



Module 2

Embrace your emotions.

Forgive yourself.

Take care of yourself.

It's ok. It's ok. It's ok.

Total number of questions: 1

Q1: What is a bitter experience from your past that holds you back?

You will be touching on trauma from here, so please drink plenty of water and work in a quiet environment.

Please do not hold back tears. Let them all flow and accept yourself.

Now to the main question.

What is something in your past that you experienced that you were [afraid of, anxious, shocked, sad, in pain, overwhelmed, and hopefully didn't want to experience]?

Think back carefully about what has happened in your life.

Write down as much as you can.

- (1) How old were you?
- (2) What time and day was it?
- (3) What was the weather like?
- (4) Where were you? Who were you with?
Were you sitting? Standing?
- (5) How did it smell like?
- (6) How did it taste like?
- (7) What specific conversation did you have? What happened?
- (8) How did you feel?
- (9) Why did you feel that way?
- (10) Which part of your body did you feel it?
- (11) What did you really want to do?
- (12) Words of gratitude to yourself for overcoming the situation at that time. Even if you can't find it, squeeze it out.

The event happened as it was meant to happen in this lifetime. Acknowledge the person you were at the time. Forgive yourself. It was an experience of personal growth that only you could have overcome.

Hint: You can let it all out. This is your own private time.