



F.E.E.L. Feel Every Emotion as Love™ Virtual Mastery Program



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Journaling Questions and Exercises for Lesson 11

Anxiety Regarding Your Personal Appearance and Relationships

Anxiety regarding your physical appearance occurs because you are giving more credence to false beliefs rather than your truth. A prominent aspect to anxiety regarding your physical appearance is judgment. Judgment is an easy way to recognize how you are questioning yourself when it comes to your appearance. Your anxiety regarding your physical appearance is present to support you to evolve. Just because you are on an inner journey of growth and personal development that you forget about the physical side. Your essence desires to integrate both your spiritual and physical to claim your beauty inside and out in a way that honors every inch of you!

Relationship anxiety supports you from acknowledging your truth regarding relationships. The anxiety is present in order that you live your life in accordance to your highest self and ultimately heal your relationship with the feeling, expressing and experiencing love in order that you can live fully and freely enjoying your relationships.

Use the following questions to go deeper when anxiety regarding your physical appearance and relationships surfaces.

(Remember when you journal, you will often hear the ego first which is critical or victim story. Allow that to release. See it for what it is, a story, and then re-ask these questions if necessary to listen to what your essence wants to share.)

Journaling Exercises When You Feel Anxiety in Regard to Your Physical Appearance

1. How do you question your appearance?

- A. List down and number all the ways your ego can be critical toward your physical appearance.
- B. Note how your judgment makes you feel, question yourself and react based on those judgments.

2. Now write down what your essence view of beauty and attraction is.

- A. What does your essence want you to know about your appearance right now, just as you are in the moment?
- B. Does your essence have any helpful or loving suggestions to support you to feel more attuned to the truth of your physical self?

3. Where is the disconnect between your essence and your ego's view of physical appearance?

- A. What old messages is your ego keeping you connected to that no longer fit you?
- B. How do these old messages not serve you?
- C. How do these old messages keep you away from your connection to your truth?

Journaling Exercises When You Feel Anxiety in Regard to Your Relationships

1. What worries or fears come up regarding your current relationships or lack thereof?

- A. What long stemming message keeps a part of your heart remaining in that fear or concern?
- B. How does your fear, worry or concern make you react or feel?

2. What message does your essence want you to know about your current relationships?
 - A. What does your essence want you to remember about love that you have temporarily forgotten?
 - B. How would your essence want you to react differently to love?
3. Reflect on your relationship with Spirit/Divine Source/ God for a moment.
 - A. Do you feel loved in all ways in this relationship?
 - B. Can you share openly regarding all aspects of yourself?
 - C. Do you trust that your needs are met.
 - D. Write downs in which ways you can bring this relationship into your current relationships or vice versa that would allow you to more deeply evolve personally.

Exercises:

1. Create a role model of a person who exudes grace and beauty when you temporarily forget your own. Think of that person's essence and ask for their essence to touch yours so that you can remember your own beauty and grace so you can reclaim it being fully expressed.
2. Look back to the journaling question #3 regarding your physical appearance for an idea. Choose one false belief that is not serving you and chose to address it by not feeding into its message. Examples may include: Switching from believing that you need to be restrictive with your diet to listening to your essence guide your eating for a day, week or month without judgment. Allow yourself to take a break from exercise if you feel you are not enjoying it any longer and ask your essence what would bring your greater pleasure instead. You get the idea – feed your essence not your ego!

3. Can you commit to taking a full day of silence at least once a year? Pick now and put on your calendar one day to totally be alone and disconnect from outside communication and commit to the date. Notice what feelings come up. Focus on the line "I am a light unto myself," especially if anxiety, restlessness or loneliness appears.

FEEL the shift taking place within you. I honor your courage for living in an emotionally conscious and empowered way!

Michelle