

**IT'S YOUR LIFE
WHY NOT MAKE IT
THE WAY YOU
WANT IT TO BE!**

Love, Forgiveness, Career, Happiness

A 12-Step Journey to Creating an Amazing Life

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<https://play.google.com/store/apps/details?id=com.rose2rebelent.escapejaya>

<https://apps.apple.com/us/app/escape-jaya/id1549956493>

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Disclaimer:

This workbook is intended solely for personal development only. In no way do the content, written exercises, or techniques replace the expertise and services of a qualified health professional. The material contained within this workbook is not intended in any way to diagnose or treat any medical or psychological condition, nor does it constitute any type of medical or legal advice.

Use your discernment when reviewing the content of this workbook. You are responsible and accountable for any decisions and actions you make and take while going through this workbook.

Journey

(jur-nee)

Some meanings:

- traveling from one place to another
- “a period of travel: *a week’s journey*”
- “passage or progress from one stage to another: *the journey to success*”

(Dictionary.com)

INTRODUCTION

Women want more, so in this workbook; we attempted to do just that. This is our first edition and there is room for expansion. Even as I kept editing and adding material, I had to reign myself in otherwise I would have been writing forever! Our vision is that what is presented here generates thought, moving you into awareness & responsibility, then into acceptance, action, and finally transformation. The road is rarely smooth or free of bumps and sometimes you conclude the journey with less than you started with, including people in your life and possessions you own. It's the nature of transformative revolution.

Love, Forgiveness, Career, Happiness: A 12-step Journey to Creating an Amazing Life is for women who desire to change how they currently approach their dating life. Especially for women who have been running into the same kinds of problems in their relationships and can't figure out what's going on. As we state in the workbook: what you are attracting in your life has nothing to do with the other person, it has everything to do with YOU. This is your opportunity to truthfully and honestly address what many of you have been ignoring for so long. No situation or condition will shift in your life until you decide you've had enough and choose to BE and DO something about it. And if you choose to do nothing, then complaining is not an option. Your life is your responsibility and it is now time for you to reclaim and live your PLACE of POWER.

The neat thing about this workbook is that they are not just for women who are in the dating scene. It's a jumping-off point that can be used by *any* woman who is seeking a place to begin self-evaluation, understanding personal values, and asking what they truly want out of life.

We, women, are all connected and you need to recognize that you are not alone in this journey as many women are on the road right next to you. All you have to do is stop, breathe and feel their presence, knowing that they are marching towards their own revolution.

Live in the light,

Charyn

GETTING STARTED...



Welcome to *YOUR* 12-Step Journey! This Workbook contains exercises to further enhance your healing process. This is the perfect time for you to recognize that you are beginning a new journey for yourself. During this process, other people will be affected by the changes you are making because when you change everything around you changes.

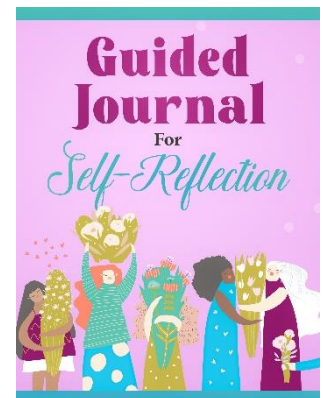
No Journey is started without understanding that there is some element of risk. No healing can begin without recognizing the same. The element of Risk refers to the fact that you WILL discover aspects of your inner self that you will not like. You WILL discover elements of your childhood that have set the tone for some (or maybe all) of the love and career habits you have today. However, the only way you are going to find them to transmute them, to heal them, is to journey onward.

“The journey of 1,000 miles begins with a single step.” ~ Lao Tzu

THE TOOLS: ITEMS FOR YOUR JOURNEY

There are a few items you will want to gather before you begin your journey and this workbook:

- An open mind and heart. If you are unable to be open to what you discover about yourself as you do the exercises, we encourage you to try because you deserve to have the life you want.
- The **Guided Journal** has been specifically customized for this workbook. You can write and draw in this journal. If you want to collage or paint, you will need to purchase an art journal
- or art paper that can handle glue and paint media. Check out your local art store. **Purchase your Guided Journal at www.amazon.com**
- A safe & quiet place in which to perform the exercises and express your emotions freely. This is essential. If you cannot find a safe place to emote,



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- you will not get the full benefit of your healing.
- A prayer, mantra, or affirmation that supports you mentally, emotionally, and spiritually.
 - A mirror that you can see your entire face in. If you have to purchase one specifically for this journey please do so. Try your local discount dollar stores.
 - A box of tissues
 - Crayons, markers, colored pencils, paints & magazines
 - Spring Water (you will need to stay hydrated)
 - Your favorite inspirational and/or meditative music –have a combination of instrumental and lyrics.

