



## 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?

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## Exercise 3B: WHAT AM I LOOKING FOR IN A SOUL MATE RELATIONSHIP?

<p>Top 5 Things I Don't Want in a Relationship</p> <p>(The opposite of these will help clarify what you want)</p>	<ol style="list-style-type: none"><li>1. _____</li><li>2. _____</li><li>3. _____</li><li>4. _____</li><li>5. _____</li></ol>
<p>Top 10 Things I MOST Want in a relationship</p> <p>(Circle the 5 you need MOST to be happy in relationship)</p>	<ol style="list-style-type: none"><li>1. _____</li><li>2. _____</li><li>3. _____</li><li>4. _____</li><li>5. _____</li><li>6. _____</li><li>7. _____</li><li>8. _____</li><li>9. _____</li><li>10. _____</li></ol>



## Exercise 3E: Channel Your Empowered Alter-Ego

Answer these Questions—without Editing—to See What Part of You Wants to Come Out!

What qualities does my alter ego have that I MOST wish I did right now? (i.e. confidence, uniqueness, courage, etc.). Put at least one quality down.

In what area of my life am I NOT showing up for myself that I wish my alter-ego would help me with?

Is there a celebrity—alive or dead—that I most want my alter ego to emulate? This could be a politician, movie star, musician, scientist, drag queen, athlete, writer, artist, fictional character, etc. Describe them.

Is there an archetype, zodiac sign, power animal or superhero/superheroine whose qualities I really admire? One I always resonated with deep down? Write about what comes to mind

## Exercise 3E: continued

Describe your alter-ego as best you can right now (you can update it later but make it distinctive). What do they look like? What do they wear? How do they walk? How do they behave? Do they have mannerisms?

As you review your answers, what are some names that come to mind for an alter-ego with these qualities? Look up names you like or translate words you like. You can also look up what names mean and pick one that resonates most. For example, my inner drag queen, Kitty Royale, got her last name by translating the word "regal" into French.

What would be a mantra or call-to-action you can invoke when you want your alter-ego to take over? This could be a phrase that inspires you or touching an object you love.