

Exercise

- **Love is equal parts support and challenge**
- To a master, **there is no such thing as attacks, only invitations to dance.**
-John Demartini
 - When somebody lifts you up or puts you down, if you buy into their one-sided illusion, they can run your life.
 - If every time a crisis struck, you trained yourself to immediately look for the blessing and opportunity that certainly exists, you could dance with your life.
- **Breaking Through Trauma With Others**
 - Take out a journal and hand write the answers to these questions or statements.
 - Identify the **core complaint**, “When you ____ I felt ____.”
 - Own the complaint in yourself. What is your version that you do in your life that is similar to what you are complaining about.
 - List as many examples as needed to feel an emotional shift.
 - Identify in your past this has happened before.
 - Write out as many examples as needed until you feel an emotional shift.
 - What did you learn from this experience? What did it teach you? How has it helped you to work towards transformation? What meaning can you make of it that serves you?
 - List as many examples as needed to emotionally shift.
 - What are the drawbacks to the fantasy? If life were how you wanted it to be where the person didn’t do the thing you complained about, what would you miss out on? What opportunities would no longer be there for you to learn and grow from?
 - Write out as many examples as needed to feel the shift.
- **Homework**
 - Identify an area in your life where you might be stuck in the Dreaded Drama Triangle (check out The Empowerment Dynamic). Try to keep it to an experience where you feel 5/10 or less triggered by. This is difficult to do for your first time on your own with things that are 6/10 or higher because it is a new tool still. Use the tool on that.