



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 (The opposite of these will help clarify what you want)</p>	<ol style="list-style-type: none">1. _____2. _____3. _____4. _____5. _____
<p>Top 10 Things I MOST Want in a relationship (Circle the 5 you need MOST to be happy in relationship)</p>	<ol style="list-style-type: none">1. _____2. _____3. _____4. _____5. _____6. _____7. _____8. _____9. _____10. _____



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 3F: FIND AND EXPAND YOUR TRIBE

Reflect on these questions below and journal about them.

Current Tribal Members

- ◆ Who in your current life supports you no matter what and reminds you of who you are when you forget? How has their presence in your life impacted your growth? How have you impacted theirs?
- ◆ Are there people in your sphere who have potential to be part of your tribe but for whatever reason you have overlooked them? How might you find out if they're part of your tribe? Are you willing to take action?
- ◆ Are you giving and taking freely in the tribal relationships you do have? If not, how might you give/receive more?

Past Tribal Members

- ◆ If there is no one now, were there in the past? If so, what do you think are the reasons they are no longer in your life? Was it a natural diversion of paths or was it a relationship that wasn't nurtured by both parties? In hindsight, were there people who could have been members of your tribe, but you overlooked? Is this a relationship worth resurrecting or did it run its course?
- ◆ Have you invested in a lot of one-sided relationships where you give too much or don't receive? Or conversely, have you relied on other's support too much and didn't return it enough? How did that effect you both and the relationship as a whole?

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EXERCISE 3F: continued

Tribal Members You Haven't Met:

Journal about these two important topics for finding your tribe

Values?

What would you say are the most important values you hold that you need reflected in your tribal members? Write them out. A good clue is to look at the people you admire and note the quality you appreciate. These are also your qualities as you tend to notice the virtues you already possess inside, whether you acknowledge them or not. Some examples of values include integrity, courage, creativity, innovation, confidence, passion, playfulness, loyalty, optimism, humor, spirituality, tolerance, etc. Choose the top 5 most important qualities to you. These qualities should be present in your tribal members.

Interests?

What interests do you have that you would like to share with your tribe? This could be a hobby or cause you devote a lot of time to, or a shared personal growth or career goal.