



Module 3 Transformation Focus : HeART of Courageous Conversation

- You'll learn the HeART of Courageous Conversations, the key tool to help you ask for what you want and get what you need in life, love and work, including:
 - How to Speak Up from your heart.
 - When to Speak Up and when not to.
- An amazing process that will help you identify and break whatever pattern is in the way of reaching your full potential. Or, if next level is all you're after .. that too!
- How to stay in Daily Nirvana, no matter how bad the breakdown
- Identify your communication archetype and which one causes you the most problems.
- Get okay with your anger and learn how to express your anger in ways that aren't hurtful to yourself or others.

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Courageous Conversations

What is a Courageous Conversation? A conversation that you might feel afraid or reluctant to have because you are concerned about:

- the reaction of the other person and/or
 - anger
 - rejection
 - disdain
 - not hearing you
- how you will interact in this conversation
 - vulnerable
 - scared
 - angry
 - not being seen

If you don't have these conversations, they create power leaks. Your full self-expression drains away. You can become an empty shell of yourself, a version of yourself that exists to appease others or to trample on others.

What we are looking for instead is how to stand in your authentic power and your heart and to honor yourself and others. I long for you to learn how to share your desires, wants and needs in a way that helps you have the most chance to have them be honored.

- a. Ask for what you want from a place of wholeness.
- b. Get ALL you really need – even if the other person doesn't give you what you want, you are already whole and ok.

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Your Power

We are taught to source power from our minds. True power comes from getting out of your head and into your Body Wisdom, your Soul, your Spirit, and your Heart.

What's going on with your power now? How is it abused and distorted? Where is awareness and alignment is missing? Where have your true power atrophied, creating a feeling of powerlessness.

What is the shadow of your power – let's expose it.

If you don't recognize your fear, need to become a detective/observe inside yourself and in your romantic relationships, kids, family, friends.

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Anger

Too many women hide from anger, pretend not to feel it, to have it, push it down as not lady like.

Learning to see anger, not as a bad thing, but as a great teacher.

Learn to see anger instead as a tool to understand yourself.

Feel it.

Express it.

Then, transmute it.

Use it for good instead of evil - use it to change what's wrong with the world, use it to help save the world. Dalai Lama - World will be saved by the Western Woman. Use your anger to tune into what your role is in the Dalai Lama's prophetic statement: "The World will be saved by the Western woman."

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Venting

Venting helps you to move energy that is stuck in darkness and shadows, clearing the way for the deeper truth to emerge. It's so important to acknowledge and feel all the emotions, especially the darker ones that we want to pretend we don't have.

It can also help to release deep-seated anger, hurt, resentment, and even guilt and shame. When these emotions are stuck inside us, we can get stuck because we are mired in self-sabotage and negative thinking.

You should vent whenever you find yourself repeating the same story over and over again in your head about yourself, a person a situation you are in – basically any area inside which you are stuck in a negative thought pattern. If you want to improve your relationship with someone, this is a fabulous tool to use.

In the next module, we will also apply this tool to trying to understand a character trait and to releasing painful experiences from your past. Venting (1) gets the poison of negativity out of your system, (2) helps you to see your negative internal dialogue so you can lessen it's hold on you, and (3) helps you let go of the stuff that is in the way of you seeing clearly. Once you vent you can then see the person or situation with less subjectivity and be much more constructive in handling what is happening.

When poison is in your system, it's difficult to drop into your heart in a healthy way ... the poison will cause your heart to be at war. When you vent, you release that poison and can start dropping into a heart full of love and peace.

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The first part of venting is to write down what you are thinking in unedited raw form. Let it all out in stream of consciousness. Yes, even those things you think you're not supposed to say. In fact, especially those things that you think you're not supposed to think, let alone say! It's so liberating to stop controlling or managing it, and just let it out. Whether it's about a person or a subject, just let it all out.

It could be something you are anxious about, angry about, sad about, etc. Include feelings, frustrations, blame, guilt, excuses, justifications, and doubts. It could be a person you are having negative emotions towards.

Here's another way to look at it. If there were a microphone in your head recording what that voice in your head is saying to you, what would the microphone record? Literally dump your thoughts on the page in raw, unedited form.

I suggest you start with an issue you are having with yourself, rather than with another person because we will go a lot deeper with the idea of a Relationship Dump in Module 5, Deepening Love & Relationships. However, if this is what is most present for you right now, go ahead and start with that, and we'll go deeper in Module 5.

