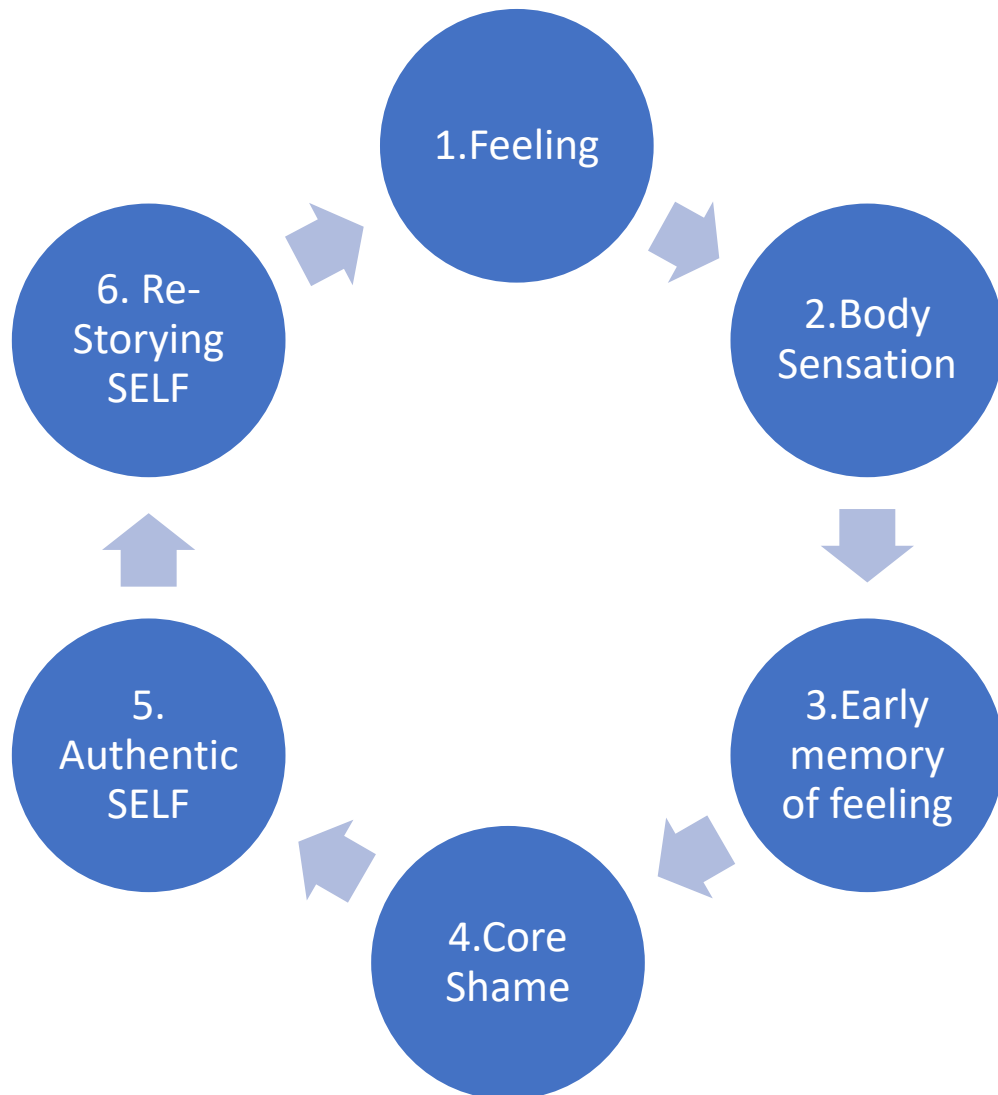


CONNECT-THE-DOTS TO RE-STORY THE AUTHENTIC SELF
(page ONE)



CONNECT-THE-DOTS TO RE-STORY THE AUTHENTIC SELF

(page TWO)

Identifying feelings helps us connect to old core beliefs we learned as children. Since these beliefs live in the unconscious body memory, we have to bring them into the light to change how we feel about ourselves and give the body cues to safety and trust.

In the connect-the-dots diagram below you can begin to shift old core shame beliefs such as *I am not enough, I am a failure, I am stupid, I am unlovable*, etc. into the authentic truth such as *I am worthy, I am lovable, I belong*, etc. You then start to re-story the old body memories and create new patterns in your brain and in your life.

After acknowledging your feeling in a situation, work with each of these areas to connect-the-dots to a new story of a SAFE SELF. Write your experiences on the next page or in your journal.

1. **FEELING**: Name the **feeling** you are experiencing in a current situation in your life. (The excavation exercise is a useful tool to help you identify the feeling.)
2. **BODY SENSATION**: Once you identify the feeling, check in with **body sensations** you might be having, such as tight chest, stiff neck, nausea, etc.
3. **EARLY MEMORY OF FEELING**: If you are feeling too stressed to go on, take some deep breaths and a little break for now. You can come always back to this later. If you are comfortable enough to keep going with the exercise, think back to an **early memory of the feeling**. Describe the event or memory of when you had a similar feeling. How old were you? What do you remember was happening?
4. **CORE SHAME**: Can you find the clue in the feeling you are describing that might have resulted in a **core shame** belief you unconsciously developed as a truth of who you are? For example: feeling *unlovable* may have resulted in a core shame belief that all of you is *unlovable*. Challenge that core shame belief here.
5. **AUTHENTIC SELF**: Once you recognize the false core shame belief than you can begin to write a new story. Write down what truly defines your **AUTHENTIC SELF**. Don't worry if you don't believe it. Fake it until you make it! The truth of you is underneath the lies you have been told, and the body memory wants those lies to win. Keep telling your body the truth
6. **RE-STORY SELF**: Think of some of the things you enjoy doing and commit to bringing your **AUTHENTIC SELF** into those experiences. Feel the feelings of the old core shame wash away like sand on the shore. **Re-Story** the truth of who you are by feeling into body sensations of love, worthiness, joy and belonging.

CONNECT-THE-DOTS TO RE-STORY THE AUTHENTIC SELF

(page THREE)

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