

Journey
SELF-AWARENESS

SELF-AWARENESS
AS A TOOL FOR
SOLVING OUR
MENTAL HEALTH CRISIS

PRESENTED BY:
MARY JO VAN HORN

"SELF-AWARENESS JOURNEY"

Journey SELF-AWARENESS

OUT OF SEVEN KIDS, I WAS THE SECOND YOUNGEST AND THE MOST SENSITIVE. NO MATTER WHO WAS GETTING YELLED AT, I WAS IN MY BEDROOM CRYING.

IN HOPES OF PREVENTING AS MUCH YELLING AS POSSIBLE, I LEARNED FROM A VERY YOUNG AGE TO PEOPLE PLEASE, WHICH QUICKLY BECAME MY WAY OF LIFE.

SO MUCH OF MY ADULT LIFE WAS SPENT LIVING THROUGH THE FILTER OF, "WHAT DOES THE OTHER PERSON WANT?" AND THEN FIGURING OUT HOW TO MAKE IT WORK FOR ME. MY SENSE OF WHAT I WANTED WAS BURIED UNDER THE RESENTMENT OF ALWAYS DOING WHAT THE OTHER PERSON WANTED AND THEN RESENTING THEM FOR NEVER GIVING ME WHAT I WANTED.

THE INTERNAL CONFLICT BETWEEN KNOWING WHAT I WANTED (AT LEAST ON SOME LEVEL) BUT NOT ALLOWING IT, SHOWED UP FOR ME MOSTLY AS NEEDING PRESCRIBED MEDICATION FOR SLEEP AND HIGH BLOOD PRESSURE DUE TO STRESS, TURNING TO FOOD AND ALCOHOL TO NUMB MY EMOTIONS, SELF-DOUBT, RESENTMENT AND LACK OF CONFIDENCE WHEN THINGS DIDN'T GO AS PLANNED AND EVENTUALLY, EMOTIONAL BURNOUT,

FROM THE BURNOUT CAME THE REALIZATION THAT...

PERHAPS I DIDN'T HAVE ALL THE ANSWERS.

PERHAPS I NEEDED HELP.

THAT HELP CAME IN THE FORM OF SELF-AWARENESS...BECOMING AWARE OF MY UNTRUE BELIEFS ABOUT MYSELF AND LIFE AND HOW TO RELEASE THEM, SO I COULD RETURN TO WHAT IS INHERENTLY TRUE.

Journey SELF-AWARENESS

I CALL IT MY **RECOGNIZE-RELEASE-RETURN** METHOD. IT IS THE METHOD I'VE USED TO MINIMIZE STRESS SO THAT I NO LONGER NEED PRESCRIBED MEDICATION FOR SLEEP OR HIGH BLOOD PRESSURE, TO NO LONGER NEED TO NUMB MY EMOTIONS, TO ASK FOR HELP WHEN I NEED IT, AND TO COMMUNICATE WHAT I WANT FROM A PLACE OF KINDNESS AND RESPECT.

IT IS THE ESSENCE OF MY WORK AROUND SELF-AWARENESS AS A TOOL FOR...

MINIMIZING STRESS AND ANXIETY

RELEASING OUR DESIRE TO NUMB OUR EMOTIONS.

STARTING TO HEAL FROM CHILDHOOD SEXUAL ABUSE.

SOLVING OUR MENTAL HEALTH CRISIS.

LIVING WITH MORE COMPASSION, CONNECTION AND JOY!

I'M MARY JO VAN HORN, SELF-AWARENESS COACH AND SPEAKER,
AND ADVOCATE FOR MENTAL HEALTH.

TODAY, I'M SHARING WITH YOU MY **RECOGNIZE-RELEASE-RETURN** METHOD FOR RECOGNIZING THE UNTRUE BELIEFS ABOUT YOURSELF AND LIFE AND HOW TO RELEASE THEM SO YOU CAN RETURN TO WHAT'S INHERENTLY TRUE FOR YOU.

Journey SELF-AWARENESS

STEP 1 IS **RECOGNIZING** THE BELIEF(S) ABOUT YOURSELF AND/OR LIFE ATTACHED TO YOUR STRUGGLE, CHALLENGE OR DIFFICULTY. THESE BELIEFS ARE ALMOST ALWAYS UNTRUE.

STEP 2 IS **RELEASING** YOUR UNTRUE BELIEFS. THIS IS WHERE MOST PEOPLE GET STUCK. IT'S A CRITICAL STEP BECAUSE NOT RELEASING KEEPS YOU STUCK IN TAKING ACTIONS THAT LINE UP WITH YOUR UNTRUE BELIEFS.

STEP 3 IS **RETURNING** TO WHAT'S INHERENTLY TRUE FOR YOU, CREATING A CONSCIOUS LEVEL OF EVER DEEPENING AWARENESS AND TAKING ACTIONS THAT LINE UP WITH YOUR INHERENT TRUTH.

LET'S START WITH STEP 1, RECOGNIZING YOUR UNTRUE BELIEF(S) ABOUT YOURSELF AND LIFE AS KIDS, WHEN WE EXPERIENCE CIRCUMSTANCES THAT ARE CONFUSING OR DON'T FEEL GOOD, WE MAKE UP STUFF IN ORDER TO MAKE SENSE OF THINGS.

THERE'S NOTHING MORE IMPORTANT TO A CHILD THAN THAT THEY FEEL EMOTIONALLY SAFE. WHAT WE MAKE UP BECOMES OUR UNTRUE BELIEFS, MOSTLY SITTING IN OUR SUBCONSCIOUS, MEANING WE'RE UNAWARE THAT THEY EVEN EXIST.. IT MAY NOT HELP US TO FEEL GOOD, BUT AT LEAST IT MAKES SENSE.

Journey SELF-AWARENESS

IN OTHER WORDS, EVERY CHILD CREATES A TAKEAWAY FROM EVERY EXPERIENCE. AS PARENTS, THEIR TAKEAWAY MAY NOT BE WHAT WE INTEND. JUST AS YOU AND I CREATED UNTRUE BELIEFS, SO DID OUR PARENTS AND THEIR PARENTS AND SO ON. THAT'S WHY MANY OF THE SAME "ISSUES" GET PASSED ON FROM GENERATION TO GENERATION...BECAUSE NOTHING HAS INTERRUPTED THE PATTERN.
UNTIL NOW.

THEREFORE, THE GREATEST GIFT YOU CAN GIVE A CHILD IS TO LEARN THIS FOR YOURSELF, SO YOU CAN NATURALLY AND EFFORTLESSLY MODEL IT FOR THEM.

WHAT ARE YOUR CHILDHOOD EXPERIENCES THAT WERE CONFUSING OR THAT DIDN'T FEEL GOOD, EMOTIONALLY? THIS ISN'T ABOUT RELIVING THE PAIN OR SITTING IN THE PAIN. BUT, RATHER IT'S ABOUT TOUCHING THE PAIN JUST ENOUGH TO FEEL AND HEAR THE THOUGHTS THAT BECAME YOUR UNTRUE BELIEFS.

THINK OF IT AS GOING ON A TREASURE HUNT. THERE IS SO MUCH WISDOM AND AWARENESS TO BE FOUND IN OUR PAINFUL CHILDHOOD EXPERIENCES. OUR UNTRUE BELIEFS ARE OUR KEY TO EMOTIONAL FREEDOM AND PEACE WITHIN.

ONE OF THOSE NUGGETS OF WISDOM IS...

YOUR ACTIONS WILL ALWAYS LINE UP WITH WHAT YOU BELIEVE TO BE TRUE FOR YOU, WHETHER YOU'RE AWARE OF THOSE BELIEFS OR NOT.

Journey SELF-AWARENESS

HAVE YOU EVER BEEN TOLD TO "JUST GET OVER IT ALREADY!" OR "STOP DIGGING UP THE PAST, YOU'RE NOT THAT KID ANYMORE, JUST LET IT GO."

THE PROBLEM IS, YOU CAN'T LET GO OR GET OVER WHAT YOU ARE UNAWARE OF AND AS LONG AS YOU STAY UNAWARE OF YOUR UNTRUE BELIEFS ABOUT YOURSELF AND LIFE, AND HOW TO RELEASE THEM, YOUR ACTIONS WILL CONTINUE TO IMMEDIATELY OR EVENTUALLY, LINE UP WITH THEM.

YOUR HANDOUT INCLUDES A PAGE TITLED "MY UNTRUE BELIEFS" FOR YOU TO NOTE YOUR CHILDHOOD EXPERIENCES THAT DIDN'T FEEL GOOD AND THE BELIEF OR BELIEFS YOU CREATED FROM THAT EXPERIENCE.

