

*Are you feeling stressed, worried, or indecisive?
Do you feel like you should be doing x, y, z, but just don't feel like it?*

Purpose: The following steps are designed to uncover the un-truths that your ego has concocted and help you re-write the story to one that reflects your inner wisdom's guidance for what you truly need and want.

1. **Set your intention (e.g. to learn the truth about my self-pressure) and then take three breaths from your low belly.** Notice how your belly expands as you inhale, and returns toward your spine as you exhale.

2. **Scan your body to identify an area with tension, or discomfort.** Start at your toes and continue up to the crown of your head, identifying areas of tension and discomfort over pain.

Record the area of tension/discomfort. If multiple areas exist, choose the "loudest" one. You can create a new worksheet to repeat the process for the others.



3. **With your non-dominant hand, draw an outline of your body.** Don't worry about the quality. The shape of a gingerbread (wo)man is perfect.

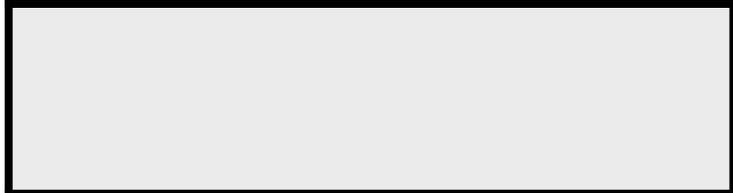
You can use this space for your drawing.

4. **As you draw, answer the question, "What am I feeling emotionally?"** See if you can use a one-word answer. Are you feeling fear, anger, sadness, shame, contentment, happiness, or joy?

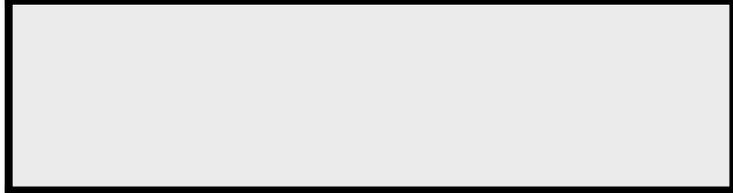


5. **With your non-dominant hand, draw the emotional energy within your body sketch (where you felt the discomfort).** This may look like a symbol, or squiggle, or nothing you've seen before. Don't think about it - just draw what comes to you.

6. **With your dominant hand, write down the answer to, “What is the *Self-Pressure thought* causing this feeling?”**



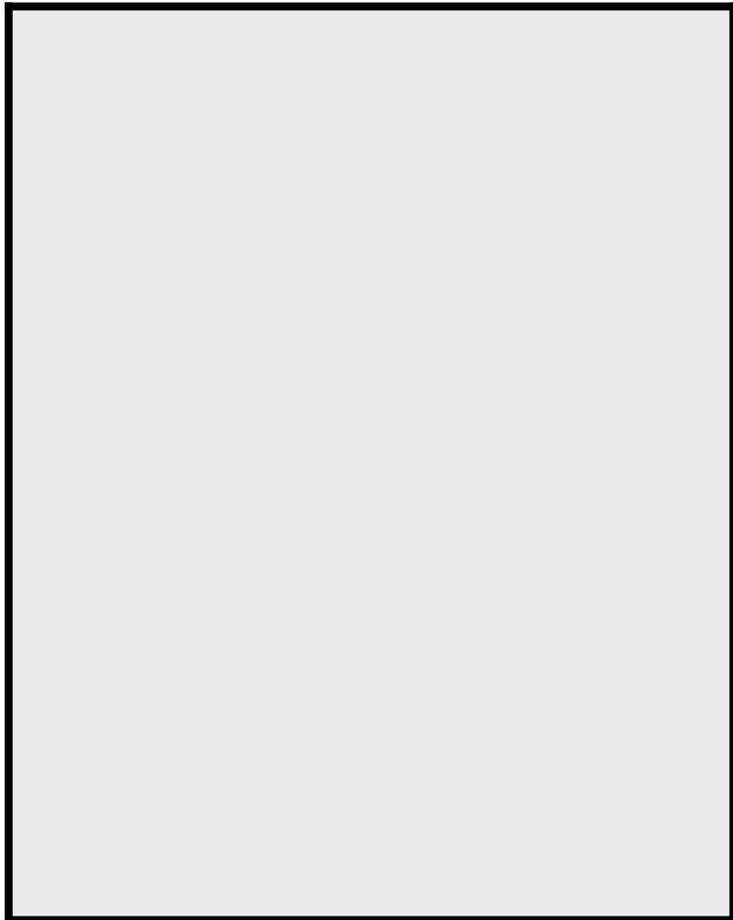
7. **With your dominant hand, write down the answer to, “How would I feel if that story wasn’t true?”**



8. **Set the intention, “I’m going to tune into my inner wisdom’s guidance.”**

Use this space for your drawing. If an image does not appear, or is not sensed, can you sense a color? You can also try sketching/doodling to see what appears.

9. **Close your eyes and breathe into the tension area of your body.**



10. **Ask yourself, “What do I need to care for myself?”**

11. **Let an image appear in your mind. Once an image appears, sketch the image with your non-dominant hand.**

12. **Looking at the drawing and answer the following questions:**

- What is this drawing telling me about how I am feeling?



- Is there anything about this drawing that I don't like?
- What do I like most about this drawing?
- What have I learned from this drawing? What is this drawing telling me about what I need to care for myself?

13. **Set the intention, "I'm going to tune into my inner wisdom's guidance."**

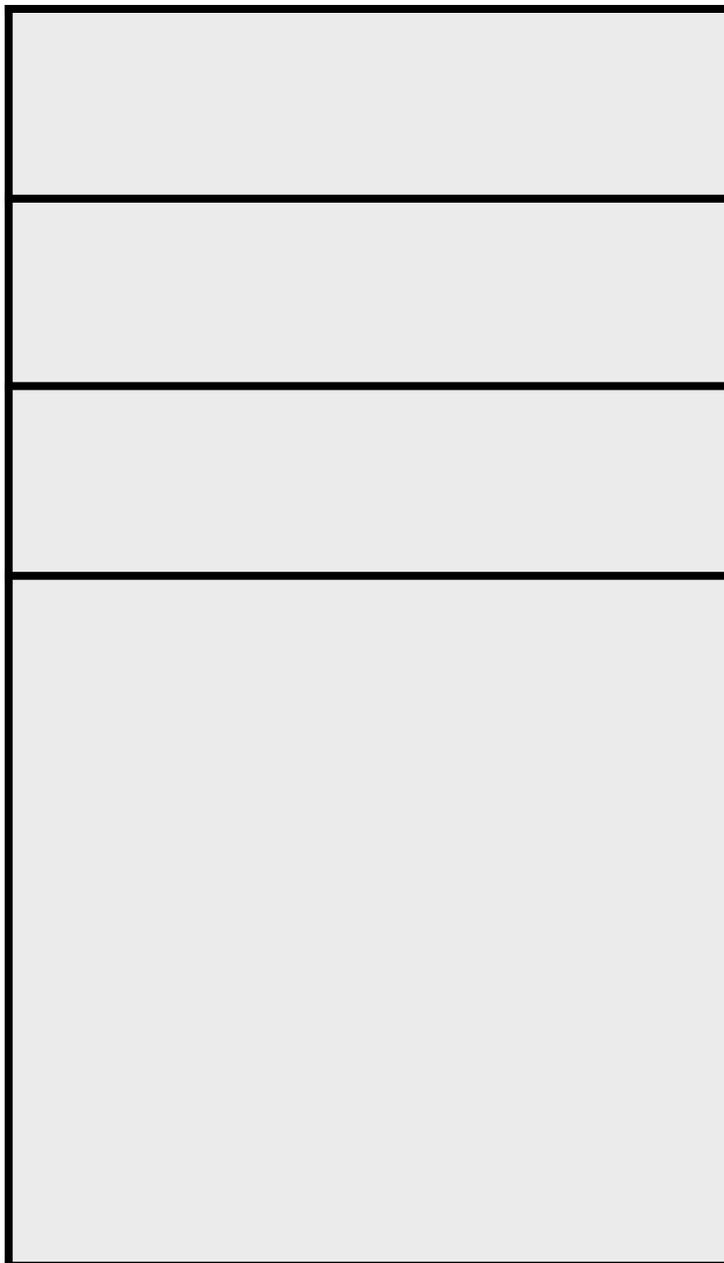
14. **Close your eyes and breathe into the tension area of your body.**

15. **Ask the following: "What do I want?"**

16. **Let an image appear in your mind. Once an image appears, sketch the image with your non-dominant hand.**

17. **Looking at the drawing and answer the following questions:**

- What is this drawing telling me about how **I want** to feel?

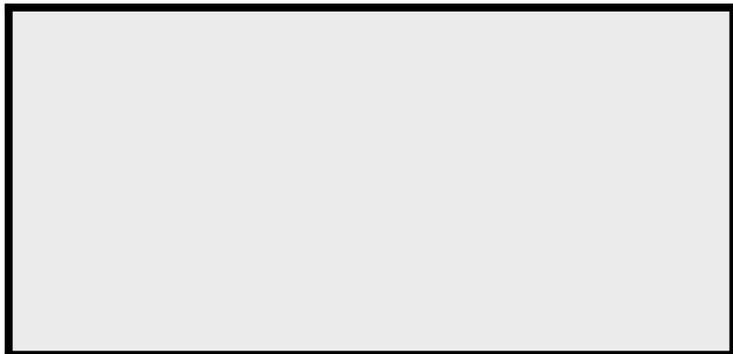


- Is there anything about this drawing that I don't like?
- What do I like most about this drawing?
- What have I learned from this drawing? What is this drawing telling me about what I want?

Three stacked rectangular boxes with black borders, intended for a person to draw and then reflect on their drawing. The boxes are empty and light gray.

18. **Take the new truths you received from your Inner wisdom's guidance and use it as a mantra.** Go back to the breathing in step one. As you breathe in, say your Wise Truth to yourself, or the first phrase of it. As you breathe out, say it again, or say the second phrase of it. Do this ten times aloud or quietly to yourself.

Record your new mantra. Repeating the new truth is key because this is where you re-train any thoughts of self-pressure to reflect the guidance of your inner wisdom.

A large rectangular box with a black border, intended for recording a new mantra. The box is empty and light gray.

Resources:

- *Visual Journaling, Going Deeper than Words*, Barbara Ganim & Susan Fox
- *Hear Your Soul Hear Yourself, Getting Started with the Mind-Body Connection*, Abigail Steidley (<https://abigailsteidley.com/shop/>)