Before beginning any of the exercises in the workbook, take several deep, cleansing breaths and relax your body, which in turn will relax your mind. Tightness and tension may prevent you from being honest and truthful about your answers and not allow the necessary information to emerge into your conscious awareness. Your mind will attempt to trick you. Our egos do not like being found out. Being honest with yourself is the only way this process will work, we know it's hard work, however, the support you need is all around you.

REMEMBER: You have chosen to embark upon this journey of healing. Please suspend any judgments you may have about your actions, past or present. You are now an observer.

READY TO GET STARTED? LET'S GO.

Love, Forgiveness, Career, Happiness

A 12-step Journey to Creating an Amazing Life

Step 1: **Are You a Desperate Dater?**

Step 2: **Stop Dating!**



**There's nothing wrong with you
The simple life gets complicated.
There's nothing you can do, just enjoy
the view, be glad you made it.
"The Simple Life"
-Mary Chapin Carpenter**

Dear Adventurers,

I've spent years researching the elements of having a good/lasting relationship. I've attended seminars, read books, and interviewed experts for my "Happily Ever After" and "Can't Find Love" documentaries. I've acquired a great deal of good information yet I was still struggling in my dating life. I live in Los Angeles, and quite frankly it's a hard place to date. While there are plenty of single men, it's far more than a numbers game. I also tried Internet dating and failed so miserably that there was only one conclusion left for me to consider: it's not the men, the Internet dating sites, or Los Angeles: It's ME. Once I came to that painful realization, I immediately stopped dating and started working on becoming my true authentic feminine self. As I worked on building a deeper connection with myself, I discovered that I had lost the power that only women possess: Femininity. Throughout the ages, men have chased women because of their natural beauty, grace, poise, femininity, and ability to wield these natural-born traits as well. Many of us have suppressed these traits to varying degrees, leaving us more masculine than feminine.

Today, some women are more interested in competing with men versus being adored and cherished by them. Some of us give men our bodies too freely without any commitment. Some of us mess around with unavailable men and then we cry about the horrible way they treat us. The POWER has always been ours to wield, and yet we keep giving it away and then wonder why our relationships continue to fail. Some of us have even opted to let things like food and unhealthy lifestyle habits run our lives so we can numb and let ourselves go, detracting from our natural beauty, which is generated from within. Men have always been and will always be visual whether we like it or not, so if you're not getting the attention you want, look in the mirror and

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stop lying to yourself.

On the road to my authentic feminine self, I came face-to-face with some unwanted demons and fears that I had to cleanse from my spirit before I could move forward. This is not an easy journey; however, it must be taken if you desire to have the love life that you've always wanted. Ultimately, **A MAN CAN NOT LOVE A WOMAN WHO LOVES HIM MORE THAN SHE LOVES HERSELF!** So, what does it mean to be AUTHENTICALLY FEMININE? My definition is a woman who is tuned in with her mind, body, spirit, and desires. She lives her life according to these elements, this inner landscape that creates her outer world. In addition, she does not allow fear or others to sway her from her sense of purpose or her foundation of inner strength. She takes excellent care of her mind, body, and spirit and uses her feminine powers well. She is aware of and lives in alignment with her values, and refuses to allow others' beliefs or fears to sway her in any way. Living an authentic life means not allowing any man to use abuse or mistreat you in any way because you have the power and the choice to say, "NO".

Love, Forgiveness, Career, Happiness, 12-Step Journey to Creating an Amazing Life, and the Guided Journal are designed to assist women with discovering their authentic feminine selves and regaining the power that all women possess but have buried due to fear, self-doubt, low self-esteem, low self-worth, and personal demons that keep rearing their ugly little heads. These demons keep some of us in a never-ending cycle of making the same mistakes over and over again. Isn't the definition of insanity doing the same thing over and over and expecting a different result? I was caught in a cycle of insanity until I jumped off the wheel and since then, life has never been better. This is why I wanted to share the journey that my friend Charyn and I have been on so you can finally have the life you've always wanted. So, are you willing to join this Journey and make the commitment to create an Amazing Life so that it honors you and your spirit? Remember: life is all about choices and the choices you make today will either have rewards or consequences in the years to come. **Remember to always take your time with each step because your future is in your hands.**

Peace & love always,

Dahmenah

STEP 1: DESPERATE DATING

Do you know the definition of “Desperate”?

When you take the time to research the exact meaning of a word as it relates to your situation, it sheds a whole new light on the issue and may force you to rethink your perceptions.

Definition of “Desperate”:

1. Reckless or dangerous because of despair or urgency: a desperate woman.
2. Having an urgent need, desire, etc.: desperate for attention.
3. Extreme or excessive.
4. Having no hope; giving into despair.

Review the above definitions at least 3 times. Let them sink into your awareness so that you get a good understanding of what they mean and how they may apply to your dating habits.

