations?

Energy flows where attention goes.

Are there any other areas of your life where you feel you are missing connection?

If these spaces feel empty, what are some ways you might be able to invite more connection in?

Have you ever lost someone and felt like you would like to honour that person in some way?

It may be a creative project for yourself to remember them, a donation you'd like to make to a charity or creating a space in your home - like an altar or garden.

It's never too late.

Take some time to feel into this and put into action whatever feels good for your heart and soul. Write down your ideas.

If you have lost someone you love, do you notice how things change as time goes on? What has changed for you over time?

Is there something you would like to do differently as part of your grief journey that you have not done in the past to remember your loved one?

What do you do to create memories with the people you love?

HEALING STARTS WITH LOVING YOURSELF.

OFTEN WHEN YOU BEGIN TO LOOK DEEPER WITHIN YOURSELF, LAYERS CAN START TO UNRAVEL AND EXPOSE WOUNDS THAT HAVE BEEN CARRIED AROUND FOR LONG PERIODS OF TIME. THIS PROVIDES A BEAUTIFUL OPPORTUNITY FOR HEALING.

IF YOU FEEL YOU NEED ADDITIONAL SUPPORT TO WORK THROUGH ANY OF THIS PLEASE REACH OUT.

I OFFER PERSONAL ONLINE HOLISTIC THERAPY SESSIONS, FACE TO FACE MIND BODY CONNECTION SESSIONS, GROUP WORKSHOPS, CONNECTION CIRCLES AND RETREATS THAT CAN ASSIST IN DEEP REFLECTIVE PROCESSING TO CREATE STRONGER CONNECTION WITH SELF.

MAY YOU CONTINUE TO BE CURIOUS AND COMPASSIONATE WITH YOURSELF THROUGHOUT YOUR OWN JOURNEY, CONNECTING DEEPLY FROM THE “INSIDE OUT”.

I WOULD LOVE TO HEAR FROM YOU ABOUT YOUR EXPERIENCE OF READING INSIDE OUT, AND ANY INSIGHTS THIS HAS BROUGHT INTO YOUR LIFE.

PLEASE FEEL FREE TO CONNECT WITH ME VIA MY WEBSITE, EMAIL OR SOCIAL MEDIA.

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