The Unbecoming You

21 Days To Living Life On Your Own Terms

This book comes with added resources and bonuses including self-healing meditation which can be found on this link www.yulianafrancie.com/unbecoming-journal-bonus

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ISBN: 978-0-6454194-3-6

Part 1

UNLEARN

"She wasn't born herself.

She found herself.

Over a long,

And treacherous road.

And the more treacherous.

The road became.

The more of herself,

She found."

Atticus

Day 1

THE INCEPTION

Your relationship with your mum is the primary foundation of your safety, love, and security. It also immensely influences your adulthood attachment approach within your love relationship. Write a short autobiography of your childhood (under 7 years old) experiences, especially around your relationship with your mum (primary caregiver).
Did you feel safe, loved, secure, and nurtured by your mum?

Day 1

THE INCEPTION

John Bowlby defined attachment as a psychological connectedness between one person to another. Emotional attachment also means a deep and enduring emotional bond between a child and her mother. This then gets transferred to her partner at the adulthood stage. Ainsworth categorizes attachments into three categories: secure, anxious, and avoidant (dismissive and fearful). What is your attachment type?

Note: go to www.yulianafrancie.com/unbecoming-journal-bonus for self-assessment of your attachment type.

How does your attachment style influence your past or current romantic relationship?

Day 1

THE INCEPTION

Study shows RNA plays a role in passing down intergenerational traumas. Parent's wounds caused by life experiences offer opportunities for parent and child to transcend their consciousness level. Do you see any similar patterns between your parent's love relationship to yours? Identify any intergenerational traumas and lessons which are present in your life.

Your parents are the reason why you are who you are.
What they give you is all they had.
Their love and sacrifice are worthy beyond your comprehension.

Day 2

THE SOUL'S COHORTS

Everyone experiences childhood conditioning process through parenting styles, teachers' disciplinary actions, society's norms, and culture. Parenting style, as the fundamental conditioning process, defines how we behave in any kind of relationship. Based on Baumrind's theory, there are four parenting styles: Authoritative, Authoritarian, Permissive, and Uninvolved. Which one is your parent's parenting style? What beliefs do you hold about yourself because of your parents' parenting style? What is your parenting style like? Can you see any similarity? And how does your parenting style affect your relationship with your children?

What beliefs do you hold about yourself because of your parents' parenting style?

Day 2

THE SOUL'S COHORTS

What is your parenting style like? Can you see any similarity?

And how does your parenting style affect your relationship with your children?

Day 2

THE SOUL'S COHORTS

Dreikurs recommends mutual respect and empowerment without detaching love as a foundation for the parent-child relationship, instead of using control and manipulation. We also applied unhealthy parentings which are learned behaviors in our love relationship. For example, projecting an idealized model and unmet expectations to partner, withdrawing love to control, or acting out as protesting behavior. How does your parent's parenting style affect your romantic relationship?

Day 2

THE SOUL'S COHORTS

What is your parenting style like? Can you see any similarity?

And how does your parenting style affect your relationship with your children?

Day 2

THE SOUL'S COHORTS

School, culture, and religious dogmas made us to conform and fit in with prescribed standards, commandments, or rulings. These create conditions which motivate us to be or do something which may not align with our true selves. Further, patriarchal supremacy creates an imbalance of masculine and feminine energy—also known as dark feminine shadows (i.e., over giving, over pleasing). The collective consciousness around skin color, race, and genders also influences our belief system. How does your environment influence your beliefs and perceptions of life?

Sovereignty is the liberation from who you are not.
And the recollection of your soul's shards.

Day 3

THE FAIRY TALE

Media and marketing companies use toys, movies, stories, and advertising to subliminally convince us to reject our true selves. Hence, criticizing or judging ourselves and others becomes an acceptable norm as our way to project the unconscious belief of '**I am not good enough as there is something wrong with me**.' When you look at yourself in the mirror, what does your inner voice say about your body image or appearance?

Day 3

THE FAIRY TALE

During the infancy period, we learned to feel nurtured through feeding. Food then fulfills our emotional (comfort) besides our physical needs. Our diet and how we feel about it, have an impact on our feelings and emotions. This connection is also known as our relationship with food. What is your relationship with food?

Do you eat based on feeling, stick to a strict plan, or well-balanced diet?

Does your food intake have any reference to your body image?

Do you feel guilty after indulging yourself?

Day 3

THE FAIRY TALE

Brene Brown's study validates part of female shame is linked to her body image judgment. This affects her belief in being enough, which is a vital factor in having a loving and happy relationship. The beauty and fashion industries use marketing campaigns to entice us with a promise of realizing the perfect image. Do you compensate any negative self-beliefs with spending on beauty and fashion products or services? Do you purchase based on need, trend, or feeling (impulse buying)? Can you identify how much of your spending decisions are being influenced by emotions?

Do you purchase based on need, trend, or feeling (impulse buying)?

Can you identify how much of your spending decisions are being influenced by emotions?

