

WRITE TURN

THE WORK

FREWRITE

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

WRITE BY HAND

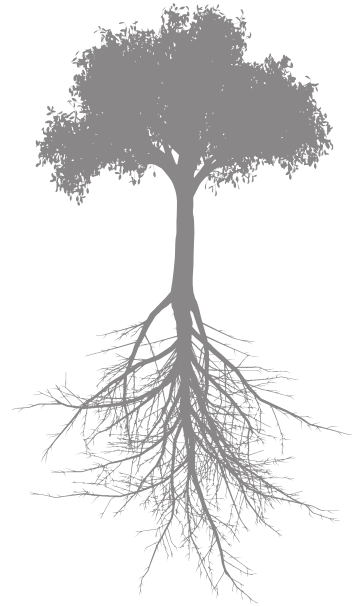
USE INTUITION

When you look back and reflect on your writing, what is the gut instinct you have about what you've written? Follow it.

ALL WAR BELONGS ON PAPER

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

BE BRAVE



TOOLBOX

TAKE BREAKS

**ONE QUESTION AT A TIME
CAN BE JUST ENOUGH.**

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 tuning into the rise and fall of your chest.

YOUR INTUITION

Your intuition is your guide through the world. This inner compass warns you of danger, tells you whether you should stay or go, and helps you navigate to a life that brings you joy and happiness. The more you listen to this voice, the louder it gets. When we practice exercising this muscle and experience positive results in our life, we begin to trust ourselves and that builds your confidence.

If you're just starting out, or haven't practiced in a while, start small. For example you get a feeling like you should grab a coat on your way out and later that day it starts to rain. The practice is you get the feeling, you follow it and see what happens.

The following are a series of questions to help you develop your intuition. Once you finish the questions wait a day or two and then read back over your answers with as little judgment as you can.

WATCH OUT: Past trauma can lead you astray, masking its voice as your intuition but is really an old reaction to a past threat. Intuition is a clear, calm feeling. If its muddled, or compulsive, wait for a calm "yes". Keep working with it and when you get a positive result, write about how that felt in your body.

Questions:

1. Have you ever had a gut feeling? When did it happen? How did it feel in your body?
2. Give an example of when you followed your gut instinct and it led you in the right direction?
3. What does it feel like when you get a "yes" to do something? Like when you are faced with a decision and you know the answer is a total, undeniable "yes" that you should absolutely take that action, what does that feel like? Does it have a color? A shape? Write out as many details come to mind.
4. Visualize your higher self. What is she wearing? What does her hair look like? What would she say about a challenging situation you are currently facing?
5. When was the last time you were afraid? Ask your higher self what that emotion was trying to tell you and write the response.
6. Have you ever been in danger? Did you get a particular feeling in your body that let you know something wasn't right? Explain as many details as possible about that event.