AS YOU REFLECT, DO SO FROM A PLACE OF SELF-COMPASSION AND SELF-LOVE. IF YOU FEEL STUCK, THAT'S OK. STAY WITH ME, AS WE WILL BE SPEND MORE TIME ON THIS PARTICULAR EXERCISE LATER ON DURING OUR TIME TOGETHER.

MY *untrue* BELIEFS

Childhood Experience

Belief I Created

Childhood Experience

Belief I Created

Journey SELF-AWARENESS

ONCE YOU HAVE RECOGNIZED YOUR UNTRUE BELIEFS ABOUT YOURSELF AND LIFE, IT'S TIME TO RELEASE THEM. NOT RELEASING YOUR UNTRUE BELIEFS KEEPS YOU STUCK IN ACTIONS THAT WILL IMMEDIATELY OR EVENTUALLY LINE UP WITH THEM.

THERE ARE MANY DIFFERENT WAYS TO RELEASE. CHOOSE WHAT WORKS BEST FOR YOU. FOR EXAMPLE...

HAVE A CONVERSATION WITH THAT YOUNGER "YOU" THAT CREATED THE BELIEF, THANKING SHE/HE FOR SHOWING UP WANTING TO KEEP YOU SAFE. THEN SHARE WITH HIM/HER THAT AS THE ADULT YOU ARE TODAY, YOU'RE GOING TO CHOOSE WHAT'S TRUE FOR YOU INSTEAD. WHEN I FIRST STARTED RELEASING I USED THIS METHOD THE MOST. HERE'S WHAT THAT CONVERSATION SOUNDED LIKE WHEN I WOULD FEEL TRIGGERED AND GO TO MY "I AM WORTHLESS" BELIEF...

"HELLO, JO JO (THAT WAS MY NICKNAME AS A KID) I HEAR YOU, I FEEL YOU. THANK YOU FOR SHOWING UP WANTING TO KEEP ME SAFE. BUT, AS THE SMART, TALENTED, WORTHY ADULT I AM TODAY, I'M GOING TO CHOOSE A DIFFERENT THOUGHT."

IMAGINE SENDING YOUR UNTRUE BELIEF TO A "DELETE" FILE.

IMAGINE SENDING YOUR UNTRUE BELIEF AWAY IN A HOT AIR BALLOON OR WITH A CARRIER PIGEON.

IMAGINE YOUR UNTRUE BELIEFS ARE ROCKS FALLING OFF A CLIFF, DISSOLVING AS THEY HIT THE GROUND BELOW.

IMAGINE SENDING YOUR UNTRUE BELIEF TO YOUR HIGHER POWER AND ASKING FOR IT TO BE RECYCLED INTO SOMETHING BEAUTIFUL.

Journey SELF-AWARENESS

RELEASING YOUR UNTRUE BELIEFS CREATES SPACE FOR WHAT IS INHERENTLY TRUE FOR YOU, WHICH WILL INFLUENCE YOUR ACTIONS ACCORDINGLY. HERE'S ONE OF THOSE NUGGETS OF WISDOM I'VE PICKED UP ALONG MY SELF-AWARENESS JOURNEY...

YOU DO NOT NEED OTHERS TO VALIDATE YOUR INHERENT TRUTHS IN ORDER FOR YOU TO LIVE AS IF THEY ARE TRUE.

I SPENT DECADES FRUSTRATED, ANGRY AND RESENTFUL THAT MY MOM BELIEVES THAT BOYS DESERVE BETTER THAN GIRLS. EVERY TIME I'D SHARE ONE OF MY ACCOMPLISHMENTS WITH HER, SHE WOULD DISMISS IT AND ONE-UP ME WITH SOMETHING ABOUT ONE OF MY BROTHERS.

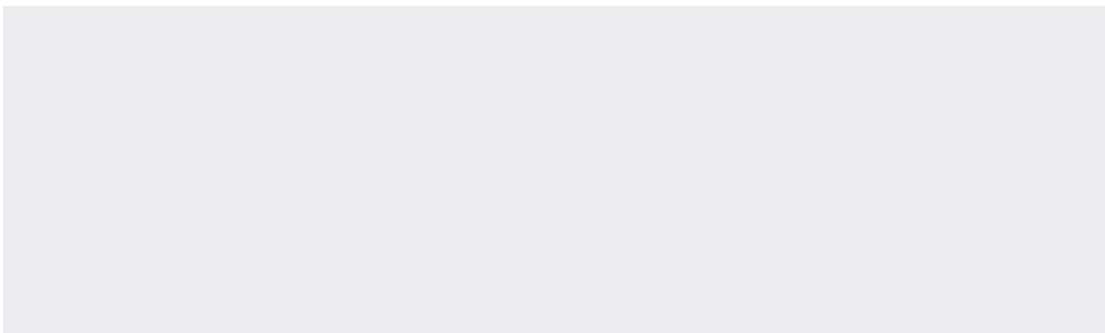
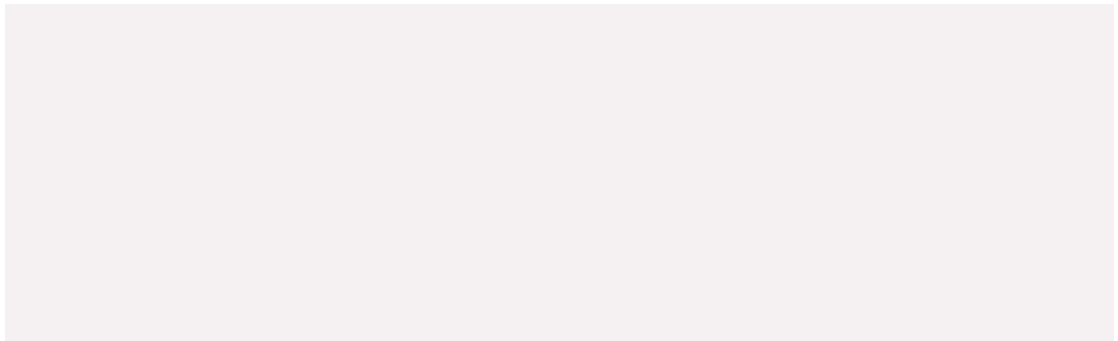
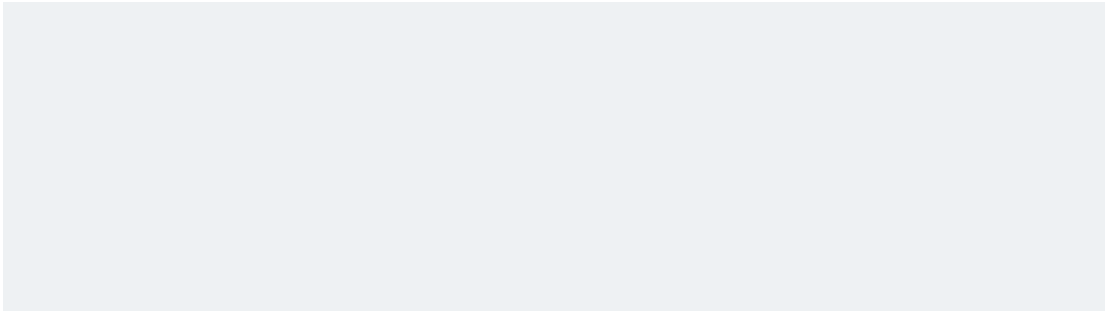
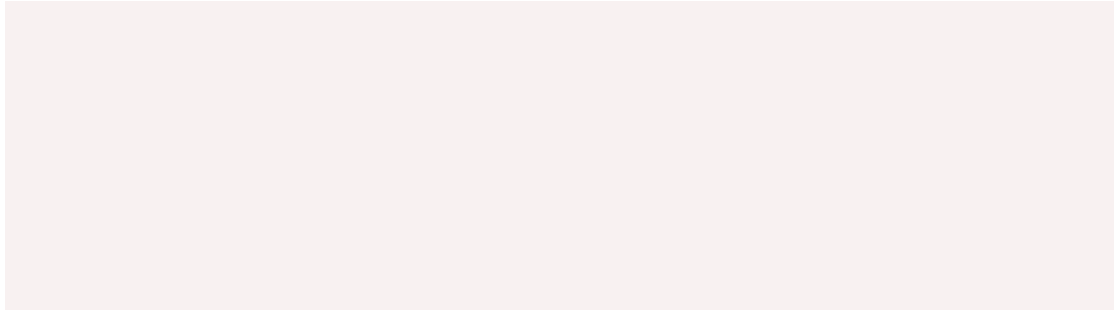
THIS WAS SUCH A BIG TRIGGER FOR ME! I'D BE SO EXCITED TO SHARE SOMETHING GOOD AND IN AN INSTANT, I'D FEEL DISMISSED, DIMINISHED AND WORTHLESS.