FOR YOUR CONSIDERATION

When reading the definitions above, can you identify your current dating or past behaviors in them? Look at some of the words: reckless, extreme, excessive, dangerous, and despair. They are not very flattering, empowering, or self-loving but you purchased this Workbook so perhaps you’ve felt that something needs to change.

To begin this journey, you must be willing to admit to yourself that this State of Mind & Behavior, of being a Desperate Dater, is negatively affecting your dating life. You cannot change what you do not acknowledge and no one can change your dating-relationship life except you. We do not claim this to be an easy journey, as you will have to admit to unhealthy behaviors that now exist in your life. Try not to get stuck on this step because of the word “Desperate,” this behavior or state of mind will eventually become a thing of the past. You are strongest in your weakest moments not only because you will be able to endure and overcome them, but because they show you where your greatest opportunity for healing lies.

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Many women are desperate daters and as a result, have not had the opportunity to experience a fulfilling successful relationship, especially with themselves. Are you a Desperate Dater? Let's find out.

Take the Quiz: Am I a Desperate Dater?



First things first: It's time to start at the beginning. Before you go any further, do this quiz. This quiz is meant to simply bring you to a place of awareness regarding some of your dating/relationship habits. You will need your journal for this quiz and all other quizzes/exercises to come.

Directions: 1). For each question, answer "Yes" or "No". 2). For every "Yes" answer, 1 point. 3). Total your "Yes" answers at the end. Avoid over-thinking the questions. Be HONEST and go ahead and answer the following questions.

Are you now or have you done the following?

- ___ 1. Given a man your body without truly knowing who he was as a person?
- ___ 2. Ever let a man you don't know, who has never taken you out on a date; constantly come over to your home to have sex, then leave?
- ___ 3. Dated a man that cannot commit to you because he's committed to another?
- ___ 4. Dated a man that cannot take care of himself so you take care of him?
- ___ 5. Dated or continue to date a man that was/is physically, mentally, and emotionally abusive to you?
- ___ 6. Continually dated a man that you have caught in several lies because you believe you like/love him?
- ___ 7. Been afraid to tell a man what you are looking for in a partner/mate/lover/husband?
- ___ 8. Chosen a man out of desperation or fear of being alone?
- ___ 9. Rationalized away or made excuses for his negative behaviors instead of trusting your instincts?
- ___ 10. Chased men instead of allowing a man to chase or court you?

Your total: _____

If you answered "Yes" to 3 or more questions, you ARE a "Desperate Dater".

After answering the above questions, you might say to yourself, "there's nothing wrong with sleeping with men I don't know because I have needs too". If you have chased men in the past,

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you might ask why do men get to have all the fun and what's wrong with approaching a man that you find attractive? If you are a woman that does not like being alone, you may be a "serial dater," or date unavailable men. You might also think, "who wants to be alone and if his woman is not handling her business (meaning her man) that's not my problem". We sometimes tell ourselves these things to feel better about the decisions we are making, even though deep down we know it does not serve us and we deserve better.

CONSIDER THE FOLLOWING STORY: FOOD FOR THOUGHT

Nancy is hanging out with a girlfriend at a bar when she spots an attractive man. Nancy stares at the man for a while then decides to approach him. They exchange business cards and a few days later Nancy gives James a call. Nancy asked James out and he turns her down because he already has plans. The following night around 9 pm James called and asked could he come over to watch a movie. Nancy, eager to see James, agrees.

Nancy gets all dolled up and waits for his arrival; the clock strikes 10:30 pm when he appears at her front door with a DVD and wine in hand. They start the movie, James pours the wine, they sip, he smiles and tells her that she's beautiful. The atmosphere is dark; the energy is rising so he moves in for a kiss. Nancy is enjoying the kiss and she's thinking that he's everything she's been looking for so she should just go for it.

However, her instinct told her when he called that she should say "no" to the date. Instinct was bulldozed by a lack of patience so now she is moments away from giving this man her precious body, and all she knows about him is what's written on his business card. He proceeds to remove her clothing and she passes the point of no return.

The next morning, James is gone and she's glowing from the wonderful sexual encounter she experienced. A few days pass and she hasn't heard from him so once again she calls, he answers and she asks for a date but again he says "he's busy." Instead, he calls her a week later and another sexual encounter occurs. This cycle last for six months until one day she starts to get frustrated and starts to ask him questions like:

1. Why don't we ever go out anywhere or do things together?
2. How come all you ever want to do is have sex?
3. What do you do on the weekends when you are not with me?
4. Can we be exclusive?

