

DAILY READING

DAY 28

Reframe Fears into Wants

The Homework from Day 23 was:

- List the top 15 fears, dislikes or dissatisfactions that you live with.
- Email the list to your Mentor prior to your next session.
- We will be reframing these fears in an upcoming session, Day 28.

Mentor:

When you receive your mentee's list of Fears, print them out with extra spacing so you can take notes during today's visualization.

If Mentee has not done the homework, use today's session to develop the list with Mentee as Mentor takes notes and uses Active Listening. Then return to this page tomorrow.

We will be using Mentee's homework in today's session to Reframe their Fears into Wants

- Fears: a negative perspective which may lead to worry and disfunction
- Want: a positive perspective which may lead to effective actions

Here is an example of this type of re-framing:

- FEAR: I fear dying before I have grandchildren.
- WANT: I want to live a long, healthy, life with lots of grandchildren around me.

MENTORS SESSION GUIDE

DAY 28

INTENTION

- To Reframe Fears to Wants with Inner Circle

CHECK-IN

Please check-in using PEMS and Mission.

[mentee and mentor check in]

INTRODUCTION

Today, we will be applying Reframing in a different way than before.

We will take your homework list of Fears and reframe them into wants with the help of your Inner Circle.

When we reframe fears into wants, we may start to move our focus from a worrisome state of mind to a positive and possibly inspired attitude.

By engaging our parts we can get an idea about what makes them excited as well.

Also by gaining clarity on what we want, we seem to invite help from unseen forces that may now move in our favor to help us get what we want.

Any questions?

INDUCTION

Find a comfortable position. Close your eyes.

Take a few deep breaths and exhale slowly, allow yourself to relax with every breath.

Take a few more deep breaths, exhaling even slower now. With every breath, allow your consciousness to move into your body.

Take another deep breath and let it out even more slowly. Relaxing even further. Fully moving your consciousness into your body. Becoming one with your body.

As you start to breathe normally now, find yourself relaxing more and more, going deeper and deeper down into an even more relaxed state.

As you embrace this feeling of relaxation, allow some image from your Sacred Space to come up.

As you focus on this image you may find it expanding and you may find yourself in your Sacred Space.

Now take one more deep breath and as you release this breath, become completely aware and present in your Sacred Space.

Take a look around and be aware of any changes that may have occurred since the last time you were here. Simply take note of them for now.

Notice if the parts of you that you invited in previously are there. If not, invite them to come in now.

INNER CIRCLE CHECK-IN

Do a brief check-in now with these current parts.

You may want to check-in first.

Ask them to share whatever is up for them and also if they'd be willing to help you re-frame your list of fears into wants today.

Please share what each part says after they are complete.

[mentee speaks]

REFRAMING FEARS INTO WANTS

Now I invite you to share your first fear with your parts and ask them to help you reframe this fear into a relevant want.

An example of this is:

FEAR: I fear dying before I have grandchildren.

WANT: I want to live a long, healthy life with lots of grandkids around me.

Your first fear or your first group of fears is:.....

You may want to check-in first and share more about this fear and then invite your parts to share what they want around this issue.

[mentee speaks, mentor takes notes]

Repeat for each fear or until time runs out.

CLOSURE & RETURN

When complete, thank all your parts and say goodbye for now and allow yourself to slowly come back to this time and place.

Know that you'll remember everything you need to remember about today's experience and that you'll be feeling refreshed and having more energy than previously.

Start moving your fingers, your legs, arms and slowly open your eyes and be fully back in your room.

Is there anything else you need to feel complete for today?

How was that for you?

What worked for you, and what did you find challenging?

Thank you.

Now, let's check out.

CHECK OUT

SCHEDULE THE NEXT SESSION

HOMEWORK

Please do the Day 29 Reading on Parts Language

Also, please develop a list of the 10 biggest issues that you struggle with in your life and list the wants from today's exercise..