

A Closer Look Inside

Name: _____ Date: _____

Go back to your list of *Things That Keep Me from Feeling Connected* from Session 7. Has anything on the list changed as you've progressed through the *Closer Look* exercises? Find the top thing from your list that is currently keeping you from feeling connected to your True Self. Hold that barrier to connection in your mind for a moment. We're going to take a closer look at it by going inside.

Think about your number one barrier to connecting with your True Self, and answer the following questions:

What is the exact nature of this barrier? Physical or mental? Why?

Is this barrier to connection a permanent barrier, or a temporary one? Why?

Is this barrier to connection a pervasive one, touching all aspects of your life, or is it a situation-specific one, touching only one or a few areas of your life?

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Is this barrier to connection a personal one, having something exclusively to do with you, or is it something external to you?

Is this barrier to connection something you can change, or is it something you have to accept?

Is this barrier to connection something you have control over?

Is this barrier to connection something you can re-frame in order to turn it into aid to connection?

Now visualize yourself drawing a circle around this barrier to connection in your own mind.

Allow yourself to move from Doing Mode into Being Mode. Simply observe what's going on inside of this imaginary circle you've drawn around your barrier to connection. Write down any observations about it in the exercise on the next page.