James, unfazed by her questions replies, "I thought we had a good thing going, if you want more, I'm not the man for you." At that moment Nancy's mind starts spinning and even though she's angry, she's thinking that she doesn't want to lose him so she will settle for whatever he's willing to give. Their sexual relationship continues for a few years, Nancy has a few pregnancies

scares, and then it happens: she gets pregnant. When Nancy tells James, he confesses that he's getting married to someone else. He tells her that they have been dating for a while and she would not give him any until he committed to marriage so that's why he's been sleeping with her.

So, let's take a look at the actions of Desperate Dater Nancy:

- Nancy was aggressive and masculine when she approached the masculine James.
- Nancy chased James so he took advantage of an opportunity to get sex without commitment.
- When Nancy asked James for more, he immediately rejected her.
- Nancy hoped that a baby will get James to commit, so she gets pregnant. However, James has been dating a much more feminine woman while sleeping with Nancy.
- James decides to marry the feminine woman who wouldn't have sex with him because she loved herself and had the feminine patience to wait until he was ready to give her what she wanted.

Dating Married Men

Traveling this journey called life alone can be very difficult so sometimes we make choices that are not in our best interest. **Dating a married man is the ultimate Desperate Dater behavior** because it's devoid of personal values and or personal principles. Some of those principles might be, "I will finish what I start" or "I choose to act in ways that are self-loving." We all have personal values and principles that govern our behaviors, however, when you give yourself permission to become the third person in a two-person relationship without everyone's consent, it may violate one of your values or principles even if you don't consciously realize it.

What excuses do you use to make it okay to date a married man? How do you feel when he can't spend time with you because of his wife and possibly children? When you get involved with a married man do you think about the other woman and how you may be undermining their relationship? When we are young, there is a maturity factor and a selfishness factor that plays into this kind of behavior. However, once you start maturing and have experienced some heartbreak, the excuses for consciously, knowingly getting involved with a married man disappear. Women all over the world are a community, it does not matter if we know each other or if we will ever see each other; we all go through similar struggles no matter what language we speak or what country we are from. **In the "Community of Women," we need to become more**

aware of how we teach each other, talk to each other, and treat each other. We each have to be accountable for our actions to ourselves and the Community of Women.

In Step 7, you will find an OATH that has several statements in it. One of the statements is a **PROMISE** that you make to yourself and a witness that you will not knowingly DATE MARRIED MEN. We are on a mission to change the way the Community of Women respond and treat each other and that first step is to respect the boundary of Marriage and committed relationships. We're sure you are familiar with this saying: "do unto others what you would have them do unto you." If you do not want to be cheated on then DO NOT PARTICIPATE IN ANY FORM OF CHEATING! A man can never truly be yours if he's attached to someone else. Why would you want to be kept in the dark when you deserve to be in the light?

HERE'S ANOTHER STORY...

A very young woman we'll call "Tracy" meets a young man at a nightclub. She was immediately attracted to him. She stared at him so intensely while he was playing pool that one of the balls fell from the table. Intrigued and attracted to her, they began dating from that day forward. At first, she did not know that he was married. Later, he shared with her that while he was married with a son, he had never lived with his wife, and she lived in another state. Tracy accepted this information as truth without question, apparently not concerned that he was still married while they were dating. He then proceeded to divorce his wife and eventually he and Tracy married. Happy story? Not exactly. Tracy's marriage was miserable because her man was emotionally and physically abusive *and* he cheated on her constantly. He even cheated with a neighboring woman while Tracy was six months pregnant. Once the child was born, their relationship deteriorated even further, and she refused to have sex with him because of his constant cheating. In the end, yes, she got the man she wanted in the nightclub, but she also got all of his issues too, and as result, after five years of marriage she was also divorced and a single mother like his previous wife before her. In the beginning, it may appear that she won the man she thought she wanted, but in the end, she was the biggest loser of all.

CONSIDER THIS:

The theme of the above story is more common than you know. Why do you think our character Tracy experienced so much pain? Did she deserve the treatment she received? She didn't deserve it; however, she made mistakes regarding him and her decisions. Tracy was not aware at the time of the **Universal Law of CAUSE and EFFECT**. Every choice we make has rewards or consequences and Tracy chose to interfere in an established relationship where the man was not free and that interference eventually caused the break up of that relationship. The choice to become involved with a married man created repercussions in her life for years but it was through forgiving herself, aligning with her principles and values, and changing her choices that she was able to overcome her previous mistake. As humans, we all make mistakes, however, we must find lessons within them, and we must be able to forgive and redeem ourselves and not punish ourselves over and over for poor decisions.