Day 3

THE FAIRY TALE

We learn to seek external validation of our worthiness through fitting in with society's idealized models, such as Hollywood celebrities. How easily influenced are you by media, trends, or advertising? Perhaps you feel the need to keep up with trends because of peer pressure. If you are under influenced, what belief would you need to let go of? For example, I feel successful when wearing a designer label.

I saw my perfection and so I love myself.
Then I saw my imperfection, and I loved myself even more.

Part 2

UNCOVER

"I am not the things my family did.

I am not the voices in my head.

I am not the pieces of brokenness inside.

I am not the mistakes that I have made or any

of the things that caused me pain.

I am not the pieces of the dream I left behind.

I am not the color of my eyes.

I am not the skin on the outside.

I am not my age, I am not my race, my soul inside is all light.

I am light.

I am divinity defined.

I am the God on the inside.

I am a star, a piece of it all."

India Arie (excerpt of I am light lyrics)

Day 4

THE SACRED JOURNEY

As spiritual beings, we have our soul's purposes to fulfill. Life happens for and through us. Before rebirth, the soul and soul's higher self (consider it like a soul's parents) draw up an agreement. This is also known as the soul's contract, which includes the upcoming lessons to be mastered. Our time on earth is the soul's training ground for achieving the next level of mastery. Which areas (health, wealth, love, spirit) of your life do you struggle most with? Make a concise list of the challenges you face in that area of life. Look for recurring patterns within those challenges to uncover your karmic lessons.

Day 4

THE SACRED JOURNEY

Our soul has the innate ability to overcome any karmic lessons. We also strengthen our superpowers and transcend our consciousness through overcoming those lessons. Our soul family is present in our lives to teach and help us in resolving those challenges. The soul family reaches beyond our friends and family circle. They can also be anyone who affects our lives significantly, like teachers or colleagues who show up for notable reasons. List the members of your soul family and the lessons which they are teaching you.

Day 4

THE SACRED JOURNEY

Our karmic lessons are the clues to finding our deeper truths. Life mastery also requires us to accomplish minor tasks before we can attempt greater ones. Consider it like developing a new skill. Be mindful of the life lessons that lie underneath the life struggles. Find the potential clues which can lead you to your true purpose in life. Don't get too hung up on finding your purpose at this stage. Like putting a jigsaw puzzle together, you will need to find the pieces first, then put them together.

"Important encounters are planned by the souls,
Long before the bodies see each other."
Paulo Coelho

Day 5

THE SELF-IMPOSED GLASS CEILING

Becoming is our evolution process to learn and grow so we can carry out our roles in life. Programming plays a major influence on our conscious and subconscious mind, as part of our becoming process. Unfortunately, programming may include the development of limiting beliefs—a self-imposed glass ceiling. Awakening is the soul's cry for freedom. It can feel like a period of darkness and uncertainty. This is the dying phase of a version of our consciousness. Write a short story about something significant that happened in your life, like a major illness, relationship breakup, financial struggles, job loss, etc. What lessons did you learn during the period before and after?

Day 5

THE SELF-IMPOSED GLASS CEILING

Awakening includes a period of grief because of the spiritual dying phase. Our world is shaken and our existence is threatened. However, if we allow our life to collapse, it gives us tremendous opportunities to raise our consciousness, show our light, and unleash our inner strengths. It shall then transform our life into a more meaningful fulfillment of our soul's aspiration for consciousness rebirthing and resetting our belief system. Identify your growth and transformation as a result of the major event, including the changes in your beliefs and shift in awareness.

Day 5

THE SELF-IMPOSED GLASS CEILING

Unbecoming process can also be regarded as a soul rebirthing process so that we can develop a more intimate connection between our physical and beingness aspects to coexist with the attainment of inner peace, joy, the fulfillment of love, and freedom in life. We must first release what is no longer serving us through the liberation of mind, expansion of heart, and embodiment of a new identity, to achieve a profound life-changing alteration. When you reflect upon your awakening process, what do you think your glass ceiling might be?

Day 5

THE SELF-IMPOSED GLASS CEILING

When answering the below questions, let your intuition guide you and write the first answer which comes to mind no matter how scary it might be. It is normal to expect that the answer will challenge, shake, or surprise you. Remember that you don't need to take action on this now. Simply reflect on the possibility of those future potentials, which you may never have previously considered, and let the future vision excite you.

Take a deep breath and center yourself before answering the following questions. If I am not afraid, I would ...

If I am fully supported, loved, and accepted as who I am, I would ...

If I am guaranteed to succeed, I would ...

If I can have everything in life, I would ask for ...

"The path of awakening is not about becoming who you are.
Rather, it is about unbecoming who you are not."
Albert Schweitzer

Day 6

THE WOUNDED INNER CHILD

Self-rejection is one of the primary self-destructive behaviors, which is also an expression of a wounded inner child. There are four forms of self-rejection:

- **Maximizing** is an exaggeration of our reaction to gain attention.
- **Minimizing** is a withdrawal or avoidance of self-expression for safety and protection.
- **Projection** is a realization process of the ideal self, either admirable or despicable qualities of ourselves onto others because of the lack of a parent's acceptance.
- **Symbiosis** is a connectedness, assuming that both parties think, feel, and act alike. A couple who experiences symbiosis loses their separateness, like boundaries, personal desires, etc. Then, they will use manipulation, over-giving, or acting out when feeling their desires remain unfulfilled.

