

USING YOUR RELATIONSHIPS TO GROW SPIRITUALLY

Take responsibility for my feelings, experiences, and actions (no blaming).

- ▶ Heal (challenge) the most core frightened part of your personality you know about, e.g., addiction.
- ▶ Look at the parts of your personality that are so familiar to you that you don't see them as frightened parts of your personality.

Practice integrity at all times (often requires action, such as speaking when frightened parts of my personality don't want to speak and not speaking when they feel compelled to speak).

- ▶ Follow your intuition.
- ▶ Do what you know you need to do and you know you haven't been doing (may be the same as intuition, but can be something like a persistent feeling you have been having).

Say or do what is most difficult (sharing what I notice, if appropriate, when someone speaks or acts from a frightened part of his or her personality; sharing about myself what I am frightened to say and know that I need to say).

- ▶ Say what you are afraid to say about yourself.
- ▶ Say what you are afraid to say to someone else (what is your intention?).