



## EXERCISE 2F: WHAT'S YOUR EMOTIONAL PATTERN

Questions for Reflection and Journaling\*\*

When looking at column C above, what person(s) did you feel these emotions within your childhood or teen years?

When looking at column E above, what person(s) did you feel these emotions within your childhood or teen years?

When reflecting on your current relationship with this person(s) is it the way you would like it to be? If not, what is unresolved?

\*\* Please note if this was a physical, sexual or emotionally abusive relationship, it is recommended you discuss this with a therapist.

If not resolved, and from a place of detached curiosity, what do you think are the primary reasons this person harmed you, whether intentionally or unintentionally? Was it their:

- ◆ Fear?
- ◆ Dishonesty?
- ◆ Selfishness?
- ◆ lack of awareness?

If you were to look at this as a detached adult, is it possible they did the best they could at their stage of emotional/spiritual development? If so, how could that change the way you see them?

From a place of detached curiosity, what responsibility\*\* can you take in this discord without punishing yourself? Was it partly due to your own:

- ◆ Fear?
- ◆ Dishonesty?
- ◆ Selfishness?
- ◆ Lack of awareness?

If you were to look at this relationship from a soul level:

What lesson did you learn—about yourself and others—from this discord?

What action can you take to come to peace with it?

Examples:

- ◆ Would you be willing to forgive them for their part in the discord?
- ◆ Would you be willing to forgive yourself?
- ◆ Would you be willing to give yourself the love/acceptance you need moving forward?