Identify your self-rejection pattern, maximizing, minimizing, projection, or symbiosis.

Day 6

THE WOUNDED INNER CHILD

Write a short autobiography about your childhood, especially when a neglect (emotional, physical, or psychological), abuse, or trauma occurred. Identify the correlation between your self-rejection pattern with your childhood story.

Day 6

THE WOUNDED INNER CHILD

Besides growing old, the adulthood process needs to include acknowledgment, acceptance, and nurture of our inner child. However, most adults' inner child was neglected, disparaged, abandoned, and rejected. An emotionally wounded inner child inhabiting an adult caused incapability of having a loving, respectful, open, and honest relationship, or a successful career in harmony with personal and family life. Rebuilding your relationship with your inner child is the first step of this healing process.

Visualize a younger version of yourself as described in the autobiography you wrote earlier. Connect with her and ask, what does she need from you?

Day 6

THE WOUNDED INNER CHILD

There are specific phrases which your inner child needs to hear from you for the healing purpose:

- ◯ I hear you
- ◯ I love you
- ◯ I am sorry
- ◯ I forgive you
- ◯ I believe in you
- ◯ You deserve better
- ◯ I am proud of you

Which healing phrase (s) does your inner child need to hear? To achieve more profound healing, say this phrase in front of a mirror while looking deeply into your eyes as reflected in the mirror.

"Adults are just outdated children."
Dr. Seuss

Day 7

LOVE IS THE EXPRESSION OF LIFE

Our capacity to love, accept, forgive, and empathize with others is directly proportionate to our capacity to love, accept, forgive, and empathize with ourselves. Therefore, our relationship with other people is simply a projection of our inner relationship with ourselves. And what we see in others is the reflection of our inner struggles, triumphs, strengths, or weaknesses. What are your consistent struggles in the love relationship?

Day 7

LOVE IS THE EXPRESSION OF LIFE

Mastering self-love is the path to return to love. You cannot pour out from an empty cup; only by filling our cup of love, we can share it with others. Each time we feel hurt, our brain re-validates our wounded inner child's belief that love hurts. And while we hold this belief to be the truth, we will manifest the life experience accordingly. How do your love struggles reflect your childhood becoming process?

Day 7

LOVE IS THE EXPRESSION OF LIFE

Our brains are wired for connection, but wounds rewire them for protection. Therefore, unless we heal those wounds first, future relationships will be founded upon avoidance of pain. Deep down, we feel nervous to love and opt for protection from getting hurt and betrayed. Because our minds register relationships and love as a disappointment, heart pain, and betrayal. We feel insecure to give or receive love yet, what we desire most, is the opposite of fear and, while we lean on fear, we manifest our deepest fear regardless of our conscious intention. What do you believe of yourself because of that childhood issue? What beliefs do you need to let go around love and acceptance?

"If everything around seems dark,
Look again,
You may be the light."
Rumi

Day 8

THE EMOTIONAL DEPENDENCY PARADOX

The attachment theory validates our emotional dependency need is as crucially important as resilience. Emotional dependency is the foundational factor of a child's ability to thrive emotionally, which depends upon their parents' emotional availability and responsiveness. Children need their parents to provide a secure base during childhood. What are your beliefs about emotional dependency?

Day 8

THE EMOTIONAL DEPENDENCY PARADOX

When children grow into adulthood, they seek proximity to this secure base from their life partners during stressful periods. Their attachment type shapes their internal working model and the foundation of emotional security, which affects their expectations within interpersonal relationships. How does this affect your interpersonal relationship?

Day 8

THE EMOTIONAL DEPENDENCY PARADOX

People feel needy when their emotional needs are unmet and, once their needs are met, they shift their focus outward. This is otherwise known as the 'dependency paradox'– attachment jargon. The dependency paradox suggests that, as people raise their level of emotional dependency on another, the more independent and daring they become. Emotional dependency offers a safety net which hinders fears and consequently promotes a higher level of risk appetite which leads to more success opportunities. The higher the risk, the greater the reward will be. Do you allow yourself to be supported by others?

If not, what fear arises as you think about being supported by your loved ones?

When did you first experience this fear?

What permission do you need to give yourself so you can let go of this fear?

Yes, I am strong and independent.
But at times, I also need someone to hold my hand.
And a shoulder to cry on.
Because vulnerability is a strength, not a weakness.

Day 9

PASSION ENLIVENS LIFE

We spent most of our growing up stage learning how to please and fulfill others' needs. We forget who the most important person in our lives is. The person who we look at each morning in the mirror gets neglected. Then we wonder why we feel empty and robbed. When you learn how to fall in love with yourself and you shall fall in love with your life.
Imagine going on a first date with yourself, what questions would you ask yourself? Write down your findings about yourself. You can also ask three or more friends or family what they love about you.

Day 9

PASSION ENLIVENS LIFE

By embracing the self-passionate energy, you will get to know yourself on a deeper level and create a powerful bond with your soul and purpose in this lifetime. If you would spoil yourself like a passionate lover does, what would you give, do, or treat yourself to? Practice this at least once a week to build a new habit.

