



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 sadness 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 two – Sadness

Sadness is an emotional pain associated with, or characterized by, feelings of disadvantage, loss, despair, grief, helplessness, disappointment and sorrow. When experiencing sadness, we are more likely to become quiet, lethargic or disconnected from our self and others.

- 1- What would happen if I did let go of sadness?

- 2- What would happen if I didn't let go of sadness?

- 3- What wouldn't happen if I did let go of sadness?

- 4- What won't happen if I didn't let go of sadness?