



Module I: Introduction to the Course

Video I-2 Exercise I-1 Journal

This exercise is for Journaling and Reflection. Please go to the downloads section for Exercise I-1.

What has your journey been so far? Please journal about your life's journey as you see it. What have been your triumphs? Your challenges? What desires and experiences have led you to this course? What are the stories you tell about yourself and others in your life? Are there two of you?

Reflect and write down the ways in which your deepest innermost view of yourself challenges the persona you have presented to the world. How have the people and circumstances in your life reinforced those beliefs you have about yourself? What behaviors are triggered by those beliefs? How have those behaviors impacted the development of loving relationships?

Here's a hypothetical example: I was a great student in school – and very active in lots of groups. The world thinks I am a successful business executive, spouse and parent. Inside – I always have felt like I am a fake, I am actually a pitiful rendition of a human with so many faults that no one can see. It is exhausting to keep up this persona. I find that it is easier to be this person if I stay really busy, playing the success role, hiding my emotions, and often I turn to alcohol to become the happy, life of the party. Being so busy, “too busy” and drinking around others has resulted in shallow relationships. I often don't like who I am. I often feel judged by my parents, spouse and even my children. I am my own worst critic.

I try my best to live up to their expectations to show up as my false persona. However, I realize I have attracted people into my life who make me feel “less-than” and trigger me into another personality in order to defend myself from having to

look at the flawed person I really am. I become a person who is mean, verbally aggressive, and shaming of others and I want out of these patterns.

Wishing you courage and blessings with this journaling exercise. In the next module we will look deeply into our world view that gave rise to our stories and learn how to move from victim to beloved.