Day 9

PASSION ENLIVENS LIFE

As a child, we are more open to exploring our curiosity, the pointer to passion. We know our interest in life, but we get discouraged to follow it during our becoming process. Hence, you need a self-discovery process to unearth your passion. What did you like or enjoy doing as a child or at a younger age, which you have stopped doing now?

What were the reasons you stopped doing that activity?

What books do you enjoy reading? Or what topics do you like to discuss with your best friends?

Day 9

PASSION ENLIVENS LIFE

A purposeful life is a byproduct of passion. Pursuing a passionate activity or goal also develops meaning and purpose in your life, as passion makes you live life from an exciting and enthusiastic space. What subjects spark your curiosity and inspire you to learn more about them?

If money was no object, what would you like to do?

"Passion makes the old machine new:
Passion lops off the bough of weariness.
Passion is the elixir that renew:
How can there be weariness when passion is present?
Oh, don't sigh heavily from fatigue:
Seek passion, seek passion, seek passion!"
Mawlana Jalal-al-Din Rumi (The Illuminated Rumi)

Day 10

LIFE'S NAVIGATION SYSTEM

Drowning is an emotionally overwhelming stage where your mind is full of intense emotions and incapable of processing those emotions. It affects your ability to think, act, or decide. Those emotions are normally negative ones like anger, fear, or guilt, but on rare occasions, some people can experience an overwhelming reaction caused by a euphoric state. This state of mind can be caused by one big stressor or a series of small continuous stressors. The following questions are some cues to what emotional drowning may feel like.

Do you ever feel lost in overwhelming thoughts and emotions, even when performing seemingly mundane tasks?

Do you feel that your current life circumstances are too much to manage?

Do you feel so powerless in handling your thoughts and emotions that you become the victim of your thoughts and emotions?

Day 10

LIFE'S NAVIGATION SYSTEM

Have you ever experienced emotional drowning? What was it like?

What was it like?

How did it change your life in the long term?

Day 10

LIFE'S NAVIGATION SYSTEM

Emotions carry significant information to help us survive and navigate our way through life. As what lies beneath the emotions are our past stories, values, beliefs, and perceptions, which are used by our brains as concepts to give clues about our inner world, and when combined with our empathetic ability to discern them, emotions offer opportunities for growth and healing. Emotion is energy in motion, which includes a flow of energy to be released and information to be processed. There are three options:

- **Expression** (outward) is our way of externally releasing emotions to be deciphered. It communicates our need to seek help, project fears, or relief.
- **Repression** (inward) is an internalized mechanism to either compartmentalize, numb, or shove emotions back into the unconscious mind.
- **Channeling** (the healthiest way) is by acknowledging and comprehending the hidden message carried by the emotions. Our brain constructs the emotions through a concept which is built upon past stories and belief systems.

What is your default way to process emotion?

Can you identify what or who influences your emotional processing method?

Day 10

LIFE'S NAVIGATION SYSTEM

Paul Ekman categorizes emotions into 5 major categories. They are:

- **Anger** arises when a boundary has been broken, lines have been crossed, and you feel violated.
- **Sadness** teaches us about introspection, resilience, perseverance, and opportunism, which also promotes acceptance, compassion, trust, and forgiveness.
- **Fear** expresses our feeling of unsafe, uncertain, loss of control, failure, shame or vulnerability.
- **Joy** correlates with our state of innocence, safety, love, peace, connectedness, and security.
- **Disgust** is a reactive form of protecting yourself from unpleasant or unwanted situations.

Pick one significant emotion which you experienced recently and reflect on what may have triggered this on a deeper level by reflecting on the following questions.

When was the first time I was feeling this way?

What happened to me and why was it significant?

Day 10

LIFE'S NAVIGATION SYSTEM

What belief did I create because of it?

What story do I often retell myself regarding this?

What do I need to let go of so I can move forward with life?

"Your emotions are the slaves to your thoughts,
And you are the slave to your emotions."
Elizabeth Gilbert

Part 3

UNLEASH

As I value my worth,

I unconditionally love myself first.

By expressing my authentic self to the world,

Tomorrow, I will wake up and feel matter,

To myself, not to you or the world.

And my life is matter to me.

Day 11

THE SPIRITUAL AROUSAL

The only path to awaken your manifesting power is to be courageously in alignment with your soul out of love. By emitting an energetic vibration of completeness and love, you shall manifest your desire which fulfills you. Otherwise, manifesting from the space of not being good enough, proving something, scarcity, or trying to escape from an uncomfortable situation will put you into a false situation. Your ego will convince you that peace and happiness come from having everything in place, but that's not how the universe works.

Everything will fall into place after you embody peace and happiness. You are the producer; you are the tree of your life. The quality of your fruits depends on your level of consciousness. You shall only improve the quality of your fruits by transcending into a higher level of consciousness.

What is your current situation in particular areas of disappointment?