BUT, WHEN I CHOSE TO SEE IT DIFFERENTLY, SOMETHING AMAZING HAPPENED! WITH THE AWARENESS THAT IT WAS NOT A REQUIREMENT FOR MOM OR ANYBODY ELSE TO VALIDATE MY WORTHINESS IN ORDER FOR IT TO BE TRUE FOR ME, I STOPPED FIGHTING FOR THAT VALIDATION. AND INSTEAD, LIVED AS IF IT WAS TRUE.

IN DOING SO, ALL THAT FRUSTRATION, ANGER AND RESENTMENT STARTED TO RELEASE, AS I STEPPED INTO MY WORTHINESS, NO LONGER NEEDING TO PROVE IT OR REQUIRING ANYONE ELSE TO VALIDATE IT, THE ONE-UPPING ALL BUT STOPPED...AS IF BY MAGIC.

FOR EACH OF YOUR UNTRUE BELIEFS, THERE IS AN INHERENT TRUTH FOR YOU INSTEAD. THERE'S A PLACE TO WRITE THOSE DOWN ON THE NEXT PAGE I'VE INCLUDED SEVERAL PAGES OF INHERENT TRUTHS FOR REFERENCE. THERE ARE MANY MORE, BUT THESE WILL HELP YOU GET STARTED.

WHAT'S
inherently
TRUE FOR ME



Inherent
TRUTHS

I AM WORTHY, JUST BECAUSE I WAS BORN.

IT IS SAFE FOR ME TO TALK OPENLY AND
HONESTLY ABOUT MY EMOTIONS.

I HAVE ALL THE POWER I NEED TO
CREATE THE DESTINY I DESIRE.

I AM STRONG, STABLE, SAFE AND SECURE.

I AM STRONG, SOUND AND WELL-
STRUCTURED.

I SEE THE VALUE IN MY EVERYDAY
LIFE

I AM STRONG, FREE, AND ABLE
TO CHOOSE WHAT HONORS ME.

Inherent
TRUTHS

I AM LOVABLE, JUST BECAUSE I WAS BORN.

I AM A CLEAR THINKER LIVING IN THE
PRESENT.

I DESERVE PEACEFUL, HARMONIOUS
SUPPORT FROM OTHERS.

I AM WORTHY OF LOVE.

THERE IS ALWAYS A PEACEFUL
ALTERNATIVE TO CONFLICT.

I AM DESERVING OF EXCELLENT
EMOTIONAL HEALTH.

CALM IS MY NATURAL STATE OF
BEING.

Inherent
TRUTHS

I APPROVE OF MYSELF

DIVINE RIGHT ACTION IS ALWAYS TAKING
PLACE IN MY LIFE.

I LOVE AND ACCEPT MYSELF JUST
AS I AM RIGHT NOW.

I AM WORTHY OF INNER PEACE.

IT IS SAFE FOR ME TO OPEN MYSELF TO
CHANGE.

I AM WORTHY OF JOY FLOWING
THROUGH ME WITH EVERY BEAT OF
MY HEART.

I DESERVE A LIFE FILLED WITH
LOVE AND JOY.

Inherent
TRUTHS

IT IS SAFE TO BE ME AND EXPRESS WHO I AM.

I AM A DIVINE EXPRESSION OF BEAUTY.

I HAVE THE POWER AND STRENGTH
AND KNOWLEDGE TO HANDLE
EVERYTHING IN MY LIFE.

I AM AT PEACE.

I LOVE AN APPROVE OF MYSELF

IT IS SAFE FOR ME TO GO BEYOND
MY PARENTS' LIMITATIONS.

I AM COMFORTABLE WITH MY
SEXUALITY.

Inherent
TRUTHS

I DO BELONG, JUST BECAUSE I WAS BORN.

I AM WORTHY OF HAPPINESS EACH AND EVERY
DAY.

I LOVINGLY TAKE BACK MY POWER
AND ELIMINATE ALL INTERFERENCE.

I AM FREE OF MY PAST.

I HAVE THE POWER TO DIRECT MY OWN DESTINY.

I AM WORTHY OF EXCELLENT EMOTIONAL
AND PHYSICAL HEALTH.

A WORLD OF POSSIBILITIES IS OPEN
TO ME NOW.

I AM A POWERFUL, DYNAMIC
WOMAN.

Journey SELF-AWARENESS

"CONNIE"

(NOT HER REAL NAME)

WHEN CONNIE'S PARENTS STARTED SPENDING WEEKENDS AWAY IN ORDER TO REST AND RELAX FROM WORKING SO HARD, IT WAS NATURAL FOR CONNIE TO SURMISE THAT LIFE MEANT WORKING REALLY HARD AND THAT WORK IS SUPPOSED TO FEEL STRESSFUL

AS A HARD WORKING ADULT, CONNIE WAS STUCK IN THE PATTERN OF WORKING REALLY HARD, FEELING STRESSED OUT AND THEN \TURNING TO FAST FOOD AND LATE NIGHT TV TO RELAX.

CONNIE'S UNTRUE BELIEFS WORKSHEET SHOWS THAT FROM HER EXPERIENCE OF HER DAD INSULTING HER ABOUT HER WEIGHT, SHE CREATED THE BELIEF THAT NO ONE HAS EVER BEEN OR WILL BE PROUD OF ME. FROM HER PARENTS SPENDING WEEKENDS AWAY TO RELAX FROM WORKING HARD ALL WEEK, CAME THE BELIEF, LIFE MEANS WORKING REALLY HARD AND LIFE IS SUPPOSED TO FEEL STRESSFUL.

CONNIE'S FAST FOOD HABIT WAS FUELED BY SUBCONSCIOUSLY THINKING...WHAT'S THE POINT OF EATING HEALTHY? NO ONE WILL BE PROUD OF ME ANYWAY.

WHEN WE CARRY THE BELIEF THAT LIFE IS SUPPOSED TO FEEL STRESSFUL AND THAT LIFE MEANS WORKING HARD, WE'LL CREATE STRESSFUL SITUATIONS AND WE'LL MAKE THINGS HARD. WHEN THINGS FEEL EASY, WE MAY GO WITH IT FOR A WHILE, BUT EVENTUALLY, WE WILL TAKE ACTIONS THAT LINE UP WITH WORKING REALLY HARD.

Journey SELF-AWARENESS

THIS WAS ONE OF MY UNTRUE BELIEFS. WHEN I BECAME AWARE OF IT, I LOOKED BACK AND SAW SEVERAL WAYS THAT IT WAS TRUE FOR ME...

LIKE HOW I CREATED TO-DO LISTS OF THINGS THAT HAD VERY LITTLE TO NO IMPACT ON MY BUSINESSES OR FAMILY LIFE, WHERE I TURNED DOWN OPPORTUNITIES AND RARELY ASKED FOR HELP.

NO MATTER MY CIRCUMSTANCES, MY GO-TO STRATEGY WAS TO JUST PUT MY HEAD DOWN AND WORK REALLY HARD.

WHEN ANGELA RECOGNIZES AND RELEASES HER UNTRUE BELIEFS, SHE RELEASES HER NEED FOR WORK TO ALWAYS FEEL HARD AND STRESSFUL WHICH IN TURN, RELEASES HER NEED FOR COMFORT FOOD AND LATE NIGHT TV IN ORDER TO RELAX.

THE RELEASING CREATES SPACE FOR WHAT'S INHERENTLY TRUE FOR ANGELA.

I AM WORTHY OF INNER PEACE.

LIFE PROVIDES ALL THAT I NEED, EASILY AND COMFORTABLY.

CALM IS MY NATURAL STATE OF BEING.

MY *untrue* BELIEFS

Childhood Experience Dad always insulted me about my weight.

No one has ever been or will be proud of me.

Belief I Created

Childhood Experience

*Parents spent weekends away to relax
from working hard all week.*

Life means working really hard.

Beliefs I Created

Work is supposed to feel stressful.

WHAT'S
Inherently
TRUE FOR ME

I am worthy of inner peace.

*Life provides all that I need easily and
comfortably.*

Calm is my natural state of being.

Journey SELF-AWARENESS

"ERICA"

(NOT HER REAL NAME)

ERICA'S MOST PAINFUL CHILDHOOD EXPERIENCES LEFT HER FEELING POWERLESS, NOT GOOD ENOUGH AND UNLOVABLE.

