

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 the person or circumstance showing me that I am still attached to getting approval, control 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 unmet 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.