



HOW NOT TAKE THINGS PERSONALLY

Exercise 4:

Observe yourself in a moment, you take something personally.

Where in your body do you feel it ?

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How does it feel like? (find a word for the quality, or use a metaphor)

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Gently approach the feeling and listen to it. Ask „what is this about“?

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Does the answer change the feeling ? How does it feel ?

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Make sure you give yourself time. The first – quick – answer is usually from the mind. Sit with it, until an answer from inside does arise.