Day 11

THE SPIRITUAL AROUSAL

Through courage, you become a victor; the creator who believes that life happens for you and through you. Empowering yourself to take action through inner strength, with no attachment to the outcome, is the essence of courage; it implies the willingness to explore alternative possibilities and opportunities in life and approach it with childlike curiosity. Courage also means that you are willing to take a higher risk which enables you to reap a greater reward. It is what makes you feel alive.

What is the ultimate outcome you want to achieve if you knew you could never fail?

Day 11

THE SPIRITUAL AROUSAL

Courage includes an empowering action taken out of deliberate choices with confidence but no attachment to the outcome; it is essentially an inspired action through the guidance of love. Hence, courage reignites your manifesting power, which is the capability to create a purposeful life by taking self-responsibility for your thoughts, actions, and emotions in co-creating life experience with the Universe. There is a level of faith and surrendering involved in the manifesting process. Force, in contrast, is an assertion of power through control and manipulation, as one is trying to change out of fear and scarcity to fulfill an expected outcome; this is the path of destruction, frustration, and misery. What does courage mean to you?

Which areas of life do you feel you can be more courageous in?

Day 11

THE SPIRITUAL AROUSAL

Write a list of actions which you can start doing now to get one step closer to your desired outcome. Write down any fears arising from each of those actions in the next column. Next to each fear, write the worst thing that can happen if you take those actions. Contemplate the idea of taking the least scary action first.

Actions to take	Fears & worst thing can happen

Day 11

THE SPIRITUAL AROUSAL

Contemplate the idea of taking the least scary action first. Then encourage yourself to act on it in the next few days. Next, go on the second and so on.

Actions to take

Fears & worst thing can happen

"Have enough courage to trust love one more time and always one more time."
Maya Angelou

Day 12

VULNERABILITY GRANTS YOU FREEDOM

Being vulnerable is the only way to have intimacy, a genuine connection, creativity, and a heart-centered life relationship. Only through vulnerability can we recognize our emotional needs and take self-responsibility to fulfill them. The first step in having the courage to be vulnerable is liberating ourselves from societal conditioning as a people pleaser. It is an internally motivated syndrome of a desire for approval and validation, and stems from the insecurity which develops into a habit, or even addiction, to say YES to make others happy and do whatever it takes to make them feel needed. It gives us a false sense of feeling important, which indirectly boosts our worthiness.

Select one past event when you had a conflict with yourself or others, where you behaved in a people-pleasing manner. As you recall this event, write this story down in the section below.

Day 12

VULNERABILITY GRANTS YOU FREEDOM

What were the unspoken words, thoughts, feelings, or values that you held back?

How did you feel about defying yourself and opting to please others instead?

What did you believe would be the consequences if you chose not to people-please?

Day 12

VULNERABILITY GRANTS YOU FREEDOM

What would you do differently if facing a similar future occurrence?

What boundary do you need to set to prevent future conflicts happening without jeopardizing your self-love?

Day 12

VULNERABILITY GRANTS YOU FREEDOM

Not everyone can easily recognize their people-pleasing pattern, but if you have found yourself in any of the following situations, you are showing people-pleaser patterns.

- Agreeing with others to gain favor, even though it may go against your values
- Taking responsibility for others' feelings, emotional reactions, or happiness.
- Excessively apologetic for your behavior, thoughts, decisions, or simply being yourself.
- Spending too much time helping others or engaging in activities which you believe are expected by others.
- Struggling to express or deny your feelings, to say NO, or to speak up for yourself.
- Imitating others' behavior or engaging in self-destructive behaviors to be socially acceptable.
- Fear of offending others resulting in taking action that compromises your values.
- Measuring your self-worth against others' judgment, compliments, or validation.
- Avoiding conflict or struggling with self-defense even when you confidently believe that you are right.

Day 12

VULNERABILITY GRANTS YOU FREEDOM

Vulnerability requires you to show up authentically instead of hiding behind the facade to appease others. It is natural to fear vulnerability, but being in control gives a false sense of safety and security. It is a misbelief that control over others, circumstances, or facts will guarantee our safety and security. Deep down, control and manipulation are a refusal to let go of childhood wounds and a reliving of those painful moments.

The only way we can live on our own terms is through being courageous to be vulnerable to the truth. Freedom can only be obtained by showing up as our authentic selves, and that is what the courage to be vulnerable allows us to do.

What are your fears around vulnerability?

Day 12

VULNERABILITY GRANTS YOU FREEDOM

What do you need to let go of so you can be vulnerable with others?

What is your childhood wound around those fears?

"Daring greatly means the courage to be vulnerable.
It means to show up and be seen.
To ask for what you need.
To talk about how you're feeling.
To have the hard conversations."
Brene Brown

Day 13

THE PERILS OF PERFECTIONISM

A perfectionist has difficulty in recognizing when enough is enough; it is less about high performance and more about the need to be perfect. Underneath is the ego which seeks validation of being right and above others; this comes from a fractured sense of self-worth and twisted personal values. Do you have a tendency toward perfectionist behavior?

