



UNIQUE SELF
EMERGENCE

WEEK TWO – JOURNALING EXERCISE

False Self Exploration Worksheet

1. Identify a time when you had an experience of failure/difficulty that caused an intensely negative, emotional reaction. Describe what happened in one or two sentences.
2. Next describe your emotional/physical experience (for example, anger, depression, hurt, sadness, frustration, fear, tension, nausea, shakiness).
3. Close your eyes to turn your attention inward and presence that specific moment. Let yourself experience those feelings and sensations now.
4. Where do you feel the experience in your body? Describe it in words/picture.
5. Now I want you to go back in your life, and then back farther, then back farther – to the earliest time when you can locate an experience where you felt those same feelings/sensations – NOT the same objective factual experience, but the same quality of inner experience. Contemplate that experience and then describe it in a few sentences.
6. When this experience happened your child self tried to make sense of it. Children always come to a conclusion that is anchored in the belief that there is something wrong with them. What conclusion did you draw about your self from this experience? Based on this experience what story did you tell yourself?
7. There is generally one sentence that captures the essence of conclusion or interpretation you made of this original experience. Simply feel into what this experience told you about yourself and perhaps a sentence come to you. Don't push it.
8. You may or may not have the sentence at this point. I'm going to read you a list classic False Core Beliefs. Several may feel close but listen for the one that resonates most powerfully:

I am worthless.
I am imperfect.
I am powerless.

I am invisible.
I am alone.
I am weak.

I am not safe.
I am a burden.

I am depressing to
be around.
I am in pain.
I will never make it.
I don't exist.
I am a burden.
I am too much.
I am unlovable.
I am nothing.

I am not enough.
I don't deserve
more.
I am not wanted.
I am wrong.
I am unworthy.
I am perverted.
I am not trustworthy.
I am no good.

I do not deserve.
I am powerless.
I am unattractive.
I am incompetent.
I am not interesting.
I am bad.
I am boring.
I am inadequate.

9. Your False Core Belief: Your False Self Pattern is comprised of unconscious ways of thinking, feeling, posturing and acting that hide, deny, compensate or verify your false core belief. Its motivation, energy and drive are to cover up the core belief you hold about yourself. For example if your sentence is "I am not safe," you may hide by pretending you are fearless, deny by not letting yourself admit fear at all, compensate by creating safety or verify by taking unnecessary risks that result in problems, hence validating that you are not safe. With this come feelings, sensations, ways you hold your body and actions that taken all together form a pattern of being that generally you aren't even aware is operating. It is this pattern that you will explore deeply and loosen its grip in order to drop deeply into your True Self and inhabit the fullness of your Unique Self.
10. Now let's consider how the False Core Belief operates in your relationship with others. For example if your belief is "I'm not enough" you may think others will abandon you if they see your inadequacies. What are the fears you have about your relationship to others based on your False Core Belief?
11. And next consider how your belief has affected your view of the world. Again using "I'm not enough" you may have concluded that the world only rewards very capable people. Are you aware of ideas you have about the world and how it operates based on your belief?
12. Using what we've already discussed, let's take some time to explore the various aspects of your False Self Pattern. What do you say to yourself? What do you imagine others think/say about you? What emotional responses do you experience? What physical sensations do you have? How has your body contracted or shaped itself to hold this pattern? What behavior is associated with this pattern (what do you do or not do)? . . . Thoughts you have about self/or imagine others think/say about you:



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DAILY EXERCISE

Dismantling the False Self Practice

This practice is designed to help you identify the contractions of your False Self Pattern by creating the internal space needed to see yourself in action. Here you will find the distance needed to see your habitual way more clearly such that, over time, you may release the ways of being and doing that no longer serve you. The foundation of the practice is to reconnect with the quality of being awake. This is not about trying to be something we aren't but rather reconnecting with who we really are. Every time we are able to witness a habitual way in which our False Self contracts, we undo a little bit of the armor that covers our innate wisdom and we wake up to our essence, our Unique Self.

Sharpening your awareness of the False Self contractions on all levels enables the shift from "subject" to "object." The better able you are to "catch" yourself in the pattern, the easier it is to release it. This means your contraction doesn't any longer "have you," meaning acting automatically and largely unconsciously, rather you "have it." The capacity to witness is the first step to living into who you really are.

Your divine spark manifests as your drive to attain something beyond the contracted self of ego. You do not simply want to disappear into the one. Rather, your internal drive is to appear as a unique expression of the One.

By now, you are more able to Presence your FSP and to sense into "what wants to happen through you and as you" in any given moment. This practice will build on these new capacities by inviting you to more fully let go of your False Self identity by saying YES! to any situation that has provoked the contraction and inviting a sense of joy and welcome into your heart.

Core Practice

Select one or two situations during each day where you notice that you contract. It can be any moment of contraction, of resistance. Something you refuse to do, a feeling you don't want to feel, a situation you do not want to experience.

1. See It: Notice what has triggered the False Core Sentence or the contraction and attend to your mental state (thoughts, judgments, stories), your emotional state (feelings) and your physical state (sensations, contractions, shape).
2. Say It: Name what is happening in all three states. This helps ground the experience.
3. Be With It: Next bring your attention fully to the present by attending to your physical sensation(s). Feel your feet on the ground, find your breath and notice the places of contraction/tightening within. Simply let them be there without judgment or need to change anything. As you stay attuned to your sensations (and feelings), let your mind be still and curious. Let your breath support you and listen, letting everything be as it is. As you do you'll begin to feel an opening or an internal softening. It may take some time. There is no agenda here except to come into unconditional presence with whatever you are experiencing.
4. Open To It: As the sensations and feelings that accompany the experience begin to release, let yourself invite in the quality of self-compassion by simply inquiring "what would it be like if there were a little more compassion in my being right now"?
5. Presence It:
 - A. As you rest in compassion, ask yourself: What wants to happen in this moment? Keep in mind that the purpose of the inquiry is not about mentally figuring it out; rather it is allowing what wants to arise from deep within you. As an inquiry, it's an invitation to expand into right relationship to this moment.
 - B. Anchor in Essence: As you receive the invitation of the moment know that you are tapping into both the being and becoming of this very moment. Listen to the whispers; sense into what the moment is calling for with an open mind and heart . . . Now that you've come to this state of presencing, you are becoming intimate with this moment and from this place, open yourself up to the invitation of the future and say YES to whatever is arising. Giving a Yes inside to every contraction will turn the contraction into an opportunity to evolve.

Daily Reflection

After the process or at the end of the day, take 10-15 minutes to journal about your experience. Use these questions as a guide to your inquiry:

- What was the situation to which you said Yes!?
- As you went through the process, what did you discover?
- What did you have to let go of, in order to lean into the practice?

Weekly Reflection

At the end of the week, find a quiet space where you can read over your journaling notes and write a summary reflection. Again use these questions to guide your inquiry:

- What new insights are you gaining from this practice?
- What becomes available to you when you claim that Yes!
- Has there been any change in your experience and/or actions this week?