

LEARNING FROM ALLIES

Step One Define your upset about a person or circumstance in your life.

I don't like it that _____ is _____.
Examples: *John* *overcommitted and not keeping his agreements*
 my flu *keeping me from going to work.*

Step Two Use the following questions to support your learning and growth.

What is this person or circumstance here to teach me?

Example: *John is here to teach me how I am overcommitted and breaking agreements with myself about what I say matters most in my life.*

What can I only learn from this person or circumstance being in my life?

Example: *I've not been willing to rest in a long time and this flu is reminding me of the value of rest and renewal which I have previously devalued.*

How is this person or circumstance showing me that I am still attached to getting approval, control and security from the outside?

Example: *John is showing me that I'm afraid people won't like me if I don't perform.*
 I'm sourcing my approval from the outside.

How is this person or circumstance showing me that I am still living from scarcity?

Example: *I'm afraid that if I rest more often I won't be able to make enough money.*
 I have a scarcity of money.

How is this person or circumstance showing me where I am still attached to being right about my story?

Example: *I believe that I should always keep my agreements even if it's costing me.*

How is this person or circumstance inviting me to accept and love a part of myself that I am currently projecting on to them?

Example: *This flu is inviting me to value the part of me that wants to relax and enjoy the pleasure of life instead of always seeking to go after goals.*

What is this person or circumstance inviting me to face that I am not currently facing?

Example: *John is inviting me to face how overwhelmed I actually am and how it is costing me in multiple areas of my life.*

What unfelt feeling is this person or circumstance inviting me to feel?

Example: *I've not been willing to feel my sadness about the loss of connection I have been missing with my family when I am always working.*