

Get Unblocked Exercise

Inspired by Radical Forgiveness. Take out your journal or notebook and find a sunny or shady spot. This works better and better each time you do it. The only rule is let your pen do the thinking. In other words, write from the gut and be amazed at how much you've hidden from yourself.

1. Choose one negative voice that keeps you stuck or blocked. This is your victim voice. Here are some of the voices that block us from ourselves. Elaborate on the voice and be as descriptive as possible.
 - a. I'm not good enough.
 - b. I am too _____.
 - c. I never win.
 - d. I'll never be as good as _____.
 - e. No one will love me.
 - f. I always mess up.
 - g. I don't belong.
2. Write down all of your worries and fears associated with this voice. This is the victim story that supports your victim voice. Don't judge; just write! Start each sentence with I'm afraid that/I'm upset that/I worry that...
3. Feel the feelings fully. Don't sugarcoat or hide from them. How does that voice make you feel? Pick as many as apply or create your own:
Resentful - Sad - Depressed/unmotivated - Angry/Frustrated -
Insecure - Guilty - Afraid
4. We only hold on to a negative voice because on some level it protects us. The same victim voice likely appears as a pattern in your life. What are you trying to protect yourself from?
5. Imagine how much more empowered you would be if you shed the victim voice because you don't need that protection anymore. Write your permission and new vision.

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