



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



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Journaling Questions and Exercises for Lesson 3

Sadness Regarding Your Relationships and Career

Because sadness regarding your relationships and career often occurs due to looking for external validation rather than deriving it from within, writing down your thoughts and gaining clarity toward your truth is vital. Again, the point is not to try to get rid of your sadness if it occurs. Rather you want to understand what your sadness wants you to become clear about, especially when it comes to knowing and honoring yourself more. These are the key components to sadness in both relationship and career.

(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 Sadness in Regard to a Relationship (intimate, family or friend)

1. Am I okay with the way my current relationships are functioning? What works and where are there challenges?
2. What am I looking for in my relationships with others?
3. If I have had challenges, how have I handled not receiving having my needs met?
4. What needs am I looking for others to meet that my spirit is yearning for me to give to myself?
5. How can I demonstrate more love or respect for myself when it comes to relationships?
6. Am I okay with asking more of others on my own behalf? Can I see

within myself the difference between doing so on behalf of my spirit versus my ego?

Journaling Exercises When You Feel Sadness in Regard to Your Work/Career

1. Am I currently over-extending myself with my work? Do I do this often? What is this about for me? What fears am I buying into?
2. How much of my identity is based upon what I do?
3. Do I currently feel in balance?
4. How does my essence define my success?

Exercises for Putting Your Clarity into Action:

Okay, I am not going to lie to you – this is where it can get tough. Yet, if you want the sadness to authentically dissipate, you need to be willing to take action to support your spirit's needs. Above all, you need to have a trusting relationship with your essence. You must believe that your inner wisdom not only looks out for you on a spiritual level, but for everyone involved. In doing so, you will have a knowingness and certainty that in all that you create on behalf of your essence, it will ultimately benefit others as well.

#1 Ask for What You Desire— What is it like if you were to do a practice run of asking for what you desire? Are you whining or nagging or are you clear about what it is that you need? Do you feel that you have to justify yourself to the other or do you feel justified within yourself? Do you stay overly focused on your needs or can you also demonstrate how it benefits the other person/s involved? Are you overly demanding or loving? In each case, the later is your truth. It may take practice to gain alignment with your inner voice. Take the time to do so, then proceed to take action in whatever way you are guided. The energy will be dramatically different both within you and what you say!

#2 Create Boundaries for Yourself –If your needs aren't met after asking (exercise 1 above), what boundaries can you establish with yourself? Sometimes the boundary involves restraint from

you continuing to give of your energy, while other times may require you to take action and move forward. Are you willing to put into action your boundary even though others may not agree? Watch what your ego says about you putting a boundary into action. That is your fear. Ask your essence for the truth and courage to establish healthy boundaries for you. Until you are willing, the more sadness you will feel & the issue will remain.

#3 Play Hooky- Now here's a fun exercise to do - whether you play hooky from a role that you usually fill in a relationship or a day away from work, it is always a supportive exercise to do! Why? Playing hooky is a deliberate way to demonstrate to yourself that you are not your role or job. You are spirit!... so what will you do to celebrate your expression of your authentic self without judgment & without guilt. If you allow yourself this gift, you will see how much more supercharged and clear you will feel about these areas of your life.

I am so happy to share this information with you. You are wonderful and courageous for living in an emotionally conscious and empowered way! Never forget that!!

Michelle