

THE QUALITY OF YOUR LIFE IS REFLECTED IN THE QUALITY OF YOUR

RELATIONSHIPS

CONDITIONAL VS. UNCONDITIONAL

- Love is the oxygen of the soul.
- WHAT YOU CAN CONTROL ARE YOUR THOUGHTS + ACTIONS.
- TRADE YOUR EXPECTATIONS FOR APPRECIATION.
- GIVE YOURSELF THE FREEDOM TO DO IT WITH LOVE OR NOT DO IT AT ALL.
- NEGATIVE STALKING FORMS THE BLUEPRINT OF A SELF-FULFILLING PROPHECY: the brain distorts, deletes, generalises!

EXERCISE "SURVEILLANCE: THE SELF"

- this upcoming week you become a detective, by pure observation of your own behaviours + triggers
 - What triggers you? (describe the situation + people involved)
 - Why did it trigger you? (describe the connections of your relationship, your point of view, the other's point of view, when you experienced this same trigger the last time)
 - reflect on the 4 Horsemen, pinpoint your 3U's + 3C's
- try your best to try out the S.E.W. method on at least occasion during the week + journal on the impact it had.

UNDERSTAND YOURSELF

4 HORSEMEN

CRITICIZE
ignore the mirror others show us, project back what triggers us, suppressing the real cause of emotion

CONTEMPT
creating an atmosphere of judgement with negative comments to put the other person down

DEFENSIVENESS
reject truth to save oneself from admitting fault / shame / failure when the only "failure" is to not acknowledge self-responsibility

STONEWALLING
it is okay to take a break, calm down, sort your thoughts HOWEVER not if it is used as an emotional abuse (eg silence treatment)

3 U's

feeling UNSEEN
NOT UNDERSTOOD
OR UNSAFE

CREATE

3 C's

being CRITICIZED
OR CRITICIZING
feeling CLOSED
OR CLOSING DOWN
being CONTROLLED
OR CONTROLLING

A TRIGGER IS AN OPPORTUNITY

- S. SENSATION (where do you feel what in your body)
- E. EMOTION (name it + use only the 5 basic emotions)
- W. WANT (what is it you need/want to create balance again)

ON A PERSONAL NOTE

DYNAMICS

ENERGETIC BONDS:

- have been chosen by us
- always are showing potential to grow
- are open to a free will decision on how to respond to them + what actions to take
- are a highly personal + purely individual journey
- serve the growth of our soul through experiencing every facet of emotions
- are not linear or set in stone but a process + alive
- are changing
- THE ONLY CONSTANT IN LIFE IS CHANGE + therefore people leave to make space for others
- THE MORE YOU GET TO KNOW YOURSELF THE CLEARER YOU ARE ON YOUR IDENTITY, THE MORE YOU ARE ABLE TO DEEPEN THE BONDS YOU DEEM WORTHY OF KEEPING, AND CUT THOSE THAT NO LONGER SERVE YOU