Here's what we recommend: when a sexy, handsome, sweet-talking man approaches and you see a ring on his finger (or a suntan line where a ring used to be) or he tells you that he's married or in a committed relationship, **just walk away**. In most cases, men DO NOT leave their wives for another woman and if he does it for you, are you willing to deal with being responsible for the collateral damage that comes along with that decision? **Warning signs** are given to us when we are headed down the wrong path and when we choose to ignore the signs, painful experiences are experienced. Think back; can you remember experiences that could have been prevented had you paid attention to and acted on the signs you were given? **Why do we ignore the signs?** The signs tell us things we would rather not hear, especially when our emotions are telling us "I want him. I know it's wrong, but I don't care". Do you believe you will be rewarded for that attitude? You must be grounded in your self-love and strongest personal values to overcome the attitude of ignoring the signs and failing to act in your own best interest. The signs **are a warning** so heed them the next time you see them or be willing to pay the price. It doesn't matter how men treated you during your childhood or in your recent past, **TODAY** is what matters and you can decide to love yourself and treat yourself with respect because you're beautiful and worth it. There are GOOD MEN all around you, but maybe you don't like them. Why? Perhaps you just need to understand yourself and men better.

THE LOST ART OF COMMUNICATION AND COURTSHIP

MEN are HUNTERS by nature; it's built into their DNA. However, many of today's modern women lack true feminine power and are unaware of how to allow a MAN to PURSUE them. COURTSHIP or ROMANCE is an ideal that has suffered the fate of other things that don't seem to be here anymore. Courtship is a lost art in our society, leading to many broken, disastrous relationships as well as broken and bruised hearts and spirits.



An easy-to-understand yet the layered definition of “courtship”, as defined by Wikipedia: “is a period in a couple’s relationship which precedes their engagement and marriage, or establishment of an agreed relationship of a more enduring kind. In courtship, couples get to know each other and decide if there will be an engagement or other such agreement.” The courtship may be public, private, or arranged through the families. It is further stated that, “courtship may include the couple going out in public (aka “dating”), for a meal, movie, dance, sports or other social activity.” There may be an exchange of gifts, letters, flowers, poems, and songs. In some countries, courtship is done in stages and is normal for a courtship to last at least a year, sometimes longer.

In the United States and other westernized countries, the courtship social foundation that was known to older generations has essentially dissolved. Now we: “hook up”, “hang out” and “text-date”. In most modern societies, where we have developed a “fast food” mentality, we have very little patience for the chase and just want it all now, not caring about what it will cost us or possibly others. The ability to show a potential love true affection is diminishing because it’s all about materialism, self-centeredness & SEX, and very little about LOVE. Unfortunately, we have confused the two, sex and love, and when reality hits the morning after, you know close to nothing about the person you just slept with and you still haven’t found what you truly desire: a loving relationship.

Communication via technology has only complicated the dating issue. It’s now the “in-thing” to speak with each other and break up via text message rather than face-to-face. We, as a fast-growing world society, are losing the fine art of communication through the authentic activity of

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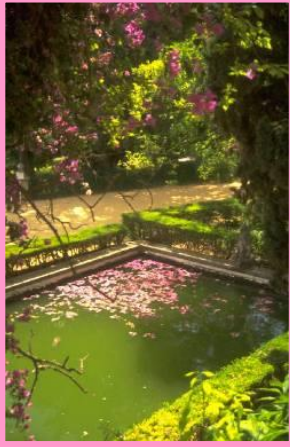
conversation. While technology has made us closer in terms of “keeping in touch”, it has, in some ways, pushed us further apart in terms of actually organically dialoguing and relating with each other on an intimate and personal level. It’s a social statement that is failing to make an impression on very many people. Most of us have friends, maybe even ourselves, who have said, “It’s easier to text or email than to talk” or “I don’t like to talk on the phone that much. It’s just easier to email.” When you add these ingredients to the recipe of a relationship, it has the potential to be a disaster in the making. **Ask yourself this question: can a few abbreviated words create a connection without the use of sound?**

Does this sound anything like you? Have you been texting rather than talking in your relationships? Is honest communication something you crave in a relationship? If you answered “Yes” to any of these questions, then it’s time to move on to Step 2: STOP DATING!



~Cultivate grace through self-compassion.

PAUSE, BREATHE & REFLECT



Before moving on to the next step, it is time to pause for a moment.

Take a minute to breathe, reflect and forgive yourself before moving on to Step 2. Close your eyes and take several deep breaths. Sit or lay down comfortably. Place one hand on your forehead and one hand either over your heart or on your abdomen. Now breathe. Continue to sit or lay this way until you feel a center of calm.

Discovering that you are a Desperate Dater may be difficult to accept, however, give yourself credit for taking the first step in changing your life for the better. Remember: you have to KNOW better to Do, Be, Live, Love better.

STEP 2: STOP DATING!