AS AN ADULT, THOSE SAME EMOTIONS SHOWED UP IN HER RELATIONSHIPS WITH VERBALLY ABUSIVE PARTNERS. AS HER UNTRUE BELIEFS BECAME MORE INTENSE, HER ANXIETY ESCALATED AS WELL, TO THE POINT OF SUICIDAL THOUGHTS.

ERICA HONESTLY BELIEVED THAT SHE WASN'T SAFE TO BE AROUND AND CHOOSING SUICIDE FELT LIKE A LOVING WAY FOR HER TO ENSURE THOSE CLOSEST TO HER STAY SAFE.

LOOKING AT ERICA'S UNTRUE BELIEFS WORKSHEET, IT WAS AN EXPERIENCE OF WATCHING A RELIGIOUS-TYPE MOVIE THAT CREATED THE BELIEFS...

I AM POWERLESS.
I'M NOT GOOD ENOUGH.
LIFE MEANS TO SUFFER AND STRUGGLE.

NEVER HEARING HER MOM SAY, "I LOVE YOU" BROUGHT ABOUT THE BELIEFS...

I'M UNLOVABLE.
I'M MESSED UP.

Journey SELF-AWARENESS

IMAGINE HAVING THESE THOUGHTS RUNNING IN AN ENDLESS LOOP LIKE WHITE NOISE IN THE BACK OF YOUR MIND...

I'M NOT GOOD ENOUGH.
LIFE MEANS TO SUFFER AND STRUGGLE.
I'M UNLOVABLE.
I'M MESSED UP.

HER SUICIDAL THOUGHTS CAME FROM A PLACE OF LOVE, FROM WANTING HER LOVED ONES TO BE SAFE.

WHAT ERICA BELIEVED TO BE TRUE FOR HER SHOWED UP IN HER RELATIONSHIPS BECAUSE WE BECOME LIKE MAGNETS FOR ATTRACTING AND FEELING ATTRACTED TO THOSE THAT ARE A MATCH FOR OUR UNTRUE BELIEFS.

RECOGNIZING AND RELEASING OUR UNTRUE BELIEFS, FREES US FROM ACCEPTING ABUSIVE PARTNERS AND FROM SUICIDAL THOUGHTS WHICH CREATES SPACE FOR WHAT'S INHERENTLY TRUE FOR US INSTEAD. FOR ERICA...

I AM LOVABLE, JUST BECAUSE I WAS BORN.

I HAVE THE POWER, STRENGTH AND KNOWLEDGE TO HANDLE EVERYTHING IN MY LIFE.

IT IS SAFE FOR ME TO RECEIVE ALL THE LOVE I WANT.

I LOVE AND ACCEPT MYSELF JUST AS I AM RIGHT NOW.

MY *untrue* BELIEFS

Childhood Experience *Watched a religious-type movie*

*I am powerless.
I'm not good enough
Life means to suffer and struggle.*

Beliefs I Created

Childhood Experience *Mom never told me she loved me.*

*I'm unlovable.
I'm messed up.*

Beliefs I Created

WHAT'S
inherently
TRUE FOR ME

I am lovable, just because I was born.

*I have the power, strength and knowledge to
handle everything in my life.*

*It is safe for me to receive all
the love I want.*

*I love and accept myself just as
I am right now.*

Journey SELF-AWARENESS

"JANICE"
(NOT HER REAL NAME)

HAVING ACNE AT A YOUNGER AGE THAN HER FRIENDS LED
JANICE TO BELIEVE SHE WASN'T PRETTY ENOUGH.

GROWING UP WITH A DAD ADDICTED TO ALCOHOL WHO OFTEN
MISSED HER EXTRA CURRICULAR ACTIVITIES VALIDATED THIS BELIEF
AND SOLIDIFIED JANICE'S UNTRUE CORE BELIEF THAT SHE DIDN'T
DESERVE ANYTHING BETTER.

AS MUCH AS SHE HATED THE ROLE ALCOHOL PLAYED IN HER DAD'S
LIFE, THE STRESS OF OWNING HER OWN BUSINESS BROUGHT JANICE'S
SENSE OF WORTHLESSNESS FRONT AND CENTER AND IN ORDER TO
NUMB HER EMOTIONS, JANICE TURNED TO ALCOHOL.

LOOKING AT JANICE'S EXPERIENCES AND BELIEFS,, HER EXPERIENCE
OF BAD ACNE CREATED THE BELIEF, I'M NOT PRETTY ENOUGH.

HER DAD CHOOSING TO HANG OUT AT THE LOCAL BAR INSTEAD OF
ATTENDING HER HIGH SCHOOL GRADUATION CREATED THE
BELIEFS, THERE'S SOMETHING WRONG WITH ME AND I DON'T
DESERVE ANYTHING BETTER.

PARENTS ARE ALWAYS MODELING FOR THEIR KIDS. WAS IT HER
DAD'S INTENTION FOR JANICE TO FEEL WORTHLESS?
NO, PROBABLY NOT. JANICE'S DAD HAD HIS OWN
UNTRUE BELIEFS, MOST LIKELY UNAWARE OF THEM.
WHEN WE WANT SO BADLY FOR A PARENT TO
UNDO OUR BELIEFS ABOUT OUR SELF,

Journey SELF-AWARENESS

NOT GETTING IT KEEPS US STUCK IN EMOTIONS THAT DON'T FEEL GOOD AND FOR JANICE, SHE DID WHAT WAS MODELED FOR HER AS A KID...TURNED TO ALCOHOL TO NUMB THOSE EMOTIONS.

REMEMBER THAT NUGGET OF WISDOM I SHARED EARLIER? YOU DO NOT NEED OTHERS TO VALIDATE YOUR INHERENT TRUTHS IN ORDER FOR YOU TO LIVE AS IF THEY ARE TRUE.

WOULD IT FEEL GOOD? YES.

IS IT A REQUIREMENT? NO.

WHEN JANICE RECOGNIZES AND RELEASES HER UNTRUE BELIEFS SHE IS FREED FROM WANTING TO NUMB HER EMOTIONS AND OPENS HER EYES TO HER INHERENT TRUTHS...

I AM A DIVINE EXPRESSION OF BEAUTY.

IT IS SAFE FOR ME TO GO BEYOND MY DAD'S LIMITATIONS.

I AM DESERVING OF ALL GOODNESS, JUST BECAUSE I WAS BORN.

MY *untrue* BELIEFS

Childhood Experience

Bad acne

I'm not pretty enough.

Belief I Created

Childhood Experience

Dad was addicted to alcohol - at the bar instead of attending my high school graduation.

There's something wrong with me.

I don't deserve anything better.

Belief I Created

WHAT'S
Inherently
TRUE FOR ME

I am a Divine expression of beauty.

*It is safe for me to go beyond my dad's
limitations.*

I am worthy, just because I was born.

Journey SELF-AWARENESS

"MARIE"

(NOT HER REAL NAME)

AS A BUSINESS OWNER, MARIE CONSISTENTLY FELT CONFUSED ABOUT WHY HER CLIENTS DIDN'T SEEM TO UNDERSTAND HER RECOMMENDATIONS AND POINT OF VIEW AS THE EXPERT. AND NEVER FELT LIKE SHE BELONGED AMONGST THE OTHER COMMUNITY BUSINESS OWNERS.

REMEMBER THAT OTHER NUGGET OF WISDOM I SHARED EARLIER?

OUR ACTIONS WILL ALWAYS (IMMEDIATELY OR EVENTUALLY) LINE UP WITH WHAT WE BELIEVE TO BE TRUE FOR US, WHETHER WE'RE AWARE OF THOSE BELIEFS OR NOT.

AS A YOUNG CHILD, MARIE WAS TEASED FOR BEING SUPER SHY WHICH WAS SUPER CONFUSING FOR HER. SHE WAS ALSO BULLIED BY OTHER KIDS BECAUSE SHE WAS SO SCRAWNY. AT LEAST, THAT WAS THE ONLY REASON SHE COULD THINK OF.

NOTICE HOW MARIE'S CONFUSION FROM HER CHILDHOOD EXPERIENCES CARRIED INTO ADULTHOOD. THOSE BELIEFS WE CREATE DURING CHILDHOOD ARE MOSTLY (IF NOT ENTIRELY) SUBCONSCIOUS FOR US, MEANING WE'RE NOT AWARE OF THEM OR AWARE OF HOW OUR ACTIONS ARE LINING UP WITH THEM.

