

Healing Heart Protocol Online Course
Module II – Metal Element: Reclaim Your Clarity
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Worksheet #1
Taking Responsibility

The First Step:

Reflect for a moment on your resentments towards your ex-partner. They can come from the relationship and/or the aftermath of the separation.

Sit with this reflection and write down uncensored what arises. Then choose the three most charged ones.

Examples:

- I resent Him/Her for devaluing me!
- I resent Him/Her for humiliating me!
- I resent Him/Her for being so selfish!
- I resent Him/Her for leading me on!
- I resent Him/Her for cheating on me!
- I resent Him/Her for leaving everything up to me!

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The Second Step:

Very often present relationship resentments and dynamics have their origins in our youth and childhood experiences. Although the circumstances in our adult life were different, some similar emotional patterns from very early childhood might have reoccurred in our present day situation.

The more we can uncover this, the more we can untangle from the emotional baggage and free our self to move forward.

To help you discover this look at the three strongest resentments you hold towards your ex. Now, reflect on your past all the way back to early childhood.

Ask yourself the following (substituting your particular resentments) and note your insights down.

NOTE: Try to answer these questions from as far back in time as your memory allows (preferably childhood).

When before did I experience something similar like this at an earlier time in my life?

Was I treated this way before?

Do the more recent resentments remind me of anything in my past?

Who has left me before?

Who judged, demeaned, or put me down before?

With whom did I experience betrayal?

Who was controlling my life way back?

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The Third Step:

In this next part of our process, we invite you to compare what is similar between the recent events and the story of your past.

This kind of inquiry this will help you to actually reclaim your power, because the moment you can see yourself as the source of this pattern, you also have the power for action, for change, for transformation. This takes you immediately off the victim wheel.

It's not easy to truly understand that you and I are unconsciously involved in the outer manifestations of our life; aka relationship break ups, financial losses and so on. There might be a part of our inner psyche who feels at effect and helpless and now might feel accused as being responsible.

Personal example:

I, Michael, was unconsciously repeating a pattern of getting abandoned by women that started when my younger brother was born when I was 4 years old. I didn't do this intentionally, yet the trauma of losing (temporarily) the attention of my mother caused a pattern later on in my life. I wasn't responsible yet still at effect of this pattern.

We invite you now to sincerely look and inquire for yourself:

What past did I bring into my relationship that my ex-partner then played a role in to repeat an unconscious pattern?

Reflect now and note your insights down.

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The Fourth Step: Seeing Yourself as the Source

Reflect now on how you might have been showing up in your relationship that then set the stage for your partner to play out his or her part in your relationship drama.

Here some general examples that living themselves out in many relationships:

‘I didn’t share what was really going on inside and how I really felt.’

‘I was criticizing and judging a lot’.

‘He could rarely do anything right’.

‘I never really listened to what she/he was sharing’.

‘I didn’t speak up to him/her when he/she spoke abusive, out of fear of losing him/her’.

‘I was lying and withholding’.

‘I cheated not in the body but in my head’.

‘I could never be pleased.’

‘I believe I am not good enough and found someone who mirrored that back to me’.

‘I forgot myself and it was all about her/him’.

Note your insights down:

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The Fifth Step:

Reflect on the three following questions and note your answers:

How did I co-create the dynamics of our relationship?

If I unconsciously set up my partner, how did I do it in my behavior?

What decisions and choices did I make and what actions did I take/not take that contributed to our challenges?

The Sixth Step:

The next inquiry question to assist you on your journey into freedom:

How did I give my power away?

How did I abandon myself and let (name) have power over me?

Ponder the question and trust any answers that arise.

A follow up question:

In which ways did I do this? In which circumstances?

Ponder and write the answers.

The Seventh Step:

The next series of related reflection questions:

What is the biggest complaint about how you were treated by your Ex?

Ponder and note what arises.

How is that similar to the ways that I may have been treated when I was younger, maybe already in childhood?

Trust your reflection and note it down.

Look whether the negative behavior of your partner towards you might be similar how you treat yourself internally!

Am I treating myself in similar ways as my Ex treated me?

Ponder and make notes.

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NOTE:

You might be in a wonderful flow and so we encourage you to continue to come up with questions that can help you to uncover yourself as the original source of your experience.

The Eight Step:

Sincerely ponder:

What has and does this cost me in my life?

How have I caused suffering to myself by making myself small, by being scared of being alone, by being controlling.....(whatever behavior caused your suffering)?

Note these down.

Understanding and getting the cost will help you to shift off the fixation on your Ex and put the power back into your own hands.

Now that you have seen the unconscious patterns that led you give your power and life force away, the next natural step could be to ask forgiveness from yourself for your contribution to the suffering you are in.

The Ninth Step: Restitution

In this step we want to shift out of seeing our contributions to our misery into a solution based approach.

Michael messed up - Neelama messed up - and You messed up.

And, the way forward is to do what in the Jewish tradition is called *to atone*. To make amends, first and foremost, with yourself.

Below a summary of Module II, Track 11: where we guided you through an atonement process with yourself.

Guidance:

Allow yourself to drop into the inner spaciousness, opening up to the presence of awareness within you, that which we call the Aware Self.

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Take a moment to just sink into that part of you that is always present, and unconditional in its love for you.

Atoning:

And from this Aware Self, as part of atoning, find a way to let yourself know you're sorry. It might be that you say to yourself: *"I'm sorry for abandoning you"* or *"I'm sorry for not standing up in my power"* or *"I'm sorry for going numb."*

Trust yourself to find the words to convey what you're sorry for towards yourself for whatever ways you feel that you let yourself down or when you weren't operating out of true integrity, love, and care towards yourself.

Speak this internally and then write it down.

Making Amends:

Now, as a way to make amends towards yourself, ask yourself: *"What can I do to take my power back?"* and for some of you *"What can I do to find my power?"*

As you hear this question, patiently wait and allow answers to arise from this Aware Self, and jot them down.

Then ask yourself:

*"What do I need to do to shift my behavior?
What choices can I now put in place that reflect this inner shift out of being at effect into being empowered?"*

Wait and jot the answers down.

Then, listen from deep within for the answer to this question:

"What is the deeper truth regarding my worth? Am I someone who is, by my very nature, worthy to love and be loved?"

Relax and wait; note what arises in response.

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The inquiry continues:

“How can I begin to show up in my life in a way that expresses my true value and my innate worthiness—that I am a being deserving to love and to be loved?”

Relax and wait and note the answers down.

The 10th Step:

At this step, our questions are directed for you to notice where you need to expand and develop more, so that you can begin to show up in life in a way that honors *all* of you..

Now take a few moments and reflect one more time:

“Where are you ready to learn, grow, and expand? What are the inner and outer skills you are open to learning so that you can transform into the new you that is your birth right?”

Now, the most important step; all of the beautiful work you’ve just done needs something essential to make sure it sticks in your life —and that is **action!**

If you saw that you are avoiding facing your finances, get help to go into action there. If you saw that you aren’t loving yourself enough, begin doing something each day to treat yourself with love, care, and kindness.

Based on whatever insights you had, go into action immediately.

Action Plan:

We encourage you to go into immediate action; start showing up in the ways that you wrote down. Even if there’s hesitation, do it anyway! Your action sends the most powerful message to your subconscious: *“I’m changing and growing, starting right now!”*

Based on your insights, make a plan of action to put these new behaviors in place immediately.

Just Do It!