

Healing Heart Protocol Online Course
Module III – Earth Element: Open to Love
www.healingdivorce.com



Worksheet #2
Writing a Letter to Yourself from your Ex's perspective

We suggest that you undertake this powerful exercise when you feel calm and balanced. If you feel emotionally charged, do our *Presencing Meditation* first or change your mood by watching a hilarious movie or going for a walk outdoors.

In order to heal and open your heart to love, it is helpful to look at your relationship and the surrounding circumstances. It is natural for you to be caught up in your own world and believe that how you experience life is the only truth. Yet, because our brains are wired that way, this doesn't mean that your mind's interpretation of life is completely accurate and truthful. The latest brain research shows us that our brain's perspective is very subjective.

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The following assignment will assist you to look at your past relationship through the eyes of your Ex.

Expect to have some resistance to doing this exercise. Remember our teaching about the passengers of your inner bus and you likely will find an inner Protector part with concerns. Tune inside and be willing to explore any hesitation – be curious about the resistance instead of just giving in to it.

As long as we only see our perspective, we will be stuck in the loop of making ourselves ‘right’ and the other ‘wrong’.

And it is this oppositional stance that will keep you bound to your Ex.

Fighting, judging and resisting is what creates invisible ropes, which in spiritual language are called karmic cords, that bind us to our past.

We can evolve and grow only when we are able to move past our own view and are willing to understand the experience of life through the eyes of the person we are in conflict with.

Instructions

We invite you now to write a letter to yourself.

The challenge and the gift is to write the letter from the perspective of your Ex-partner.

When you are ready, center yourself by breathing slowly and deeply and visualize your Ex partner in front of you sitting or standing.

Now give yourself permission to become your partner for a moment. Settle in as him or her, leaving your own personality and viewpoint aside. Become your Ex and begin writing the letter, ‘*Dear(write your own name)*’!

We encourage you to trust and write how it was to be in a relationship with yourself. Relive the relationship, if possible from the beginning, *from your Ex’s perspective*. Don’t think, be surprised and be open.

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Be curious and willing to consider their perspective and their relationship journey with you. Notice when you ‘slide back’ to your own position and are resisting being open to how they experienced the relationship.

Come back to their point of view again and again, and continue – just let the words flow out of you without too much thinking.

When completed, re-read the letter one more time with curiosity and note down any new insights or understandings that you can take away from this exercise.

Remember the great teaching – it takes two to tango. See what lessons are yours to learn here.

Lastly, acknowledge yourself for your love of truth.