As a Desperate Dater who desires to have a healthy, loving relationship, now is the time to stop doing those things that have led to the cycle of failed relationships that you continually find yourself in. We believe that to begin the journey of healing, you must first, STOP DATING!! Now, I know what you are thinking; this is not possible, I'm in a relationship; I'm in love, blah, blah, blah. We know this is a lot to take in already, if you are not ready at this time, then this journey is not for you and that's okay; there is no judgment. However, we hope that you will reconsider; we know that you can do it because you are **determined to get your POWER BACK so you can have the life you deserve**. So, release the doubts, work through your anxiety, open your mind, and prepare your body to STOP DATING. THIS IS A REVOLUTION and we are happy that you've joined us.

“When an inner situation is not made conscious, it appears outside as fate.” ~C.G. Jung



If you have read this far and have decided to join us on the road to rediscovering your power, you must stop dating now. Why? If you were addicted to alcohol and decided to quit, would you continue to go to a bar? If you were addicted to food and decided to change, would you continue to buy super-sized meals at McDonald's? Well, the same principle applies here - you ARE addicted to desperate dating, so why would you continue to date the same way over and over again, when the results leave you with feelings of rejection, lowered self-esteem, and bitterness?

REMEMBER: the definition of Insanity, as defined by Einstein, is doing the same thing over and over and expecting a different result. Continuing to be a Desperate Dater gives you the same results every time: rejection, low self-esteem, and bitterness.

ACCESSORIES FOR YOUR JOURNEY

You're going to need some additional strategies to help you in processing the energy of the emotions that will come up as a result of doing this work. It's very easy to let emotions overwhelm you to the point where you don't whether you're coming or going. If your body gets triggered into the Fight or Flight syndrome, it's going to take some time for you to relax. Try them all and keep what works. If you already have a method that you use and it works, then continue to use it. These are free and require no fancy equipment to go out and buy. The more accessories you have to assist you the better.

- **Breathe.** Breathe deeply at least 10 times. If you get light-headed, stop the deep breathing and go back to regular breathing. When we are emotionally triggered in unpleasant ways, we tend to hold our breath, effectively locking our breath and the emotion up in our bodies. This can also affect the people around you. Conscious breathing helps to return your mind and spirit to a place of quiet, soothes your emotions, and calms your energy. Meditation and breathing exercises are effective in helping you clarify past events and process stuck emotions.
- **Ground.** Grounding is as essential as breathing and many either don't do enough or don't do it at all. When you forget to ground, you may feel as if the universe is tossing you around like a tiny rowboat at sea during a typhoon, leaving you feeling bruised and exhausted, which is why it's so important. So, try this: Imagine your legs have tree roots. Picture these roots pushing deep into the earth, anchoring you firmly in place. This connection can help keep you centered, especially when times get challenging.
- **Stretch, shake, or dance.** You can either do this in public or in private just as long as you move. Energy, especially anger, is kinetic and requires movement. Simple stretches combined with deep breathing, (which by the way, can be done anywhere without drawing too much attention) disperses stagnant energy, wakes up your muscles, and dissolves tension throughout the body.
- **Listen to soothing music, chimes, or running water.** When our fight or flight centers get activated through fear and anxiety, we have a hard time calming down. These sounds can help to reduce anxiety. Just listening to these sounds can have a profound effect on your emotions, guiding you back toward your center and place of calm. It also reconnects you to



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the natural world, which is part of a balanced life.

DISCOVER SHEET: MAKING IT THROUGH ONE DAY AT A TIME Daily Journal Pages

Making it through One Day at a Time journal pages are for you to copy and use daily or as needed. It is not a requirement. It is simply another tool that is at your disposal to assist in sifting through your days as you move forward in your journey.

Whenever we are making changes to improve our lives, break a "bad" habit, or create a new and improved way of living, it takes time, energy, effort, and self-compassion. No change is instantly made, as many of our life habits and ways of daily living are deeply ingrained and we've been engaging in them, consciously and unconsciously, for many, many years. So it is important to avoid beating yourself up if you get angry, frustrated, or discouraged because you've run into resistance within yourself. The simple fact that you are making the effort is awesome and we cheer and applaud you.

You must be willing to make the changes you know will benefit your life in a significant way. These changes are challenging and can cause emotional upheaval. When you find yourself getting emotionally or even physically upset, sit down in a quiet place, take several cleansing breaths, step into your courage, and ask yourself, "Why? Why am I feeling this way? What needs to be recognized so that I can move forward?" However, to recognize what is happening, you must be in the present moment, in the Now. If you are in any other "place", past or future, it will not work.

In many worldwide traditions, it takes a minimum of 40 days to begin making a positive and permanent change. In your **Guided Journal**, we have given you space to do **MAKING IT THROUGH ONE DAY AT A TIME Daily Journal Pages** for 40 consecutive days. No, you may not take weekends off. Make your best effort to do it every single day. This is 40 days of prayer, 40 days of meditation, 40 days of contemplation, 40 days of devotion, 40 days of guidance, 40 days of spiritual empowerment, or 40 days of personal empowerment. Whichever one (or all) you need to use to get you through, use it.

