

Befriend Your Inner Demons

An inner-work exercise by Emma McCreary · www.TaoofProsperity.com

WHAT IS YOUR ETERNAL QUANDARY?

Describe an issue that you come back to again and again; that is never resolved.

DRAW IT

Draw a creature to embody your issue. Give it ears, hands, legs, etc. Give it a name. You may want to give it a speech bubble, or accessories.

NAME _____

SAY HELLO

Take a moment to commune with your creature. This is a part of you that wants to be loved and heard.

CREATURE, WHAT DO YOU NEED OR WANT?

Ask your creature and let it answer. What is it trying to tell you?

CREATURE, WHEN DO YOU SHOW UP?

What is happening that is not working when this pattern occurs?

RETURN TO YOURSELF: WHAT IS NOW POSSIBLE?

With this information, what is different? What might you do now when you encounter this pattern? What has shifted?