



Working with a Challenge

I invite you now to think about something or someone that is causing you distress.

It may be something that has occurred recently or it could have been upsetting you for some time.

This exercise is designed to be worked through in your journal or on some paper. In either case, pen and paper is always better than typing as it connects with a different part of your brain.

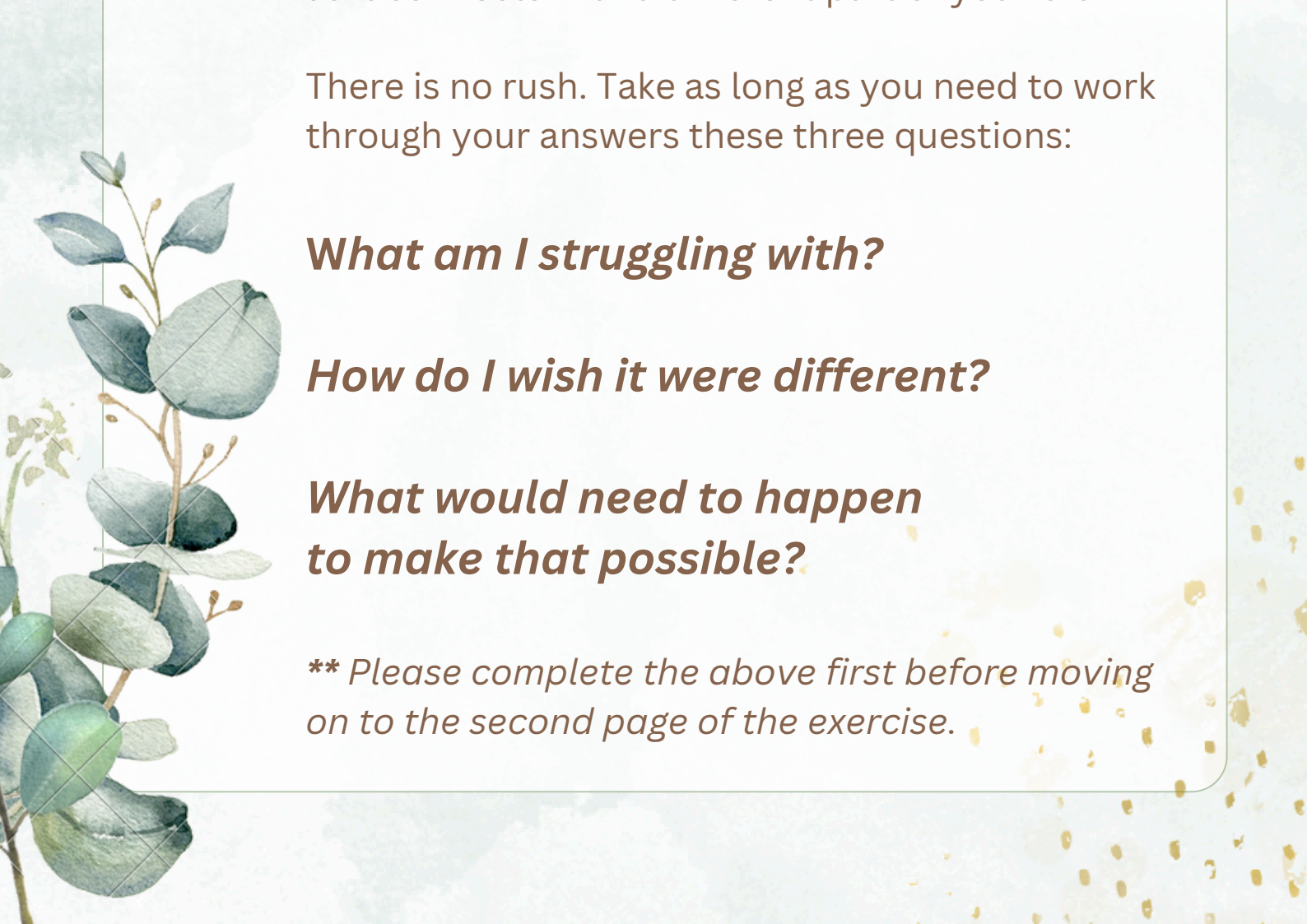
There is no rush. Take as long as you need to work through your answers these three questions:

What am I struggling with?

How do I wish it were different?

What would need to happen to make that possible?

***** Please complete the above first before moving on to the second page of the exercise.***





Your Challenge Continued

Take a moment to reflect on what you have written. Where or on whom have you placed your focus and attention?

It is most likely that you have explored your experience as something that sits outside of you, with the power to effect change given to someone or something else.

Let's try working with the same struggle but this time the focus in on YOU.

Take a few long, slow and deep breaths. In your own time and perhaps deliberately more slowly this time ask yourself:

How do I feel?

How do I want to feel?

How can I best support myself today to get closer to what I need?

** You may like to watch the video for this exercise to gain more insight around this issue for you.