Day 13

THE PERILS OF PERFECTIONISM

Perfectionism reflects our unworthiness issues; it is a self-inflicted pain caused by the self-belief of our inadequacy to be ourselves. To avoid feeling this pain, we behave impulsively. Impulsivity is an action that produces undesirable, rather than desirable outcomes because it is poorly conceived, prematurely expressed, unnecessarily risky, and inappropriate to situations. Yet, numbing our pain through impulsivity instead of accepting the truth of who we really are will provoke more significant future pain. Nevertheless, the fear of facing our pain is so powerful that we elect to sustain our unworthiness through:

- Addiction to self-improvement projects
- Playing small
- Withdrawal of living in the now
- Keeping our minds occupied
- Judgmental and critical towards self and others

What pains are you avoiding feeling?

Day 13

THE PERILS OF PERFECTIONISM

What beliefs do you need to change so you can let go the need to be perfect?

What is your avoidance of pain mechanism?

What does it cost you to remain in avoidance of pain?

When we learn how to accept ourselves,
We learn how to embrace the beauty in others.

Day 14

THE GENESIS OF A NEW PASSAGE

Acceptance is the pathway toward inner happiness and peace, especially during our most challenging times when we are battling ourselves. It is the ability to view people, things, circumstances, or facts as to how they are presented without having our emotions influence or cloud our judgment. An inner battle occurs when our expectations or judgment is not being fulfilled. There is a gap between our perceived reality and present reality; simply put, we are delusional. Acceptance is also the pathway to love ourselves and others unconditionally, to feel authentic, and enjoy life freely. To enable self-acceptance, first, we must be aware of our pain avoidance mechanism, then embrace the courage to be imperfect and build a relationship with our shadows. As we get to know our imperfection, shedding shackles that fracture self-worth, we will naturally grow. The greatest freedom comes from allowing ourselves to be human in the most authentic way.

Take 10 minutes to be alone and silent; start with taking a long deep breath to center yourself. Now, recall a recent past event when you had an emotional outburst, i.e. sadness, anger. Observe, with no judgment, how your shadow behaved, any feelings that were suppressed, and unspoken words that you held back. Describe the event from a third-person perspective and write down any findings from your observations. Include some reflections around the following suggestive questions:

How do I see myself reflected in this shadow?

Day 14

THE GENESIS OF A NEW PASSAGE

What's the hidden message that is communicated by my emotion?

What do I want or expect from this person with whom I had a conflict and left me unfulfilled?

What do I most want this person to perceive about me?

Day 14

THE GENESIS OF A NEW PASSAGE

What does this shadow need from me to accept, forgive, and release any associated traumas?

What affirmation, acknowledgment, or assurance does this shadow need to hear from me? Like, I am worthy of love; it is okay for me to feel angry; I am enough, or I am exactly who I need to be at this moment.

"Because one believes in oneself, one doesn't try to convince others.
Because once one is content with oneself, one
doesn't need others' approval.
Because one accepts oneself, the whole world accepts him or her."
Lao Tzu

Day 15

THE VERSATILITY OF LOVE

An interpersonal relationship is an inextricable union which brings with it intertwined issues. It forces us to heal our wounds while empathizing with our partner's wounds. All emotional pains are self-inflicted. Each time we relive our past, our whole psyche recreates the pain and adds to the residue of past pain within our body. We may not remember the past, but our body stores the pain until we are ready to release it.

Reflect on a certain story from the past which you're holding onto. What pain does it bring up each time you retell yourself this story?

Day 15

THE VERSATILITY OF LOVE

Once we are conditioned to live in pain, the brain's plasticity creates neural patterns which store memory of pain as a known factor. Once these neural patterns are established, the brain will use them as a reference for future validation. Unconsciously, we become a pain addict. Remember, how tight do you grip onto your pain? Each time you reject love by reminding yourself of previous painful experiences like betrayal, rejection, or abandonment, those unhealed wounds sow the seeds of self-destructive patterns, give rise to emotional triggers, fabricate fears, and inhibit you from receiving love, your deepest desire in life.
What benefits do you get from holding onto this pain?

What does holding onto this pain cost you?

Day 15

THE VERSATILITY OF LOVE

Through forgiveness, we bravely heal our wounds and bring our shadows into the light. Each time we forgive others, we strengthen our power, because we no longer allow our past to dictate our future outcomes. You co-create your life experience with the Universe through your vibration, thought, and emotion. Hence, forgiveness is telling the Universe you have finally learned that lesson. It will liberate you from the emotional trauma of experiences and prepare you to create a contrasting life experience. Unless you emit the signal that you are ready to receive, the Universe will not deliver your intention. Forgiveness is a deep act of self-love. Forgiveness is the key to opening your heart so you can feel the love for yourself once again. It is never about anyone else. Only you can cure the heart's pain through forgiveness. You will also gain inner peace and tranquility by forgiving others.

Who do you need to forgive to alleviate your pain and reclaim your power, so you move forward with life?

Day 15

THE VERSATILITY OF LOVE

What valuable lesson did you learn from that? And how has it changed you for the better?

What shadows are showing up on your story?

