

Healing Heart Protocol Online Course
Module V– Wood Element: Birth Your New Life
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Worksheet #5:
Working with the Moral Judge Passenger

In our culture separation and divorce have a negative stigma associated with them as if it's something bad. A collective belief prevails that a break up and even more a divorce is something to be avoided and that the people who are involved in it are somehow failing. This stems from the cultural ideal that we should be together forever with one person, until death do us part.

Fortunately, there is a slow cultural shift happening, where more and more people realize that some relationships are not meant to last forever and that sometimes it is actually better for everyone involved, including the children, if the couple parts ways.

Obviously we are not promoting divorce here, yet we are making the point that it is a very serious decision, which is very subjective, because it depends

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on so many variables. And it is not a failure if the relationship doesn't make it.

From this general examination of our culture, we invite you to reflect for a moment to see how this affects you personally.

There is a passenger on our inner bus that we call the Moral Judge Protector. This passenger has internalized the cultural values that we just spoke of. This protector most likely has judged you at some point and may still be judging you about your breakup.

For a moment imagine you could talk to this passenger inside of you. Ask it what judgment it holds about break ups and divorce. Note the answers down.

Now ask your Moral Judge what is its intention in telling you these judgments. What does it hope to achieve by judging you? Note the answer.

Ask it what it is concerned would happen to you if it wouldn't judge you for breaking up or divorcing? Note the answers down.

The last two questions were intended to uncover the hidden motivation of the Moral Judge. Usually underneath the criticism is a positive intent. This passenger wants to make sure you behave so that you fit in, so that you belong and will not be alone. Note the answer down.