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This is an exercise to see if you can begin to capture insights into what thoughts and beliefs are dominating your life on a daily basis. It is said that we tend to think the same thoughts 80% of the time. Whatever you focus on grows in your life. What are you focusing on or giving your attention to?

The journal Discover Sheet pages have 5 sections for you to work with:

- **Set one intention for the Day - Morning**
- **Set a Self-care Goal for the Week & Keep It**
- **Mid-Day Break: Dominating Thoughts**
- **Accountability: 3 Insights for the Day**
- **Gratitude**

MAKING IT THROUGH, ONE DAY AT A TIME

Set one intention for the day - Morning. Keep your daily intentions simple, this way you're most likely to follow through on them. Avoid multiple "actions" when setting your intentions; otherwise, you may be setting yourself up for failure. We want to avoid that. When you find yourself getting off your center during the day because of challenges, stop, breathe, and remember the intention you set for yourself for the day. Writing your intention on an index card, decorating it, and displaying it in a place where you can see it all day is a way to help you stay focused.

Set a Self-Care Goal for the Week: Make sure it includes the day, time, and location. Again, keep your goal simple. If you make it too difficult, you may have trouble completing it, get discouraged, and stop. At the same time, make it challenging enough so that you feel like you're making an effort to take care of yourself. A few examples: "Hatha Yoga 2 days this week; Mon & Wed at 7 pm at Open Hips Studio" or "Walk 2 miles with Deidre at the park; meet her Monday at 6 pm. No excuses."

Mid-Day break: What repetitive thoughts have dominated your mind so far today? We're going to define a repetitive thought as a thought you've had more than 3 times in a 30-minute block of time. Another word that works for this is "obsessive". What are you obsessing about?

1. _____
2. _____

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3. _____

4. _____

5. _____

Accountability: Write down 3 insights you discovered about yourself today. This can be anything that comes to you during the day, pleasant or unpleasant. When you have the courage to acknowledge and absorb something new you did not know about yourself, you are able to accept accountability and responsibility for your life, how you are living it, and how you are showing up in it. This gives you a greater sense of personal power over your life and who you choose to be.

Insight #1

Insight #2

Insight #3

GRATITUDE

“Gratitude is the attitude that brings flow to your life.”

~ Charyn Gant

When we are angry, arrogant, impatient, or resentful about our lives, we diminish our abundant flow. When we are jealous of another’s fortunate windfall or comfortable lifestyle, we are diminishing our abundant flow. When we refuse to acknowledge what we have and instead complain about what we don’t have, we diminish our abundant flow.

“To feel thankful daily is the road to peace, especially during the toughest of times”

~Dahmenah

There has been so much written about Gratitude and having it, yet so many people still aren’t sure what it means. Gratitude is simply this: you’re saying “Thank You” to the universe, or whatever higher power you believe in, for what you have at this moment. Now, that may not be much for some; however, if you are alive at this moment, then you can say “Thank You” for just being here. Every day that you wake up is a day to be grateful for. It’s a day you can make a change, bring joy to someone else’s life and be the best you can be, where you are in the present moment.

“Be thankful for what you have; you’ll end up having more.

If you concentrate on what you don’t have, you will never, ever have enough.”

~Oprah Winfrey

On the lines below write down everything you are Grateful/Thankful for every morning when you rise for the next 10 days. Be specific in your gratitude statement. (For example, I am grateful for my heart, which beats every day, and keeps me alive and moving.) Do this **before** you do get ready for the day because once you get moving, you’ll run out of time.

1. _____

2. _____

3. _____

4. _____

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5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____

MY Support System List

It's very important to have some kind of support system while you are going through this process. To attempt this on your own without it will increase your chances of struggle and difficulty. You will want someone to turn to when issues come up and need to be sorted out. COUNSELING is a vital service (assistance) that just about everyone will need some time during their life – maybe just for a while or maybe for a very long time. If a service starts, continues, or completes an aspect of your healing process, then it is both a worthwhile service and a loving act for you.

You will want to do a bit of research and pondering for this part. Take time to consider who you are putting down and whether or not that person or service will truly be able to support you without judgment or inducing shame or guilt. You may need to make changes accordingly.

Directions: In the table below, fill in either a service or a person (or both) that is appropriate and qualified to support you during this process. Feel free to add categories, people, and services to your support list as needed.

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Someone who will genuinely make me laugh when I am feeling down or sad.	
Someone will listen to me free of judgment, without attempting to fix me or my issues.	
Healer(s) who does therapeutic body work, prayer work, and natural healing.	
Someone who gives great facials and other spa treatments.	
Another woman going through this Journey, either in person or by email	
Someone who does holistic or traditional counseling & who meets my needs & values.	