"Out beyond all thought of right doing and wrong doing,
There is a field.
I'll meet you there."
Rumi

Day 16

THE LOOKING-GLASS SELF

The notion of looking-glass self confirms our need to align our internal beliefs with external reality. Because our inner beliefs determine what we perceive about others, things, experiences, or the world. Transforming our life experience is only achievable through reframing our limiting beliefs and the negative stories with which we feed our minds. This unconscious self-evaluation and validation process determine our self-worth and self-esteem. We relate to this in the form of a critical inner voice. This voice acts against us and is a negative side of our personality. We can also define it as a well-integrated pattern of thoughts, beliefs, and attitudes. This inner critic is often experienced as an inner dialogue that constantly comments upon, and evaluates, almost every experience harshly. Remind yourself of one thing that your inner chatter said and write it down.

Day 16

THE LOOKING-GLASS SELF

This inner critical voice encourages and strongly influences self-destructive behavior. As a hostile, judgmental advisor, it also warns us about other people, promotes anger or impulsive behaviors, and shows us a pessimistic view of the world. At times, we express this self-criticism to others either as a safety behavior to attain acceptance or a defensive act in anticipation against others' judgment. The inner critical voice can also be an echo like the internalized derogatory parent's commentary which is sometimes passed down and replicated over many generations.

What kind of story do you tell yourself repeatedly in relation to this inner chatter?

Day 16

THE LOOKING-GLASS SELF

What was the past event that might associate with the story that you just wrote?

Day 16

THE LOOKING-GLASS SELF

Studies show children with critical parents develop an ingrained belief of 'I am not good enough as there is something wrong with me'. Critical parents use the reward (or compliments) vs punishment (or criticism) parenting method to mold their children into their ideal image. This parenting method teaches children to strive for perfectionism or otherwise they are unworthy of love. Feeling rejected emerges when realizing their parent's ideal image feels unattainable, and when these children reach adulthood, they struggle to trust and love others. They believe their loved ones will eventually hurt them or withdraw their love. The wounded inner child who yearns for love and acceptance emerges as part of the inner critical voice each time her safety and security are at stake. What do you believe about yourself based on this story?

Write a forgiveness note to yourself and others that are involved.

Day 16

THE LOOKING-GLASS SELF

Write a gratitude outcome for a lesson you learned from it.

What if your belief of I am...(insert the answer from the earlier question) is no longer true?

Write yourself a permission slip that allows you to do or be what you may deem as a mistake or failure. This helps to teach your brain to get comfortable with the idea that making mistakes is a common trait of all people while also acknowledging your fears.

I offer you a space in my heart,
To relive your experience,
To feel your pain,
To see your sorrow,
And to reassure your broken soul
That we are in it together.

Day 17

THE EVOLUTION OF SHAME

Shame is the validation of our belief that I am not good enough as there is something wrong with me. We developed shame at an early point in our lives; we held the belief that we are unlovable, unwanted, or unworthy because we failed to meet others' expectations (especially our primary caregivers). Shame imprisons us either through control, by other's feelings and behaviors, or control over our authentic feelings. Think of a past situation when you felt shameful and write a brief autobiography about it.

Day 17

THE EVOLUTION OF SHAME

Joseph Burgo defines basic shame as the unconscious awareness of internal damage, felt at the deepest level of our being. The development of basic shame occurs when our parents fail to provide our needs for love, safety, and joy. What caused you to feel shameful and what is the belief which may drive it?

Day 17

THE EVOLUTION OF SHAME

Following are some narcissistic traits, based on Jean M Twenge and W Keith Campbell (not borderline personality disorder type):

- Inflated sense of self, self-absorption, and self-centered type of behavior causes interpersonal relationship failure.
- A belief that he/she is above others and delusional about his/her self-esteem, and display a low level of commitment.
- Lack of empathy, an essential trait in relationship bonding.
- Focuses on showcasing their materialism, image, and social status to the public.
- Strive to appear like celebrities, from lifestyle choices, appearance, and many more examples.

What are your patterns of behaviors which may show signs of narcissistic traits?

How can you apply self-empathy to transform those behaviors?

There is a sweet spot in my tormented heart for,
I did the best I could and I deserve better,
That is called self-compassion.

Day 18

EXPRESSION GIVES VOICE TO THE VOICELESS

Communication as the primary form of self-expression is a primal way of connecting one person to another. It creates a heart-to-heart to bond which brings us closer to others. However, there are moments when communication can negatively affect our closeness with others, pushing us apart instead of bringing us together. This communication breakdown occurs because of a lack of effective or ineffective communication.

Think about a past situation when you experienced conflict because of a communication breakdown. What do you think was the underlying cause of it?

Day 18

EXPRESSION GIVES VOICE TO THE VOICELESS

Most relationship failure is caused by communication breakdown, regardless of what kind of relationship it is. The best way to communicate is to take a more direct approach and express any emotions verbally in an explicit manner, because gender, culture, and social conditioning influence our communication style.

Did you speak and express your truths clearly and effectively?

What could you have done differently?