WHEN WE CARRY THE BELIEF "LIFE IS CONFUSING" WE COME TO EXPECT IT. AND WE GET WHAT WE EXPECT BECAUSE IT'S LIKE OUR ACTIONS TAKE ON THE ROLE OF FULFILLING OUR EXPECTATIONS.

Journey SELF-AWARENESS

MARIE THOUGHT SHE WAS BEING CLEAR WITH HER COMMUNICATION,
BUT WITH THE AWARENESS AROUND HER UNTRUE BELIEFS, SHE
COULD SEE HOW SHE WASN'T.

SHE SAW HOW SHE ACTUALLY SELF-SABOTAGED HER
COMMUNICATIONS WITH CLIENTS IN ORDER TO WALK
AWAY THINKING...THEY JUST DON'T GET ME.

WHEN MARIE RECOGNIZES AND RELEASES HER UNTRUE BELIEFS,
SHE CREATES SPACE FOR CLARITY, FULL SELF-EXPRESSION
AND A TRUE SENSE OF BELONGING...ALL THINGS THAT
MATCH HER INHERENT TRUTHS...

I DO BELONG, JUST BECAUSE I WAS BORN.

I AM A CLEAR THINKER, LIVING IN THE PRESENT.

I AM STRONG, FREE AND ABLE TO CHOOSE WHAT HONORS ME.

IT IS SAFE FOR ME TO OPEN MYSELF TO CHANGE.

MY *untrue* BELIEFS

Childhood Experience

Teased for being super shy.

Life is confusing.

Belief I Created

Childhood Experience

Bullied because I was scrawny.

No one understands me.

Beliefs I Created

I don't belong.

WHAT'S
inherently
TRUE FOR ME

I do belong, just because I was born.

I am a clear thinker living in the present.

*I am strong, free and able to choose
what honors me.*

It is safe for me to open myself to change.

Journey SELF-AWARENESS

"SHANDA"
(NOT HER REAL NAME)

WATCHING HER DAD SLAP HER MOM ACROSS THE FACE WHEN HER MOM WOULD DISAGREE WITH HER DAD, TAUGHT A HELPLESS FOUR YEAR-OLD GIRL NAMED SHANDA THAT EXPRESSING YOUR EMOTIONS WAS NOT SAFE.

HAVING ALL OF HER PARENTS' ATTENTION GO TO HER OLDER SISTER TAUGHT SHANDA TO DOUBT EVERYBODY'S LOVE FOR HER AND TO QUESTION IF ANYONE WOULD EVEN CARE IF SHE WAS GONE. AFTER TWO FAILED AND SECRET SUICIDE ATTEMPTS AS A TWEEN AND TEEN, THAT QUESTION REMAINED UNANSWERED.

AS AN ADULT, SHANDA'S MARRIAGE MIRRORED HER LESSONS LEARNED, SHOWING UP IN A PHYSICALLY ABUSIVE HUSBAND AND DOING WHAT WOULD PLEASE HIM AS HER OWN SENSE OF WANT LIED BURIED UNDER YEARS OF UNEXPRESSED EMOTIONS.

LOOKING AT SHANDA'S UNTRUE BELIEFS WORKSHEET, FROM THE EXPERIENCE OF WATCHING HER DAD SLAP HER MOM, SHE CREATED THE BELIEF, IT'S NOT SAFE TO EXPRESS MY EMOTIONS AND I AM HELPLESS.

NOT GETTING ANY ATTENTION CREATED THE BELIEFS, NO ONE WOULD CARE IF I WAS DEAD AND THE WAY THAT I AM IS UNLOVABLE.

Journey SELF-AWARENESS

KIDS WILL ALWAYS CREATE A TAKEAWAY FROM EVERY EXPERIENCE.
CONSIDER SHANDA'S BELIEFS...IT'S NOT SAFE TO EXPRESS MY
EMOTIONS. I AM HELPLESS. WOULD ANYONE CARE
IF I WAS DEAD? THE WAY I AM IS NOT LOVABLE. WITH
THIS AWARENESS, SHANDA'S SENSE OF UNDERSTANDING
GREW...FROM "HOW COULD I HAVE EVER THOUGHT THINGS
WERE SO BAD THAT I TRIED SUICIDE?? TO...
NO WONDER I TOOK THE ACTIONS I TOOK.

RECOGNIZING AND RELEASING OUR UNTRUE BELIEFS CAN CREATE
HUGE SHIFTS FOR OUR SENSE OF UNDERSTANDING, HELPING US TO
GO FROM CONFUSION TO COMPASSION AND UNDERSTANDING.

FOR SHANDA, STEPPING INTO HER INHERENT TRUTHS WAS
STEPPING INTO THE KNOWING THAT...

I AM LOVABLE, JUST BECAUSE I WAS BORN.

IT IS SAFE FOR ME TO TALK OPENLY AND HONESTLY ABOUT MY
EMOTIONS.

I AM WORTHY OF LOVE.

THERE IS ALWAYS A PEACEFUL ALTERNATIVE TO CONFLICT.

MY *untrue* BELIEFS

Childhood Experience *Saw my dad choking my mom.*

It's not safe to express my emotions. Beliefs I Created
I am helpless.

Childhood Experience *Not getting any attention.*

No one would care if I was dead. Beliefs I Created
The way I am is not lovable.

WHAT'S
inherently
TRUE FOR ME

I am lovable, just because I was born.

*It is safe for me to talk openly and honestly
about my emotions.*

I am worthy of love.

*There is always a peaceful alternative
to conflict.*

Journey
SELF-AWARENESS

"TREVOR"
(NOT HIS REAL NAME)

WHEN HIS PARENTS DIVORCED, A SAD AND ANGRY 7 YEAR-OLD TREVOR FOUND SOME REFUGE HELPING OUT ON HIS GRANDPA'S FARM BUT NOT RECEIVING A VISIT FROM HIS DAD DURING THE NEXT SEVERAL YEARS SOLIDIFIED SADNESS AND ANGER AS TREVOR'S PRIMARY EMOTIONS.

WHEN HIS DAD EVENTUALLY RE-MARRIED AND BROUGHT TREVOR HOME TO LIVE WITH HIM AND HIS NEW WIFE ON HIS FARM, LIFE FOR TREVOR MEANT WORKING REALLY HARD AND NEVER SHOWING YOUR EMOTIONS.

AS AN ADULT, HUSBAND AND FATHER WITH HIS OWN FARM, TREVOR STRUGGLED TO UNDERSTAND WHY HIS WIFE AND KIDS DIDN'T APPRECIATE HOW HARD HE WORKED TO PROVIDE FOR THEM. TREVOR'S WIFE AND KIDS STRUGGLED WITH WHY TREVOR ALWAYS PRIORITIZED FARM WORK OVER FAMILY TIME.

LOOKING AT TREVOR'S UNTRUE BELIEFS WORKSHEET, HIS EXPERIENCE OF PARENTS DIVORCING, HIS DAD NOT VISITING HIM, AND HIS MOM OFTEN SENDING HIM TO HIS GRANDPARENT'S FARM BROUGHT ABOUT THE BELIEF, I DON'T DESERVE TO FEEL LOVE AND SUPPORTED.

THE EXPERIENCE OF HELPING HIS DAD ON THE FARM AND BEING MODELED TO NOT SHOW EMOTION, CREATED THE BELIEF THAT WORKING HARD IS HOW YOU SHOW LOVE.

WHEN WE CARRY THE BELIEF, "I DON'T DESERVE TO FEEL LOVE AND SUPPORTED, OUR ACTIONS WILL IMMEDIATELY OR EVENTUALLY LINE UP WITH NOT FEELING LOVED AND SUPPORTED.

Journey SELF-AWARENESS

SOME OF THE WAYS OUR ACTIONS LINE UP ARE NOT ALLOWING OUR SELF TO ACCEPT GESTURES OF LOVE...NOT ASKING FOR HELP WHEN WE WANT IT AND NEED IT...NOT ACCEPTING HELP WHEN IT'S OFFERED.

BUT AS A RESULT, RESENTMENT BUILDS BECAUSE WE'RE NOT GETTING WHAT WE WANT. SO IT BECOMES THIS PATTERN OF WANTING, BUT NOT ALLOWING AND THEN RESENTING OTHERS OR LIFE BECAUSE WE DON'T HAVE WHAT WE WANT.

WHEN YOU CARRY THE BELIEF THAT WORKING HARD IS HOW YOU SHOW LOVE, WITHOUT HAVING THE AWARENESS AROUND THIS BELIEF, YOU'RE LIKELY TO CONTINUE TO FEEL MISUNDERSTOOD... AND TO CONTINUE TO FEEL THE EMOTIONS YOU FELT THE STRONGEST WHEN YOU CREATED THE BELIEF.

