Exercise 1: Creative Writing: How I lose myself in relationships



In this creative writing exercise, feel free to write, draw, sketch and paint whatever comes to mind as you reflect on how you lose yourself in relationships. Be honest, be open and remember it is for your eyes only so write whatever comes to mind.

in relations! only so write		emember it is f	or your eyes

Exercise 2: Part A: How I lose myself in relationships



Take a moment to stop, close your eyes and breathe deeply in and out.

This helps us to relax and let go. Imagine everytime you breathe out you let go a little more. Now choose the 5 statements above which you most relate to and write them in the boxes provided below.

Number 1			
Number 2			
(Number 2			
Number 3			
Number 4	1.11.1.1.1.1.1.1.1.1.1.1.1.1.1.1.1.1.1.1		
Number 5			

Exercise 2: Part B: How I lose myself in relationships



Write down your statement in the box and then below, write down whatever you recall starting with "I remember when...", using extra pages if needed. Write it like a conversation and include what you felt, saw, heard, and even what you thought to yourself.

MARKET PI	fett, saw, neard, and even what you thought to yourself.	77
Statement		
I remember when		

Exercise 3: Creating Positive Affirmations: How pain and hurt can become positive and healing



Write a summary of an event you remember which caused you pain.

Then write out negative things this made you feel or think about yourself. On the right, write out positive affirmations which counter each of those negative self beliefs. Take your time.

remember when		
Negative beliefs:	Positive Affirmations:	

Exercise 4: Writing it out: How I lose myself in relationships



Write down your chosen statement in the top box and then in the next box write out the sentence you've chosen to start the creative writing exercise, using extra pages if needed.

Chosen statement			
Chosen sentence			

Exercise 5: Part A Listing those experiences you were upset, hurt or angry about.



In the column lebelled "Experience", write down each event or thing you were hurt, upset or angry about, being specific and concise.

In "Date 1" write today's date and then in each box below it how strongly you feel about the experience (0 "nothing" to 100 "extreme").

	I	Date 1 Date 2	Date 3 Date 4	Date 5
Experience				

Exercise 5: Part B Writing my unsent letter



This is your letter.

To your ex-partner, love interest or hidden attraction.

NEVER TO BE SENT.

			99

Exercise 5: Part C Closure of my Unsent Letter



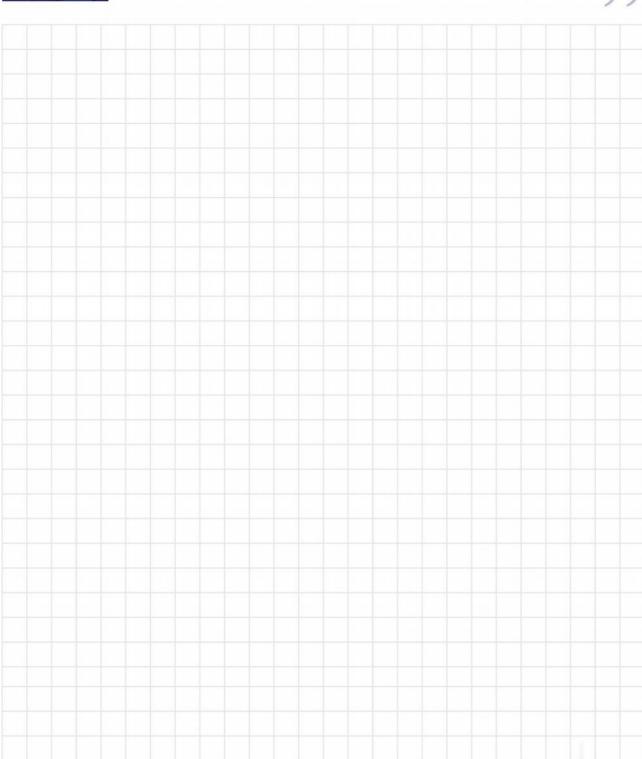
Not everything can be put into words. Use this space to draw, paint, scrible or sketch those things you need to express, but can't find the words for. You can use other pages if needed.

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Exercise 6: The Plan of Your Unique House Drawing out your inner designs



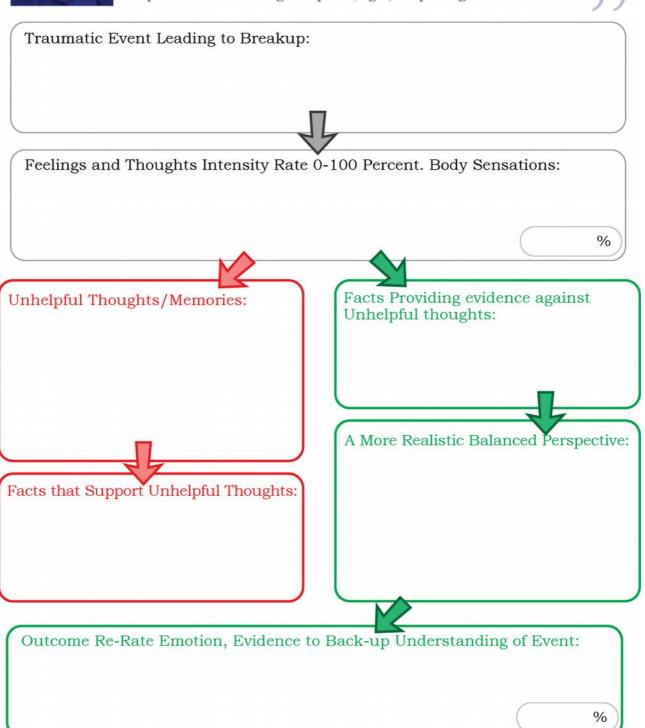
Draw, scribble, sketch and write out everything that would describe your unique house which represents your "YOUness". Be creative and go into detail.



