YOUR OWNER’S MANUAL FOR LIFE~ Source Code of Your Soul

*Creating You and Facilitating Your Life*

“*Denial is the shock absorber of the Soul. It protects us until we are equipped to cope with reality.*” *~Melody Beattie*

**CHAPTER 6 EXERCISE: Finding the Feelings of Your Patterns**

This is the brief exercise included within the text of Chapter Six in the book. I have included it here as it provides space to acknowledge some of your feelings and includes some valuable self-questioning.

When you are willing to acknowledge and address the reality of your patterns, find the feelings of the pattern and allow yourself to experience them fully. It can be helpful to write them out. For example:

When X happens or when Person X says/does X, I feel…

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Consider when/where this may have begun. Allow yourself to uncover the true thoughts, feelings and emotions that you may not have felt safe fully expressing initially and be with them fully. Acknowledge and thank them for holding space until you were ready to convene with them.

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For each, ask:

* *What do I hate about this? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

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* *What do I love about it? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

* *What do I want that I’m not getting or getting that I don’t want?*

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* *What is the meaning that I’ve given to this? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

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* *What are the underlying beliefs which created, or re-created it?*

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Consider what choices and actions brought you into this pattern or addiction. Ask yourself:

* *Who would I be without this?*

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* *Who do I prefer to be?*

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*Do I want to be a prisoner of the past or a pioneer of the future? ~*Deepak Chopra