RECOGNIZING AND RELEASING OUR UNTRUE BELIEFS CLEARS THE WAY FOR RELEASING DECADES-OLD ANGER AND SADNESS AND RETURNING TO OUR FULL SENSE OF SELF-EXPRESSION AND EMOTIONS THAT FEEL GOOD.

ALL SUPPORTED BY RETURNING TO OUR INHERENT TRUTHS.

FOR TREVOR, THOSE INHERENT TRUTHS ARE...

I AM LOVABLE, JUST BECAUSE I WAS BORN.

IT IS SAFE FOR ME TO TALK OPENLY AND HONESTLY ABOUT MY EMOTIONS.

I DESERVE AN AMAZING LIFE THAT FLOWS WITH EASE.

I DESERVE PEACEFUL AND HARMONIOUS SUPPORT FROM OTHERS.

MY *untrue* BELIEFS

Childhood Experience

*Mom and dad getting divorced,
dad never visiting me and mom
sending me to grandparent's farm.*

*I don't deserve to feel loved
and supported.*

Belief I Created

Childhood Experience

*Working really hard on the farm with
dad, who never showed any emotions.*

Working hard is how you show love.

Belief I Created

WHAT'S
inherently
TRUE FOR ME

I am lovable, just because I was born.

*It is safe for me to talk openly and honestly
about my emotions.*

*I deserve an amazing life that
flows with ease.*

*I deserve peaceful, harmonious support
from others.*

Journey SELF-AWARENESS

"ANGELA"
(NOT HER REAL NAME)

WHEN ONE KID GOT INTO TROUBLE, ALL THE KIDS HAD TO LINE UP FOR A SPANKING. AND SO BEGAN ANGELA'S DECADES-LONG SENSE OF FEELING WORTHLESS AND HER EVER-GROWING RESENTMENT TOWARDS AND FROM HER SIBLINGS.

GETTING A SPANKING BECAUSE SHE MISBEHAVED LED ANGELA TO BELIEVE THAT SHE WAS WORTHLESS.

GETTING SPANKED BECAUSE ONE OF HER SIBLINGS MISBEHAVED LED ANGELA TO BELIEVE THAT LIFE ISN'T FAIR AND THAT HER SIBLINGS WERE OUT TO GET HER.

ANGELA'S STORY IS ANOTHER STORY OF RESENTMENT. SHE AND HER SIBLINGS WERE ALL TREATED THE SAME...WHEN ONE GOT INTO TROUBLE, THEY ALL GET PUNISHED. IT'S UNDERSTANDABLE THAT GETTING INTO TROUBLE BECAUSE OF SOMEONE ELSE'S ACTIONS WOULD CREATE RESENTMENT. BUT SOMETIMES WE FAIL TO RECOGNIZE OTHERS ARE ALSO GOING THROUGH OR HAVE GONE THROUGH THEIR OWN PAINFUL EXPERIENCES.

WHEN IT COMES TO SIBLINGS, SUCH AS IN ANGELA'S STORY, SHE AND HER SIBLINGS WERE MORE OR LESS ALL TREATED THE SAME BUT THAT DOESN'T MEAN THEY WILL ALL REACT OR RESPOND THE SAME. LET'S SAY ANGELA'S "I AM WORTHLESS" BELIEF MOTIVATED HER TO PROVE IT WRONG, SO SHE SET OUT TO GET GOOD GRADES, TO FOLLOW THE RULES, TO DO HER CHORES.

Journey SELF-AWARENESS

BUT ANOTHER SIBLING WITH THE SAME “I AM WORTHLESS” BELIEF
COULD BE COMPLETELY UNMOTIVATED...THINKING, WHAT’S THE
USE? I’M NOT WORTH IT. I’LL NEVER AMOUNT TO ANYTHING
ANYWAY, SO WHY TRY?? AND THAT’S ALSO WHERE
RESENTMENT CAN COME IN...WHEN OUR SIBLING REACT
OR RESPOND IN A WAY THAT’S DIFFERENT THAN HOW WE
REACT OR RESPOND.

IF YOU WERE THE ONE THAT RESPONDED LIKE ANGELA, SETTING
OUT TO PROVE THAT SHE WAS WORTHY. YOU COULD EASILY
FEEL FRUSTRATED AND RESENTFUL THAT A SIBLING IS NOT
TRYING OR GIVING UP.

OR, IF YOU’RE THE ONE THAT HAS SUBCONSCIOUSLY GIVEN UP,
LINING UP WITH THE BELIEF THAT YOU’LL NEVER AMOUNT TO
ANYTHING, SO WHY TRY, WATCHING A SIBLING ACCOMPLISH
MANY THINGS CAN ALSO BUILD RESENTMENT.
DOES THAT MAKE SENSE?

RECOGNIZING AND RELEASING OUR UNTRUE BELIEFS SHINES A LIGHT
ON THE TRUE SOURCE OF OUR WORTHLESSNESS AND RESENTMENT.
AND CREATES SPACE FOR RETURNING TO OUR INHERENT WORTH
AND CONSCIOUS SENSE OF EMPATHY. ANGELA’S INHERENT
TRUTHS WERE...

I AM WORTHY, JUST BECAUSE I WAS BORN.

IT IS SAFE FOR ME TO GROW UP.

I HAVE THE POWER, STRENGTH AND KNOWLEDGE TO HANDLE
EVERYTHING IN MY LIFE.

IT IS SAFE FOR ME TO GO BEYOND MY PARENTS’ LIMITATIONS.

MY
untrue
BELIEFS

Childhood Experience

*Getting spanked for
misbehaving.*

I am worthless.

Belief I Created

Childhood Experience

*Getting spanked when any of
my siblings misbehaved*

Life's not fair.

My siblings are out to get me.

Beliefs I Created

WHAT'S
inherently
TRUE FOR ME

I am worthy, just because I was born.

It is safe for me to grow up.

*I have the power and strength and knowledge
to handle everything in my life.*

*It is safe for me to go beyond my
parents' limitations.*

Journey SELF-AWARENESS

"CANDACE"
(NOT HER REAL NAME)

AFTER WORKING HARD AND CLIMBING THE CORPORATE LADDER, A STRESSED OUT, BURNED OUT AND RESENTFUL CANDACE WAS UNDER THE THUMB OF A BOSS THAT CONSISTENTLY EXPECTED MORE AND MORE FROM HER...WITHOUT ANY ADDITIONAL COMPENSATION OR BENEFITS. WHY IS IT SO HARD FOR ME TO SAY NO, SHE WONDERED? BUT, TRY AS SHE MIGHT, SHE JUST DIDN'T HAVE THE CONFIDENCE TO QUESTION HER BOSS.

BOOKS HAD BEEN CANDACE'S ESCAPE AS A YOUNG GIRL FROM THE YELLING AND ARGUMENTS BETWEEN HER PARENTS AND EXTENDED FAMILY MEMBERS. THE BELIEF SHE CREATED WAS THAT SHE DIDN'T DESERVE PEACE AND CALM.

AS A YOUNG TEEN, CANDACE DREAMED OF GOING TO UNIVERSITY TO PURSUE WRITING., BUT WHEN THE TIME CAME FOR DECISIONS TO BE MADE, CANDACE'S PARENTS PRESSURED HER TO PURSUE A MUCH MORE "RESPECTABLE" COURSE OF EDUCATION, AND ONE THAT WOULD MORE LIKELY GUARANTEE GOOD-PAYING SALARY. THE BELIEF SHE CREATED WAS, WHAT I WANT DOESN'T MATTER.

LINING UP WITH HER BELIEF, CANDACE OBLIGED HER PARENTS AND GOT HERSELF A BUSINESS DEGREE.

RECOGNIZING AND RELEASING OUR UNTRUE BELIEFS OPENS THE DOOR FOR SETTING BOUNDARIES AND MOVING THROUGH STRESS, BURNOUT AND RESENTMENT SO WE CAN RETURN TO OUR FULL SENSE OF EMPOWERMENT, PEACE AND CALM.

Journey SELF-AWARENESS

BELIEVING THAT YOU DON'T DESERVE PEACE AND CALM BRINGS ABOUT STRESS AND CONFLICT. MEANING...YOU WILL CREATE STRESSFUL SITUATIONS AND OPPORTUNITIES FOR CONFLICT IN ORDER TO LINE UP WITH WHAT YOU BELIEVE TO BE TRUE. COUPLED WITH THE BELIEF, "WHAT I WANT DOESN'T MATTER," IT'S NO SURPRISE THAT CANDACE FOUND HERSELF LACKING THE CONFIDENCE TO QUESTION HER BOSS, AND INSTEAD TO JUST KEEP GIVING AND GIVING AND EVENTUALLY FEELING THE EFFECTS OF STRESS AND BURN OUT.

