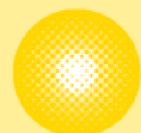


SAFE RESPONDER

7 JOURNAL PROMPTS TO DEEPEN YOUR
INNER SENSE OF SAFETY EACH DAY



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Doctor: "Let me explain something to you, Dave. There are two kinds of angry people in this world: explosive and implosive. Explosive is the kind of individual you see screaming at the cashier for not taking their coupons. Implosive is the cashier who remains quiet day after day and finally shoots everyone in the store. You're the cashier."

Dave: "No, no, no. I'm the guy hiding in the frozen food section dialing 911. I swear."
from **Anger Management** (movie)

Your Mission

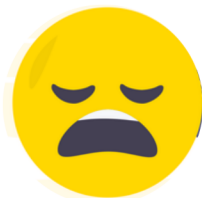
Use these prompts daily to deepen your inner sense of safety so you can be more resourced each day

- X** It's easy in our current story of Separation to get caught up in the moment and react
- X** Your spouse, child or employee activates unexpected reactions from you
- X** Your body or emotions "betray" you when things don't go according to plan
- X** Do you feel like you can't trust yourself to respond wisely in unexpected moments?

Your Challenge

You either...

- don't say anything, then regret it later, OR
- reactively say something you regret later!



Your Vision

Use these prompts daily to:

- ✓** daily reconnect with your inner wisdom so you can access it easier, without self-sabotage
- ✓** respond more than react when others activate strong reactions within you, without self-judgement
- ✓** Trust your body and emotional "tells" more so you are less stressed and more at choice, without meditating 24/7!
- ✓** Reclaim and deepen your trust in yourself to respond wisely in unexpected situations without regret!



Remember...

Set a daily reminder to use this either

- first thing in the morning OR
- right before going to sleep

JOURNAL PROMPTS

Pick as many or as few as you'd like to respond to...

What aspects of myself did I notice in how I showed up today?

What did I learn about myself?

Is there anything I needed or wanted?

How do I feel about how I related with myself today?
Is there anything I would change?

Is there anything else I would like to take note of?

How am I enjoying (or not enjoying) this way of checking in with myself?
Would I change anything?

Do I need to give myself a hug?

RECAP + NEXT STEPS

WE JUST COVERED

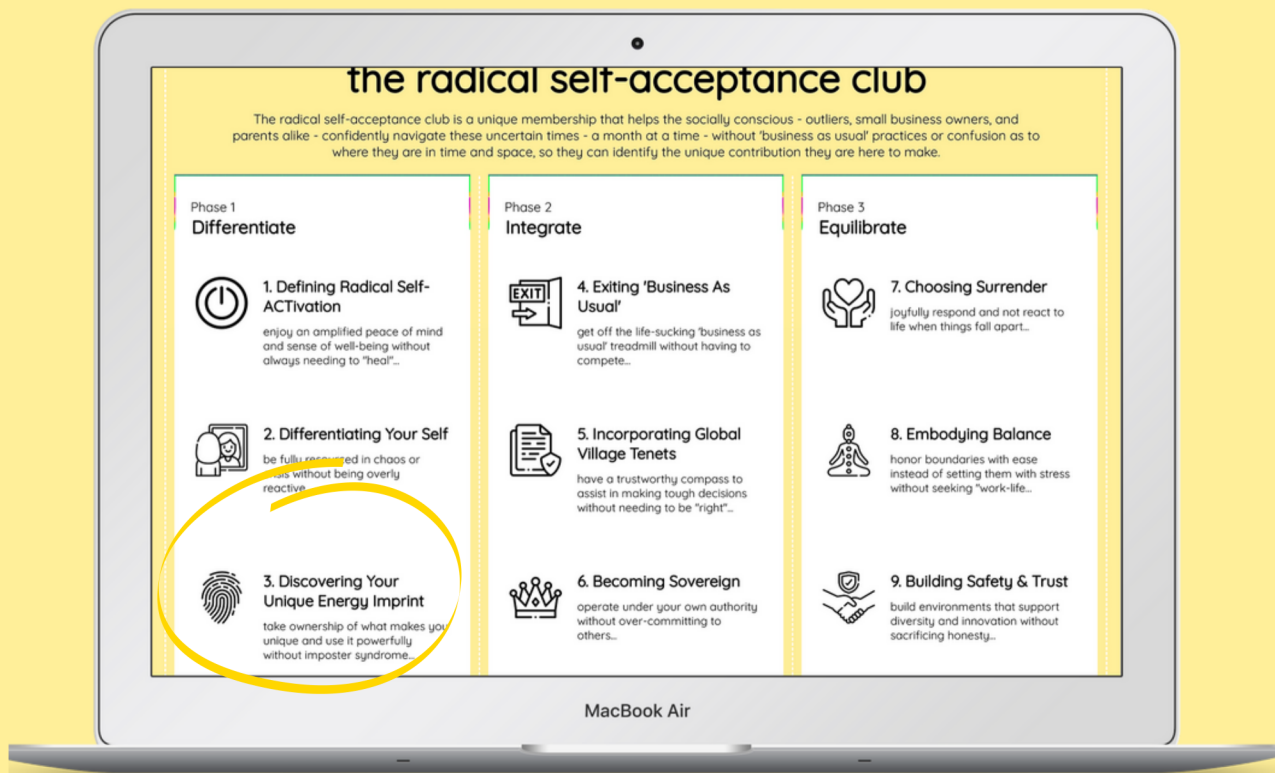
A simple strategy (software) to deepen your inner sense of safety so you can be more fully resourced each day.

NEXT STEPS

At a minimum, carry out this experiment for 2 weeks. Pay attention to how things shift for you and incorporate into your daily life what works.

NEXT LESSON

Discovering Your Unique Energy Imprint.
Take ownership of what makes you unique and use it powerfully!



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