Exercise 7: Thoughts Flow Like a River Learning how to change the flow of your thoughts



In this exercise we will explore the consequences of how we think and discover how changing the course of our thoughts can help us to heal, change and become stronger. The red path (left) supports the problem, while the green path (right) helps us grow.



Exercise 8: Recording: Event, Mood and Thoughts Daily record of events triggering moods and feelings.

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Write the date, describe the event, what you were doing at the time. Write down your mood and feelings (sad, heartbroken etc) and rate their intensity from 1 to 100%. Write down your automatic thoughts at the time.

Date	Event	Mood	Thoughts

Exercise 9: Patterns from the Past Finding a better role model.

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Read each question and take your time to answer them. Start at the top and do them in the order they are written. If you need more space then feel free to use the back of the page or your journal.

your notes		
What is/was the relations	nip like? What was the reod	ccurring pattern that you recal
your notes		
		1
Distress Situation that act	ivated anxious/insecure at	tachment trauma:
your notes		
	this distress situation? Ho	w old do you feel in this distre
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i.e. Feelings, thoughts, emyour notes	otions, actions and behavio	our.
vour notes What was his/her reaction	otions, actions and behavio	our.
vour notes What was his/her reaction	otions, actions and behavio	our.
What was his/her reaction your notes	to your distress and what	did they say/feel?

Exercise 10: Part A Co-Dependent Attachment



PUESTION: What was the Inciting Incident that Acove Withdrawal?	tivated your rear, miniousness,
UESTION: Who were you with?	
OBSTION. Who were you with:	
UESTION: Were you alone or together?	
obblion. Were you done or together.	
UESTION: What were you doing?	
UESTION: Where were you?	
UESTION: When was it?	

Exercise 10: Part B Emotional Response



	utomatic th						
UESTION	: What was	going thro	ugh my min	id just before	this incid	ent happer	ned?
	: What was			d just before	this incid	ent happeı	ned?
UESTION	: What does	this say a			this incid	ent happer	ned?
uestion uestion	: What does	this say a	bout me? ght happen?			ent happer	ned?
UESTION UESTION UESTION	: What does : What am I : What does	this say a afraid mig this mean	bout me? ght happen? a about me?		future?		ned?

Exercise 10: Part C Earliest Memory



UESTION: Your earliest memory that activated a familiar traumatic event? that ever memory occurs, what age were you? Speak from the child/adolescent.	
QUESTION: What feeling and emotions did you experience?	
QUESTION: Was there any way you could have stopped this from happening	?
QUESTION: What were you afraid of?	
QUESTION: What might have happened if things had got worse?	
QUESTION: What did it mean about you?	
QUESTION: What was the worst thing that could have happened if this was t	rue?
QUESTION: What did you feel before the past scary event?	
QUESTION: What images or memories do you have when you think back to to event?	his trau

Exercise 10: Part D Comparing Responses



QUESTION: What repetitive messages from your previous experiences as a child o oung adult follow in to your adult present relationships that have led to co-depernxious attachment? Write them as your own affirmations that have kept you in a egative cycle of attachment, anxiety and fear of abandonment; give an example if omes to mind:			
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	to milit.		

Exercise 10: Part E The Role Negative Feelings Have Played



QUESTION: How does feeling helpless, insecure and frightened operate in your life and keep you fused and dependent in an unhealthy co-dependent relationship?
QUESTION: What are you gaining by holding on to this helplessness & powerlessness?
QUESTION: How do you see it is keeping you stuck and merged in a cycle of thwarted love and co-dependent attachment?
QUESTION: How does being powerless and helpless keep you from recovering from a co-dependent attachment??
QUESTION: How was this relationship affecting your own physical health, needs and wants? How has it kept you dependent whilst refusing help & support from others?
QUESTION: Explain why you have been so scared to let go of a relationship that is causing you emotional despair?

Exercise 11: Creating Self Compassion Understanding how hurts lead to limiting behaviours



Based on the example on the previous page, write out your own experiences and feel free to annotate it (red lines, like in the demo). Write out your core negative beliefs in the first box and follow the flow down to the end.

Key Historical Events Perceive Self as: Moments of Shame: Perceive Others as: **Key Fears** External Reference: Internal Reference: Safety/Defensive Response External: Internal: Self-to-Self Relating (internal) **Unintended Consequences** External: Internal: