

STEPPING INTO SELF LOVE

MODULE 1 THE REALITY CHECK

In this module you take a step back from the problems in your relationship and look at your life and happiness levels as a whole.

What is included:

We take a step back from your problems and take a look at your life, with an exercise developed to create clarity for you of your current reality.

When your relationship begins to stifle you, when you find that it is infiltrating your every thought. When your behaviour is being affected, your work and your other relationships. You find yourself being hyper-critical of those around you, short-tempered with the kids and looking for other outlets for your frustration, hurt and anger it is time to stop and take stock.

In this module there are two exercises the first is called the Wheel of Life, where you become clear on how your life looks currently.

The wheel of life can be used in various ways – but we will concentrate on how our relationship is affecting our life as a whole and secondly to become aware of all the aspects of our life, how multi-faceted we are where life is actually going well.

The Second Exercise is called the Mirror Game and this is an introduction to yourself.

It is a fairly light-hearted approach to begin focusing your mind on who you are, at your core. What your beliefs and values are and more importantly what you have picked up along the way from family, friends and society which leave you with a sense of guilt when you aren't living up to them.

This exercise is aimed at opening your mind and getting you thinking more deeply about who you are and what you want from life and your relationship.

In this section you will find “ PDF worksheets plus two videos.

email: allison@allisonreiner.com

