



The magic is within you

Written task for 7-day regulator

This written task is to prepare you for the audio and get you thinking about how guilt/shame may be creating, or even driving how you are thinking, feeling and behaving. The unconscious mind can stand by beliefs, or decisions that were made at an age where we had not yet developed the part of our brain to challenge these beliefs or decisions. We can then hold onto them unaware of how they are impacting our life in the here and now.

The questions below are not designed to make sense, they are designed to create change.

Just write the first thing you think of; these exercises will not be seen by anyone other than yourself so please just focus on the task ahead, take a couple of deep breaths and allow your unconscious mind to generate answers. Once you are finished listen to the audio

Day four – Guilt/shame

Guilt/shame is a cognitive or an emotional experience that occurs when we believe or realise—accurately or not—that we may have compromised our own standards of conduct or have violated a universal moral standard and take on significant responsibility for that violation – Guilt is I did something bad, Shame is I am bad, use whichever feels right for you

- 1- What would happen if I did let go of guilt/shame?

- 2- What would happen if I didn't let go of guilt/shame?

- 3- What wouldn't happen if I did let go of guilt/shame?

- 4- What won't happen if I didn't let go of guilt/shame?