# **Befriend Your Inner Demons**

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

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		
IAVAIAIF		



Take a moment to commune with your cre	eature. This is a part of you that wan	ts
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?

Did this help? I'd love to know! Say hello and find more tools and articles at www.TaoofProsperity.com.