



## 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.

## EXERCISE 2F: continued

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?

WORKSHEET CONTINUED NEXT PAGE



## 2I: EMBRACING NEW EMPOWERING BELIEFS

False Beliefs I have Released	True Beliefs I Now Embrace
<p>Examples:</p> <ul style="list-style-type: none"><li>◆ I have a better chance of being killed by a terrorist than getting married because all the good ones are taken by my age.</li><li>◆ I can't find I want to be with who can love the real me.</li></ul>	<p>Examples:</p> <ul style="list-style-type: none"><li>◆ There are plenty of quality, single people my age out there if I just put myself out there.</li><li>◆ I know there are several soul mates out there who would be the right fit for me.</li></ul>