You may want to do this Venting exercise in relation to the area(s) of life you have chosen to work with during the course of this program.

For example:

"I have writer's block. I'm so irritated because usually I like writing. Why is it that now that I have a deadline, I seem to have nothing to say? And, I

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just don't feel like writing. I want to go do something else that is more fun. I want to do anything but write. I haven't written anything in weeks and I'm so behind. It feels so daunting to start while already behind. I don't even remember what I was writing about when I last sat down to write. And, it probably wasn't good anyways. Maybe I should just trash the whole draft and start over? But, I don't have time to do that.

I've only ever written articles before. How am I going to write a book? I can't write a book. I've tried to do it before ... I always start and never finish. Why would this time be any different? I've never written a novel ... only nonfiction ... I was crazy to pitch this novel to the publisher. I can't believe they paid me an advance, and now I need to write it. I just don't know how to do this. I've spent half the money already, so I really do need to write this now. I hate writing under pressure. I never do well with that. Besides, the book is going to be terrible and no one is going to want to read it, so why bother. I should just go get a job so I can pay them back the money I spent.

For years, I've been talking about transitioning from non-fiction to fiction. This is my big chance and I'm blowing it. I feel like such a fraud ... I've said this is my dream ... now I'm here, and it feels more like a nightmare. What if I finish the book and it turns out to be awful? What if I don't finish it, and I end up being a failure. This has been my dream since I was a child, and now I'm messing it all up. I might as well just give up."

Great work. It's hard to go so deep inside and to out the dark thoughts, the shadow thoughts you are having about yourself or any other human. Most of us long to be in our hearts to love and be loved.

Venting helps us to stay in Daily Nirvana, no matter how bad the breakdown!

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Communication Archetypes

Light and Shadow side of each one

1. Bitchy Bulldozer
 - a. Shadow: Self righteous, rebel, debater, need to be right
 - b. Light – Being able to say what needs to be said, without worry about whether someone will like you. Saying the unpopular thing, with love. Speaking the elephant in the room.
2. Docile Doormat
 - a. Shadow: No boundaries, Compromiser, Allows others to walk all over her in order to be liked and accepted, pushes down her own feelings
 - b. Light: Aware of the needs of others/caring/loving/nurturing
3. Manipulator
 - a. Shadow: Uses guilt and shame as tools, Jewish mother, manipulates through sex
 - b. Light: Really fun flirt, understands a lot about human behavior
4. Sideswiper
 - a. Shadow: AKA Passive Aggressive, resentful, blaming
 - b. Light: Dependable, responsible
5. Comedian
 - a. Shadow: Using humor to lighten up situation and to not say what you really want to say, the truth under the humor can hurt
 - b. Light: When done right, can add great levity and fun
6. Complainer
 - a. Shadow: Pessimist, deflator
 - b. Light: Practical, grounded

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7. Chatterbox/ Attention Seeker

- a. Shadow: Logorrhea, diarrhea of the mouth
- b. Light: Great conversationalist, can add a lot energy, fun and light to a situation

8. Critic

- a. Shadow: Very judgmental, glass is half empty, always pointing out what is wrong with person, situation, or the world
- b. Light: Really on top of the details

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Pattern Break Process

We all have a core pattern that recurs in our lives and gets in the way of us breaking through to the next level? What's your core pattern? Do you have a few? Perhaps they are related? Answer the following questions to name your pattern(s), and access your inner wisdom to have a breakthrough in releasing your core pattern.

1. What do I know about the pattern?
2. Have I made any progress with this pattern that I want to share?
3. Why does this pattern occur?
4. What makes it hard to break this pattern?
5. How am I making myself wrong about having this pattern? What negative stories am I telling myself about this pattern and what it means that I have it?
6. Now, go back to those thoughts above and argue against those thoughts, and argue against them, like I would if a friend had these false beliefs about herself and I was helping her to break them.
7. What do I need to work with to stop making myself wrong for having this pattern? How has it served me to have this pattern?
8. What are the gifts in this pattern?
9. What do I need to do to break this pattern?
10. What will I receive from breaking this pattern?
11. Are there thoughts in my head that tell me I can't break this pattern? If so, name those thoughts.
12. Now, go back to those thoughts above and argue against those thoughts, and argue against them, like I would if a friend had this pattern and I was helping her to break it.
13. What do I need to remind myself of the next time I am in this pattern to help myself to break free of it?

