# Workbook

**I can't trust, I can't be myself, I'm scared to express myself, my creative talents, I can't or won't make money with what I love.**

Was it safe to be you?

Was your environment while growing up safe to express the things that you wanted to share?

If it didn't feel safe to be you, if you wanted to express your creativity in any way and you felt that you were ridiculed, shamed or simply not taken seriously for your efforts or you felt that your gifts and talents were not appreciated or wanted, then it usually leads us to a point where we stop sharing ourselves and who we really are.

It will lead to doubting yourself and questioning whether you are good enough later in life. These limiting belief structures will lead to difficulty trusting in life, and the fact that life is there to support you. Of course, this will be mirrored back to you constantly. Once our mind operates from these limiting beliefs it becomes challenging to trust others and because of that there is no trust in God and the universe, since we are all connected through the universal field.

So, this is about emotional safety rather then physical safety. It leads to a feeling of not being able to trust in yourself and who you are and a fear of expressing yourself authentically when others are around.

Possibly shyness. Because of the fear of negative consequences.

You will most likely pick careers or activities that are really too small for you, because you are afraid of the negative consequences such as ridicule, lack of interest from others, perceived failure.

You fit yourself into a box that is too small for you and way below your potential.

This can leave you feeling isolated, because you are not being yourself, nobody really gets to meet the true you, that's hiding inside.

You might also feel that you have to do it all alone, because you can't trust in anyone else and nobody is there to support you. It will lead to picking jobs or careers that might pay well and support you financially, but its not satisfying emotionally.

This creates a huge values conflict between doing what you love, (because you don't trust you can do it because nobody will pay you for it) and doing what you think you can or should do to earn money, a reasonable job that is accepted by others such as parents.

Maybe you have settled for a career or job that is very dissatisfying and doesn't pay well and you watch others who are not even as smart or talented do well financially and otherwise, while you quietly observe from the sidelines, getting more and more angry and frustrated.

# So, how do you solve these limiting patterns?

**\*Go back to childhood and find the very first incidence where you wanted to share a talent and something happened, maybe your parents were too busy or tired…or other kids were laughing or joking about what you shared…**

**\*recall the story and whatever happened**

**\*what did you need at the time, that you didn't get in that situation?**
(maybe it was support, acceptance, a little of your parent's time, love etc.) the moment you identify these things and feel into them, these energies will begin to show up in your life?

**\* how did you start compensating for what was missing?**
E.g. you became very shy and kept things to yourself or you became very loud and obnoxious and this may go back and forth depending on the situation, maybe you became very self-conscious etc.

**\* how did this compensation benefit you from then on? How did it make your life better?**
(e.g. I became I great observer, because I watched from the sidelines, being shy kept my save, being loud & obnoxious got me the attention I was looking for, I became a great actor and so on…

**\* what would you teach your young self, using positive psychology?**
(e.g. maybe if I had understood that my mom was exhausted, and that's why she didn't seem interested I could have asked her if she's interested at a different time)

**\* and what would you teach the people involved in your story/situation, using positive psychology?**
(e.g., if you were ridiculed for your art, maybe your singing or painting, teach the people that ridiculed you that they would set a better example for others if they adopted humility or kindness or diplomacy, teach them how they could have handled the situation better and how they could become a better person)

**Then picture the person/people who hurt your feelings and say to them:**

1. I chose to forgive you!
2. *I love you* (this might feel weird, but if you can really feel love for them and their shortcomings, then love will return to you! After all, you most likely have figured out by now that it all was a misunderstanding).
3. Thank you.


**Then say to yourself:**

1. I'm sorry I held these beliefs for so long.
2. I forgive myself
3. I love myself
4. Thank you