WHEN CANDACE RECOGNIZED HER UNTRUE BELIEFS AND HOW THEY CAME ABOUT, SHE RELAXED INTO RELEASING THEM AND ALMOST IMMEDIATELY FELT THE PRESENCE OF HER CONFIDENCE AND SENSE OF EMPOWERMENT WITHIN. OUR CONFIDENCE IS ALWAYS WITH US. IT'S NEVER LOST. IT'S NOT SOMETHING WE HAVE TO BUILD OR FIND.

HERE'S ANOTHER NUGGET OF WISDOM...

RELEASING OUR UNTRUE BELIEFS REVEALS OUR CONFIDENCE.

AND OPENS THE DOOR FOR SETTING BOUNDARIES, LEARNING TO SAY NO, AND MOVING THROUGH STRESS AND BURNOUT AS START LIVING OUR INHERENT TRUTH. CANDACE'S INHERENT TRUTHS ARE...

THERE IS ALWAYS A PEACEFUL ALTERNATIVE TO CONFLICT.

IT IS SAFE FOR ME TO OPEN MYSELF TO CHANGE.

I AM DESERVING OF JOY FLOWING THROUGH ME WITH EVERY BEAT OF MY HEART.

I AM WORTHY, JUST BECAUSE I WAS BORN.

MY *untrue* BELIEFS

Childhood Experience

*Family members yelling
and arguing.*

I don't deserve peace and calm.

Belief I Created

Childhood Experience

*My parents pressured me to
pursue different course of
education than what I wanted.*

What I want doesn't matter.

Belief I Created

WHAT'S
inherently
TRUE FOR ME

*There is always a peaceful alternative
to conflict.*

It is safe for me to open myself to change.

*I am deserving of joy flowing through me
with every beat of my heart.*

I am worthy, just because I was born.

Journey SELF-AWARENESS

"BROOKE"
(NOT HER REAL NAME)

CONFUSION TOOK OVER WHEN 7 YEAR-OLD BROOKE WAS INTRODUCED TO INAPPROPRIATE SEXUAL BEHAVIOR BY HER OLDER BROTHER. SHE TRIED TO SHRUG IT OFF, BUT DEEP DOWN SHE KNEW IT WAS WRONG. AND SHE WAS BAD.

OLDER NEIGHBORHOOD GIRLS CONTINUED THE INAPPROPRIATE SEXUAL GAMES. DESPITE FEELING CONFUSED AND DIRTY, BROOKE PARTICIPATED AS SHE LONGED TO BELONG TO A GROUP OF FRIENDS.

THE PATTERN CONTINUED INTO HIGH SCHOOL, WITH BROOKE TURNING TO SEX IN ORDER TO FIT IN BUT HER SENSE OF SELF-BETRAYAL AND REJECTION WAS AND FEELING THE STING OF BETRAYAL AND REJECTION WAS TOO MUCH TO HANDLE. SELF-MEDICATING WITH ALCOHOL AND DRUGS BECAME BROOKE'S GO-TO FOR NUMBING HER EMOTIONS.

I AM BAD AND I DON'T BELONG WERE TWO BELIEFS BROOKE CREATED FROM HER EXPERIENCE OF SEXUAL GAMES HER OVERWHELMING SENSE OF SELF-BETRAYAL AND REJECTION VALIDATED THE I DON'T BELONG BELIEF AND BROUGHT ABOUT "I AM UNLOVABLE" AS WELL.

Journey SELF-AWARENESS

WHEN YOU TAKE ON THE BELIEF THAT YOU ARE BAD, THERE'S ALMOST ALWAYS GUILT AND SHAME ATTACHED. WHEN WE VIEW OUR SELF THROUGH THE LENS OF GUILT AND SHAME, WE BECOME A MAGNET FOR PEOPLE AND CIRCUMSTANCES TO SHOW UP THAT SUPPORT FEELING BAD ABOUT OUR SELF.

IF YOU'VE BEEN SEXUALLY ABUSED, IT WAS NOT AND IS NOT AND NEVER WILL BE YOUR FAULT. STAYING STUCK IN GUILT, SHAME OR BLAME AND HOLDING ONTO THE UNTRUE BELIEF YOU CREATED AS A RESULT, ARE ALL WAYS YOU GIVE AWAY YOUR POWER. COPING BY NUMBING YOUR EMOTIONS FURTHER DIMS YOUR LIGHT.

WHEN SEXUAL ABUSE TAKES PLACE WITHIN THE FAMILY UNIT, IT'S COMMON FOR FAMILY MEMBERS TO TAKE SIDES. AS THE ADULT YOU ARE TODAY, YOU DO NOT NEED ANYONE TO TAKE YOUR SIDE IN ORDER FOR YOU TO STEP INTO WHAT'S INHERENTLY TRUE FOR YOU.

YOU GET TO CHOOSE WHETHER TO LIVE WHAT'S TRUE OR STAY STUCK IN WHAT'S UNTRUE. YOU ARE NOT DAMAGED GOODS. YOU ARE NOT BROKEN. THERE'S NOTHING MORE THAT NEEDS TO BE FIXED...

JUST MORE SELF-AWARENESS TO BE REVEALED.

AS THE ADULT YOU ARE TODAY, I INVITE YOU TO CHOOSE SELF-AWARENESS AS A TOOL FOR BRINGING YOUR LIGHT THAT IS YOUR PURPOSE...BACK FROM A DIM FLICKER TO A ROARING FLAME.

Journey
SELF-AWARENESS

RECOGNIZING AND RELEASING OUR UNTRUE BELIEFS RELEASES THE
DESIRE TO NUMB OUR EMOTIONS AND CLEARS THE WAY FOR
RETURNING TO LOVING OUR SELF JUST AS WE ARE.

FEEL THE DIFFERENCE BETWEEN...

I AM BAD...AND...I AM A DIVINE EXPRESSION OF ALL THAT'S GOOD.

I DON'T BELONG...AND...I DO BELONG, JUST BECAUSE I WAS BORN.

I'M UNLOVABLE...AND...I AM LOVABLE, JUST BECAUSE I WAS BORN.

MY *untrue* BELIEFS

Childhood Experience

*Inappropriate sexual behavior
with older brother and friends.*

*I am bad.
I don't belong.*

Beliefs I Created

Childhood Experience

Self-betrayal and rejection

*I don't belong.
I'm unlovable.*

Beliefs I Created

WHAT'S
inherently
TRUE FOR ME

I do belong, just because I was born.

I am a Divine expression of all that's good.

I am comfortable with my sexuality.

I am lovable, just because I was born.

Journey SELF-AWARENESS

HOPEFULLY, WHAT I'VE SHARED WITH YOU SO FAR HAS GIVEN YOU SOME INSIGHT, INSPIRATION AND COURAGE TO START YOUR OWN SELF-AWARENESS JOURNEY.

LET'S MOVE ON TO PUTTING WHAT YOU'VE LEARNED INTO PRACTICE. YOU SHOULD HAVE A PDF DOCUMENT TITLED "GUIDED WORKSHEETS" THESE PAGES ARE ALSO INCLUDED IN THE OTHER DOCUMENT, BUT I WANTED YOU TO HAVE EASY ACCESS FOR PRINTING OUT ADDITIONAL COPIES IF NEEDED.

LET'S START WITH YOUR CHILDHOOD EXPERIENCES AND THE BELIEFS YOU CREATED. AGAIN, THIS ISN'T ABOUT RE-LIVING THE PAIN, OR SITTING IN THE PAIN, BUT RATHER IT'S ABOUT TOUCHING THE PAIN... JUST ENOUGH TO HEAR THE THOUGHTS THAT BECAME YOUR BELIEFS.

WRITE DOWN YOUR CHILDHOOD EXPERIENCES THAT FELT CONFUSING OR THAT DIDN'T FEEL GOOD EMOTIONALLY. AND THE BELIEFS YOU CREATED FROM THOSE EXPERIENCES. I'M GOING TO GIVE YOU A MINUTE HERE AND THEN WE'LL CONTINUE.

BACK IN ONE MINUTE

IF YOU FEEL STUCK AROUND THE BELIEFS YOU CREATED, IT CAN BE HELPFUL TO THINK ABOUT WHEN YOU FEEL TRIGGERED.
WHERE DO YOUR THOUGHTS GO...

Journey SELF-AWARENESS

WHAT DO YOU TELL YOURSELF ABOUT YOURSELF?

