



EXERCISES FOR ADOPTING  
HEALTHIER LIFE PATTERNS

# EXERCISE 1

## The Origins of Life Patterns

Take some 'time out' to think about your life patterns and how they originated.

Did you experience trauma, loss, sadness or disappointment which caused you to look for happiness elsewhere, only to find that your new relationship was just as unhappy?

What were you trying to put right?

Write or draw your life pattern and keep it to refer to as you work through later exercises.

# EXERCISE 2

## Your Life Now

Draw a picture or write a few paragraphs about your life as it is now. Include your relationships, work, hobbies, activities, pets, where you live, in fact anything that seems relevant.

If some of your relationships are unhappy, think about how your life pattern may have played a part, or prevented you from caring for and protecting yourself.

Think back to the previous exercise and remind yourself of the way your life pattern emerged.

Were you seeking to put something right or to re-create a relationship from your early life?

Keep the exercise to refer to as you build a picture of your life.

# EXERCISE 3

## STOP!

Use the following STOP exercise to allow your subconscious mind to process what you have written or drawn.

Find a space which is comfortable, sit quietly and calmly for a few minutes and clear your mind. Don't try to suppress or manage your thoughts, just allow them to be, and try to observe them from afar. Breathe normally and listen to each breath; let your subconscious mind find some breathing space. Sit like this for a while, then open your eyes slowly and take a breath in and out.

When you have finished walk around for a while, go outside if possible and notice everything about your environment; the temperature, other people, growing things, streets, pavements and sounds. Try to avoid using technology for a while after this experience so you can stay connected to the four-dimensional world.

Use this exercise often as you work through your story.

# EXERCISE 4

## Positive Relationships

Think of a relationship you experienced which was or is positive. This could be any relationship, a life partner, a child, a family member, a teacher, a friend a neighbour etc.

- Write about or draw what was or is good about this relationship
- Think about how you met or how your relationship began
- Think about what made or makes you compatible with this person. What was it in you that made a connection with them?
- Write about or draw how the relationship made or makes you feel
- What values and beliefs did or do you share with this person?
- How did or does this person treat you?

Use the STOP exercise to allow your subconscious to process what you have written or drawn.

# EXERCISE 5

## Who Are You?

This time either write or draw yourself without reference to relationships with other people:

Think about the things that matter to you, things you care about and your likes and dislikes.

Try to recall times when you have been moved to tears by an experience, inspired by something or encouraged to take action in support of a cause.

Think about what makes you laugh and things you used to do which you miss.

When you have done this, write a paragraph or draw a picture of the person you have re-discovered. You now have an emerging picture of your authentic self.

Use the STOP exercise to allow your subconscious to process what you have written or drawn.

# EXERCISE 6

## What Do You Want To Happen?

This time, building on the previous exercises where you have identified your life pattern, reviewed your relationships and started to uncover your authentic self, think of something you want to change about your life and relationships and which you find difficult to tackle;

Remind yourself of the reasons you want things to change, for example, is someone cruel or uncaring? Are you being physically harmed? Are you being isolated from the people you love or the things you want to do?

Allow yourself to experience the emotional impact of this situation. If you are being harmed emotionally or physically, write about or draw the impact on yourself and others and notice the feelings this evokes. Sit quietly with your eyes closed and allow your subconscious to process what is happening.

Imagine yourself free from this situation-how will you feel? What will you be able to do that you can't do now? How may making this change benefit others in your life?

Decide on one step you can take to change things; this could be as simple as telling someone how you feel, asking for help and support or as significant as deciding to leave the situation altogether.

Remember that you and those you love have the right to a safe and peaceful life and that at any moment you can decide to take action towards that goal

Use the STOP exercise to allow your subconscious to process what you have written or drawn.



# EXERCISE 7

## What Do You Deserve?

Take some time to think about the previous exercises; you could make a list of all the things you have discovered about yourself and review it, draw a picture or clear your mind and let the image of your authentic self-emerge.

Describe the relationships you feel you deserve-include all kinds of relationships, for example, with wider family members, an employer or with a life partner.

- What would these relationships feel like?
- What would you have in common with the people in these relationships?
- What values and beliefs would you share?
- What would you be able to do?

Use the STOP exercise to allow your subconscious to process what you have written or drawn.

# EXERCISE 8

## Self Compassion?

Behaving compassionately towards yourself is a vital ingredient in recovering from abusive or unhappy situations. Recognising that you are worthy of love and protection depends on this process-especially if your life pattern began with past trauma:

Write about or draw a representation of your strengths, beliefs and interests, include the things you have achieved which give you joy.

Next write about or draw a representation of the challenges you have faced and the steps you have taken to overcome them. Remember that all your experiences have helped you to learn and grow as a human being.

Sit quietly and let your thoughts come and go, concentrating on your breathing.

Imagine yourself surrounded by love and protection. Recognise that you are as entitled to these things as anyone else and congratulate yourself on the journey you have taken.

When future challenges come, remember what you have achieved and remind yourself that it is more powerful to let go of the struggle

and to look inside for the strength and compassion you now know to be there

Use the STOP exercise to allow your subconscious to process what you have written or drawn.

# EXERCISE 9

## Write Your Story

Finally, write, draw or represent your story in whatever form feels right:

- Start with whatever events seem most influential.
- Describe the challenges and situations you faced and your reactions to them; think about why you reacted as you did and express the emotions you felt.
- If it was difficult to make decisions or to break away from unhappy situations, reflect on why this was and what you couldn't see or do at the time.
- Describe how and why things changed for you, or if you are still trapped by your life pattern, describe how you could break free given what you have learned about yourself and who could help.

Sit quietly and concentrate on your breathing; let your thoughts come and go and ask for guidance. Know that you are free and can choose to change your life at any time.