

STEPPING INTO SELF LOVE

MODULE 2

Shine the Light in the Shadows

Here we examine the thoughts we never dare voice.

You will learn how to turn the voice of your inner critic into your friend, listen to what it is telling you and gain amazing insights into what self-love and empowerment may mean to you.

Self-awareness begins here. Watch the video and take time to consider all those thoughts, hurts and resentments you never dare speak.

PART ONE:

NAME THEM – every single one that comes into your mind.

Take your time, don't force them go with the flow.

If this is the first time you have ever tried this be gentle on yourself.

You will find resistance – there are reasons that you don't share these feelings.

Don't push if you feel overwhelmed. Instead, leave it and set the intention to come back later.

There is no timescale for this and the more you open up and write it out the more you will find bubbling away under the surface.

**This is not an exercise in self-righteousness or even blame apportionment. It is simply an exercise in raising your awareness.*

Firstly, to all those thoughts and feelings you are currently keeping pushed down inside, keeping you prisoner, weighing down your heart and creating this disconnection with your partner – lets shine the light on them.

You never have to utter them out loud – but it is so important that YOU know what you are thinking, feeling and believing.

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PART TWO

This is where you begin to diffuse the power of your thoughts. When your thoughts are your “dirty little secret” they hold infinite power over you.

When you are willing to look at that list and own them, commit them to paper and read them back – they lose their power

We often give our power away to people who have absolutely no idea that they hold power over us and in fact neither of us until we can take that list and see it for what it is a list of fears, which are controlling your mind.

The one you don't want anyone to know about – those thoughts, angers, hurts and resentments.

What is it about them that keeps you from speaking them out loud?

Take time to go through.

Take a moment to consider the topics you normally argue about.

What is different?

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