WHAT DOES YOUR MIND CHATTER SOUND LIKE?

ONE OF MY CHILDHOOD EXPERIENCES WAS MOM'S GO-TO PHRASE
WHEN SHE WAS MAD OR YELLED AT ME WAS...

"HAVEN'T YOU GOT A GOD DAMN BRAIN IN YOUR HEAD?"

THE BELIEF I CREATED WAS THAT I WASN'T SMART ENOUGH. BEFORE
I STARTED MY OWN SELF-AWARENESS JOURNEY, I NEVER THOUGHT
I WAS CARRYING THIS BELIEF. BUT WHEN I CONSCIOUSLY
LISTENED TO THAT MINDLESS MIND CHATTER, I WAS
ASTONISHED AT HOW OFTEN I'D SAY TO MYSELF...

MARY JO, HOW COULD YOU BE SO DUMB TO NOT KNOW THAT?
HOW COULD YOU BE SO DUMB TO NOT FIGURE THAT OUT
HOW COULD YOU BE SO DUMB TO NOT SEE THAT COMING?
HOW COULD YOU BE SO DUMB TO FORGET THIS OR THAT?

WHAT DO YOU TELL YOURSELF ABOUT YOURSELF??

Journey SELF-AWARENESS

NOW THAT YOU'VE RECOGNIZED YOUR UNTRUE BELIEFS, IT'S TIME TO RELEASE THEM. ONE OF THE BIGGEST MISTAKES PEOPLE MAKE WITH RELEASING THEIR UNTRUE BELIEFS IS THINKING THAT BECOMING AWARE OF THEM AUTOMATICALLY RELEASES THEM. FOR MOST PEOPLE, THIS IS NOT TRUE.

MOST OFTEN, OUR UNTRUE BELIEFS HAVE BECOME A HABITUAL WAY OF THINKING. SO IN ORDER TO RELEASE THEM, WE MUST INTERRUPT THAT HABIT...BY RECOGNIZING THE UNTRUE BELIEF AND CONSCIOUSLY RELEASING. ONLY THROUGH RELEASING WHAT IS NOT TRUE FOR YOU AND WHAT NO LONGER SERVES YOU, WILL YOUR CONFIDENCE, EMPOWERMENT AND FULL SELF-EXPRESSION BE REVEALED.

NOW, LET'S PRACTICE RELEASING. CHOOSE ONE OF YOUR UNTRUE BELIEFS. HOLD THAT BELIEF IN YOUR THOUGHTS...

AND WITH THE AWARENESS OF KNOWING IT IS NOT TRUE, RELEASE IT. CHOOSE ONE OF THE METHODS I SHARED EARLIER OR ONE OF YOUR OWN. KEEP IMAGINING THE RELEASE .UNTIL YOU FEEL IT FULLY RELEASE FROM YOUR BODY AND MIND. I'M GOING TO GIVE YOU 30 SECONDS HERE TO PRACTICE RELEASING AND \ THEN WE'LL CONTINUE.

BACK IN 30 SECONDS

NEXT IS WHAT'S INHERENTLY TRUE FOR YOU INSTEAD. IN YOUR SELF-AWARENESS JOURNEY PDF HANDOUT, THERE ARE SEVERAL PAGES OF INHERENT TRUTHS. THERE ARE MANY MORE, BUT THIS WILL HOPEFULLY HELP YOU GET STARTED.

Journey SELF-AWARENESS

FOR EACH UNTRUE BELIEF THAT YOU'VE NOTED, WHAT IS AT LEAST ONE INHERENT TRUTH FOR YOU INSTEAD? AGAIN, FEEL FREE TO USE THE INHERENT TRUTHS LISTED IN THE HANDOUT OR NOTE ONE OF YOUR OWN. I'M GOING TO GIVE YOU A MINUTE HERE TO NOTE AT LEAST ONE INHERENT TRUTH FOR EACH OF YOUR UNTRUE BELIEFS AND THEN WE'LL CONTINUE.

BACK IN ONE MINUTE

AND WE'RE BACK FOR PRACTICING RETURNING TO WHAT'S INHERENTLY TRUE FOR YOU.

CHOOSE AN INHERENT TRUTH AND I ENCOURAGE YOU TO READ IT OUT LOUD. BUT, JUST SAYING THE WORDS IS NOT ENOUGH.

FEEL THE POWER OF THE WORDS.

FEEL THE GLORY OF THE WORDS.

FEEL THE LOVE OF YOUR HIGHER POWER FLOWING
THROUGH THE WORDS INTO YOUR HEART SPACE

...

REPEAT YOUR INHERENT TRUTH UNTIL IT FEELS TRUE!!

I'M GOING TO GIVE YOU 30 SECONDS TO PRACTICE RETURNING
TO YOUR INHERENT TRUTH STARTING NOW.

BACK IN 30 SECONDS.

Journey SELF-AWARENESS

AND WE'RE BACK...

THAT IS THE RECOGNIZE-RELEASE-RETURN METHOD. PRACTICE IT WHENEVER YOU FEEL TRIGGERED. HAVE YOU EVER NOTICED ABOUT YOUR SELF OR OTHERS THAT WHEN REACTING TO FEELING TRIGGERED, AS AN OBSERVER, IT WOULD LOOK AND FEEL AS IF THE PEOPLE INVOLVED ARE ACTING LIKE LITTLE KIDS? THAT'S BECAUSE WHEN WE FEEL TRIGGERED, WE GO TO THAT YOUNG SELF THAT EXPERIENCED SOMETHING CONFUSING OR THAT DIDN'T FEEL GOOD EMOTIONALLY.

WE REACT AS WE DO BECAUSE AN UNTRUE BELIEF ABOUT OUR SELF OR LIFE IS ATTACHED. IT'S BEST TO USE THE RECOGNIZE-RELEASE-RETURN METHOD RIGHT WHEN YOU FEEL TRIGGERED, BUT THAT, TOO TAKES SOME PRACTICE. ANOTHER GREAT WAY TO GET STARTED IS TO SET ASIDE SOME QUIET TIME EACH DAY AND REFLECT ON THE PAST 24 HOURS.

DID YOU FEEL TRIGGERED? DID YOU FEEL UPSET, CONFUSED, ANGRY, DIMINISHED, DISMISSED, CRITICIZED? DID YOU SHUT DOWN, ISOLATE, OR HAVE A MELT DOWN. DID YOU THROW A FIT?

ACKNOWLEDGE IT WITH LOVE AND COMPASSION AND THEN
PRACTICE THE METHOD.

WHEN YOU FEEL YOURSELF GOING DOWN THE RABBIT HOLE OF
NEGATIVITY...

PRACTICE RECOGNIZING - RELEASING - RETURNING.

E

Journey SELF-AWARENESS

WHEN YOU FEEL THOSE STRESSFUL, ANXIOUS OR SUICIDAL
THOUGHTS FLOODING IN...

PRACTICE RECOGNIZING - RELEASING - RETURNING.

WHEN YOU CATCH YOURSELF REACHING FOR ALCOHOL, DRUGS
OR BINGE-EATING IN ORDER TO NUMB YOUR EMOTIONS...

PRACTICE RECOGNIZING - RELEASING - RETURNING.

WHEN YOU WANT TO SHUT DOWN AND ISOLATE...

PRACTICE RECOGNIZING - RELEASING - RETURNING.

WHEN YOU FIND YOURSELF TAKING YOUR FRUSTRATIONS OUT ON
YOUR KIDS...

PRACTICE RECOGNIZING - RELEASING - RETURNING.

WRITE DOWN ADDITIONAL UNTRUE BELIEFS THAT
COME UP FOR YOU AND THE INHERENT TRUTHS INSTEAD.

KEEP COPIES OF THE GUIDED WORKSHEETS ALL TOGETHER
SO YOU HAVE A QUICK AND EASY GO-TO REFERENCE.

AND REMEMBER, SELF-AWARENESS IS A JOURNEY...
NOT A MOMENT.

THE MORE YOU PRACTICE, THE MORE QUICKLY YOU'LL LEARN TO
CHOOSE THOUGHTS AND CORRESPONDING ACTIONS THAT
SERVE YOUR HIGHEST AND BEST GOOD.

Journey SELF-AWARENESS

AND THE MORE QUICKLY YOU'LL START LIVING WITH MORE
COMPASSION, CONNECTION AND JOY!

IF YOU'D LIKE MY HELP, MY PRIVATE, VIRTUAL COACHING
MAY BE YOUR BEST NEXT STEP.

TO LEARN MORE OR TO GET STARTED, GO TO

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