

THE HIDDEN STORIES

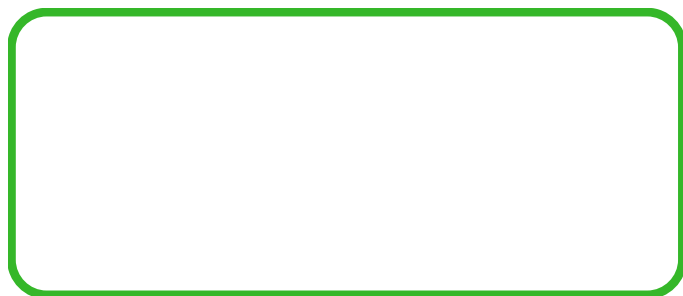
WRITING REFLECTION

EXCAVATE THE SUBCONSCIOUS STORIES

We each have hidden stories that we carry with us. These are stories about why we can't/shouldn't do something or why we're not "enough" in some way. Sometimes we believe these stories so strongly that we don't even realize they're there. This exercise will assist you in diving down deep into the origins of these stories, or limiting beliefs. These beliefs often take root in childhood and we carry them in our subconscious for years. When we identify where they came from, we can begin to separate from the false stories and expand into our highest and best selves.

Think of one phrase/word that represents a "stuck" area for you. (For example, you might write "Worries about money" or "Doubt my own abilities" or "I feel overwhelmed and stressed." Take some time in this exercise to create a sacred space to go inward, reflect and really feel the energy.

The stuck area:



What do these words mean to you?

Say more about this.

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Is there a fear, worry or doubt that you believe is behind this? (Often we fear rejection, failure, or being enough...)

Think about what this is linked to in your life. Looking at your early childhood, what did you learn or hear that might have fueled this fear or doubt, and from whom? How did this affect you at the time?

Now look at your adolescence. What did you learn or hear that fueled this fear or doubt, and from whom? How did this affect you at the time?

Now look at your early 20s. What did you learn or hear that fueled this fear or doubt, and from whom? How did this affect you at the time?

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Reflect a bit on how these experiences have manifested in your life today. How have these become stories or limiting beliefs in your life? How are they no longer helping you with what you seek to become?

How would you be able to move closer to your highest and best self if you were to set these stories aside? Reflect on this and describe what comes up.

Picture the people in your life who helped (usually unintentionally) to create these false stories/limiting beliefs in your life. What if you told them (in your mind) that you know they were only doing what they thought was best at the time? If you feel the need to forgive them, see if you can begin to do so. Now, communicate to these people (written here and in your mind) that you no longer plan to believe the story they helped to create. Visualize this conversation. Take some time to really feel this; this can be emotional and very healing.. Thank them for what they may have (perhaps subconsciously) been trying to do to help you, if this feels right. Explain to them how the beliefs hurt you at the time, how they have affected your life since then, and how you will feel/what you will do once you separate from these beliefs. Sit down and write a letter (not one that you actually send) to each person who comes up. This can be emotional. Light a candle and feel the separation. You can use another page to do this and write as much as you like.