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Pattern Break Process - Example

What do I know about the pattern?

I go too fast and this results in:

- abandoning my self care and my body
- spending money on things that aren't good choices for me
- needing to numb myself from the overwhelm which results in eating too much and drinking too much
- a messier physical space
- an overloaded inbox
- me not being able to put as much energy into the family
- making too many decisions from a place of distractions created by my ego like fear, anxiety, guilt and shame

Have I made any progress with this pattern that I want to share?

I am pleased that I have been breaking this pattern slowly and the majority of the time, I am focused on slowing down and tuning in. However, this pattern has been with me since I was really young. I have always had so many strong desires to do so many things.

Why does this pattern occur?

- There is a place inside me that feels empty and I want to fill it with activities, food, shopping for personal growth materials, learning new things.

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- My mom has a pattern of always being busy and I have taken that on as my model of a feminine leader. It works well for her. It doesn't work well for me. I am different than my Mom.

What makes it hard to break this pattern?

It's hard to:

- Watch other people going so fast and creating so much, while I'm needing to slow down and tune in
- Be with my partner's money anxiety and to be with my knowing that everything will be okay

How am I making myself wrong about having this pattern? What negative stories and I telling myself about this pattern and what it means that I have it?

I tell myself that:

- I should know better by now
- I am broken
- I am bad
- I am too much
- I will never succeed
- I should just give up

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Now, go back to those thoughts above and argue against those thoughts, and argue against them, like I would if a friend had these false beliefs about herself and I was helping her to break them.

None of these things are true. They are simply old feelings that come up to keep me stuck in the pattern.

What do I need to work with to stop making myself wrong for having this pattern?

How has it served me to have this pattern?

It has served me to have this pattern because then I don't need to get out of my comfort zone and face the uncertainty that arises as I leap into the unknown.

What are the gifts in this pattern?

The gifts are:

- I am learning what it takes to break this pattern for myself and I can help others do the same - very excited to share these learnings - this is the most courageous conversation you can have with yourself: What is the current pattern getting in the way of me getting to the next level
- I have to get connected to my body temple super deeply - there's no way I can go where I'm meant to go without doing this.

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What do I need to do to break this pattern?

I need to:

- Slow down
- Tune into me
- Work deeply with the cycles of the moon as I create

What will I receive from breaking this pattern?

As I learn to slow down and tune in, I will be able to:

- Focus more deeply
- Increase my inner peace, my Daily Nirvana

Are there thoughts in my head that tell me I can't break this pattern? If so, name those thoughts.

I tell myself:

- I've tried before to break it. Why should it work this time?
- It's too hard
- It's actually impossible
- This is just the way it is and it's the way I'm made

Now, go back to those thoughts above and argue against those thoughts, and argue against them, like I would if a friend had this pattern and I was helping her to break it.

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You can do it. Just keep with it and be determined. Focus on the things you need to do that you wrote above that will help you break this pattern.

These are harder to do, but if you can, forgive yourself for the past and focus on the present. Release any guilt and shame.

If you can't do the harder ones like forgiveness and releasing guilt and shame, just take the Aligned Action. In the actions, you will find some of the healing you need.

Also, engage the support you have around you to forgive yourself and release guilt and shame. Guilt and shame and lack of forgiveness are constructs made up by society to keep you stuck, to keep you small, to keep you from moving into the unknown terrain that most of society is afraid to venture into. It's actually a good sign that you are feeling this way because it means you are on your way to breaking through to being who you are meant to be on this planet.

Don't let these false constructs stop you. Get into Aligned Action based on your Prosperity Plan for your growth, for breaking through the pattern.

And, expect that the pattern will recur in some way. Don't expect perfection. Just be with yourself through each iteration and stay committed to your Aligned Action and Prosperity Plan

At some point, the pattern will fade, and a new one will emerge which is getting in the way of your next level of growth. It's all a part of the process of making your Mission real.

Turn back to your North Star, your big why. You are needed. Your gifts are needed.

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What do I need to remind myself of the next time I am in this pattern to help myself to break free of it?

You knew the pattern would probably recur, until it's ready not to. It's ok. Stay on your path outlined above. Get back to your Prosperity Plan and Aligned Action. Read through all of what you wrote above.

Forgive yourself for what happened. Release guilt and shame.

Move back into Aligned Action. At this moment, you can go fast to get yourself back on track. Permission to go fast with this part. And, for you, part of going fast with Aligned Action is slowing down.