

Write About It...

Connecting to Generosity

A few questions to ask when searching for the root cause of uncomfortable feelings are:

1. What am I feeling? Be specific and name the emotion. Is it anxiety, overwhelm, sadness, or grief?
2. Then ask, why do I think I am feeling this. Here is a place to sit for a while, exploring additional why questions. Think of this as peeling back the onion exercise. Including there may be tears involved. But remember, it is ok because once the onion is peeled back, you can move on with the recipe.
3. Once you understand the feeling and why you are feeling it, you can start to probe your memory for possible sources of where or who planted the limiting belief.

