



True belonging doesn't require
that we change who we are;
it requires that we
be who we are.

Brene Brown
#bravingthewilderness

“Negative self-worth seeds get planted when you accept what someone says about you as your truth.” ~Jill Hope, iShine Coaching

The beliefs you hold and the story you are telling yourself about who you are, based on what someone else said or did when you were young (or DIDN'T say or do), is now impacting the relationship you experience with your children. The real work of transformation happens when you process through your limiting beliefs and write/practice new beliefs that reflect who you truly are.

Remembering and living out your truth is a gift you give yourself and one your whole family will benefit from.

Grab your journal and answer the questions below. It will be of no benefit to you and will hold back progress if you aren't completely honest. *Give yourself permission to experience this exercise fully.*

- Write about the most recent time your son or daughter triggered a negative emotional reaction in you. Give me all the details...What were you clashing about? What led up to the altercation? Was there anything in particular that your child said or did that really got to you?
- Tell me more about what you were feeling, both physically and emotionally, in the moment when it was most heated...
- Beneath the surface emotions and response you felt, was there anything else you were feeling? Below the surface quick answer emotion you were feeling (such as frustration, anger, disappointment) what else were you feeling?

Keep your journal handy, we are going to use this example during our next one-in-one session to process the limiting belief you are experiencing within this relationship and take you through to a new belief, one that will serve you and your child better in the days and years ahead!

Fair warning, this won't be an isolated exercise while we are working together. Other issues will come up along the way. Most of us have more than one limiting belief that is affecting our lives in multiple ways. Some of the more common limiting beliefs include: I'm not good enough, I am not deserving, I am not worthy of being seen or heard.