Day 18

EXPRESSION GIVES VOICE TO THE VOICELESS

Knowing the truth is vital to creating a life which suits our terms, and the best way to know the truth is by calling the Law of Truth. Use this daily invocation to call and find the truth in others or a situtation, I am calling upon the law of truth to show me the truth. More than wanting to fix, heal, change, manipulate, or control myself and others, I allow myself to know, accept, express, and embody the truth. We may not always like the truth, but it liberates us and guides us to create a purposeful life. If you held back your truths, why did you do so? What were you afraid of?

Do you feel safe expressing your truths to others?

Day 18

EXPRESSION GIVES VOICE TO THE VOICELESS

Every relationship has its own inherent challenges and struggles, which can be improved and overcome through understanding each other on a deeper level instead of defaulting to a pre-assumption based on observation, stereotyping, and association to past stories or beliefs. Communication comprises outflow (speaking) and inflow (listening) of information. Therefore, to achieve effective communication, developing your listening skills is equally important as developing your speaking skills.

Most people center their attention on listening to respond or forming a counter-argument when another person is talking, otherwise known as critical listening. This is one of the major reasons for communication breakdown. Instead, try exercising the active listening method, just like a therapist listening to a client, to improve your listening skills. The objective is to comprehend the message conveyed alongside acknowledging the speaker's need to be heard.

Do you give enough safe space to another party to express his or her truth?

Day 18

THE EVOLUTION OF SHAME

If not, what are you afraid of?

How can you create an environment which promotes this safe space to be honest with each other?

Are there other ways to improve it?

I am the expression of love,
I am the voice of spirit,
I am the divinity,
Who am I to question my truth?

Day 19

INTIMACY IS A RELATIONSHIP GLUE

This exercise is an excerpt from Esther Perel's book, Mating in Captivity. She uses this exercise in couple's therapy to reveal how the couple intertwines their relationship together, including any gaps in what they are seeking in desire and love. I altered it for your intimacy self-exploration.

Take the time to be alone and uninterrupted. I strongly recommend that you do these journaling prompts after a short meditation and allow yourself to be raw and honest when answering these questions.

When I think of love, I think of ...

When I love, I feel ...

When I am loved, I feel ...

In love, I look for ...

Day 19

INTIMACY IS A RELATIONSHIP GLUE

When I think of intimacy, I think of ...

I feel intimate when I feel ...

When I am intimate, I feel ...

In intimacy, I look for ...

When I think of sex, I think ...

Day 19

INTIMACY IS A RELATIONSHIP GLUE

When I desire, I feel ...

When I am desired, I feel ...

In sex, I look for ...

Day 19

INTIMACY IS A RELATIONSHIP GLUE

Now, take a moment in silence to reflect upon your answers on previous questions. Look for the hidden message that you may need to address. For example, if **security** is what you look for then answer the following questions:

Why do you feel the void of.... (security—based on the example) in your life?

When was the first time you did not feel ... (secure)?

What past story signifies that period?

What new story do you need to tell yourself now?

"Love rests on two pillars: surrender and autonomy.
Our need for togetherness exists alongside our need for separateness."
Esther Perel

Day 20

THE PARADIGM SHIFT

By embracing the self-passionate energy, you will get to know yourself on a deeper level and create a powerful bond with your soul and purpose in this lifetime. If you would spoil yourself like a passionate lover does, what would you give, do, or treat yourself to? Practice this at least once a week to build a new habit.

Day 20

THE PARADIGM SHIFT

Our brains are wired for connection, but wounds rewire them for protection. Therefore, unless we heal those wounds first, future relationships will be founded upon avoidance of pain. Deep down, we feel nervous to love and opt for protection from getting hurt and betrayed. Because our minds register relationships and love as a disappointment, heart pain, and betrayal. We feel insecure to give or receive love yet, what we desire most, is the opposite of fear and, while we lean on fear, we manifest our deepest fear regardless of our conscious intention. What do you believe of yourself because of that childhood issue? What beliefs do you need to let go around love and acceptance?

Intimacy is a safe harbor inside my heart,
Where I allow your soul to commune with mine,
In a raw yet loving way.

Day 21

BEAUTY IS IN THE EYE OF THE BEHOLDER

By embracing the self-passionate energy, you will get to know yourself on a deeper level and create a powerful bond with your soul and purpose in this lifetime. If you would spoil yourself like a passionate lover does, what would you give, do, or treat yourself to? Practice this at least once a week to build a new habit.

Day 21

BEAUTY IS IN THE EYE OF THE BEHOLDER

Our brains are wired for connection, but wounds rewire them for protection. Therefore, unless we heal those wounds first, future relationships will be founded upon avoidance of pain. Deep down, we feel nervous to love and opt for protection from getting hurt and betrayed. Because our minds register relationships and love as a disappointment, heart pain, and betrayal. We feel insecure to give or receive love yet, what we desire most, is the opposite of fear and, while we lean on fear, we manifest our deepest fear regardless of our conscious intention. What do you believe of yourself because of that childhood issue? What beliefs do you need to let go around love and acceptance?

I lived inside the cocoon for so long.
I shrunk myself to fit into a tiny confinement.
I forgot what it feels like to be free.
Then one day when I thought my life is over.
And I realize I have wings.
I am now ready to emerge with beauty and grace.
To spread my wings and fly.