

WRITE TURN

THE WORK

STREAM OF CONSCIOUSNESS

Write without stopping.

When you allow your thoughts to flow without judgment, you get to the truth. Allow the anger, confusion, and everything else to show up on the page. Then you will get to the heart of what's really going on.

WRITE BY HAND

USE INTUITION

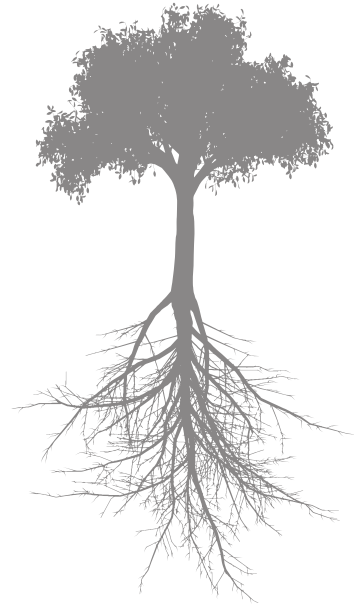
When you look back and reflect on your writing, what is the gut instinct you have about what is written?

Trust it.

ALL WAR BELONGS ON PAPER

Byron Katie reminds us that we must write out what hurts, only then can we see the truth. Especially when we are at war with each other.

BE BRAVE



TOOLBOX

Take breaks

ONE QUESTION AT A TIME.

be gentle.

CONNECT TO YOUR BODY.

Staying in your body helps to keep you out of fight or flight.

YOUR BREATH

If emotions get overwhelming, practice focusing on the rise and fall of your chest.

THE POWER OF YOUR ADDICT

We all have addictions. From drugs and alcohol to our social media feeds and food, it's human nature to search for a way out of discomfort. Like physical pain, these tendencies are natural but addictions can be fatal so unhealthy coping skills also require us to heal and learn new ways of coping so we can tolerate uncomfortable feelings without causing more harm to ourselves and will turn into another problem we need to recover from.

This part of yourself is also powerful, takes action, and is an incredible teacher. These questions help you understand "your addict". These questions are best answered when you have determined that your addict's tendencies are causing more harm than good and you want to change these behaviors.

Once you finish the questions wait a day or two and then read back over your answers with as little judgment as you can.

TIP: The most useful conversations I've had with my addict come when I am in the midst of my cravings and my addict has taken over my self will.

QUESTIONS

1. Have a conversation with the thing you are addicted to. How does your addict respond when you ask...what are you here to teach me?
2. How have you helped me survive what I am running from?
3. When do I rely on you the most?
4. When I give in to what you want, how does it make me feel? (That day and the weeks following?)
5. What could I replace you with? How would that make me feel?
6. What else do you crave that would be good for me?
7. What are traits you admire about your addict?