JOURNALING EXERCISE



In your journal, consider the following questions. This is a second step for gauging if you are a Desperate Dater and it allows you to dig a bit deeper into your current or past behavior(s). If you answer any of the following questions with a “yes” then you need to stop dating and move on to Step 3: DETOXIFY.

1. Are you unhappy because of your current dating life?
2. Are you tired of not seeing the results you desire in your relationships?
3. Do all your relationships end the same way?
4. Do you feel powerless and insecure when it comes to dating MEN?
5. Are most of the WOMEN in your personal and social life single?
6. Do you continually attract MEN who do not treat you well?
7. Have you been SINGLE for a long time and are unclear why?
8. Do you feel as if you’re either ready to settle for whatever man comes your way, regardless of how he treats you?

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The following DISCOVERSHEET EXERCISES will take inventory of where you are right now before moving any further.

DISCOVER WORKSHEET: FIRST LOOK - WHAT HAVE YOU BEEN LOOKING FOR IN A MAN?

PART 1

We're going to visit this topic again later in the workbook when we start looking at Values. However, for this exercise, we want you to begin thinking about what you are looking for in a man. This is more than just having a long list of unrealistic qualities that you're never going to find. This is about beginning to consider what you are truly looking for in a relationship.

Before you begin, make sure you are in a quiet place where you will not be disturbed. Take several deep breaths. As much as you can, clear your mind and detach from what you "should" be looking for in a man: detach from what "mama said" you "should" be looking for in a man; detach from what you see in the men of your friends and detach from what the books, magazines, talk shows, and internet blogs say you "should" be looking for in a man.

What kinds of qualities have you been looking for in a potential partner? Quality is something you value, that you believe is necessary, required, and uncompromising. List 10 qualities you have been looking for in a man. **Only list 10.**

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

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Now look back at your list. Read each quality carefully and ask yourself: are these qualities what you want in a man? Do these qualities create a “balanced” man or one that may be prone to extremes? Now, we’re going to move on to a more interesting question.

PART 2

What qualities are YOU bringing to your relationships? Tempting as it may be: **DO NOT SKIP THIS PART!** It’s very easy to say what you want someone else to be; however, where do you fit into the equation? Are you bringing the best of your authentic feminine self to a relationship? List 10 qualities you believe you are bringing to a relationship.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Now, go back and review each quality you listed one by one. **Ask yourself honestly: are you living these qualities in your relationships or do you just think you are?**

If you were to look at your last relationship, were you BEING the qualities you listed? If the answer is, “NO”, why not? Acting as an observer, ask yourself what qualities did you exhibit in your last relationship?

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Look again over your list. **Are you being those 10 qualities in everyday life, in every situation?** You are who you are whether you're in a relationship or not. However, most of us lie about that. We try to change who we are to fit a variety of situations and conditions. We expend a great deal of energy constantly changing who we are to fit in. We change ourselves so much that we hardly know ourselves. And when we don't know who we are, neither does anyone else. This exercise will start you on the journey of figuring out who you really are and who you are pretending to be.

TIME FOR A REALITY CHECK

DOES HE LIKE ME?

Most women can tell whether or not a man is interested in her by first her gut instinct (which she usually ignores), second by his attitude (which she usually ignores), and third, by his behavior (which she also usually ignores). By the way, these 3 signals happen almost simultaneously. So you have to **be in the present moment** to notice them. Most of us choose to ignore the signs, the red flags, and then proceed to be angry and hurt when he goes looking for a different cow in greener pastures or goes back to the cow we already had.

We're going to give you a few ways you can immediately identify if a man is really interested in you for a long-term relationship. After that, you're going to write your own based on experiences you've had from current or past relationships. You may see some repeats...

"I know a man is not interested in me when..."

- I'm the only one calling and he never answers.
- He only texts me to talk.
- He only calls me during the week instead of on the weekends.
- He hardly kisses me and we've been seeing each other for a month.
- He constantly asks me for money and/or to borrow my car.
- He's always short of cash and I end up picking up the tab.
- He doesn't spend any money on me.

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- I haven't met any of his friends.
- He says I remind him of his ex-girlfriend.
- He just wants to hang out at my place.
- I don't know anything about where he works or what he does.
- His family doesn't know anything about me.
- He always seems to be in a hurry to get me off the phone.
- His plans for the weekend don't seem to include me.
- I invite him to places and he makes excuses why he can't go.
- He never seems to have time for me.
- He tries to control me by calling and asking where I am and how long I'm going to be there.

Okay, you get the picture. The above examples are real and true and so many women experience them and either refuse to see or have a difficult time seeing what is happening right before them. Our value and worth play a huge part. This is one of the reasons that we ask you to Stop Dating because the majority of you are probably dating a man that fits one of the above examples.

On the lines below, write your red flags. You may find that the ones we listed above also apply. **The Red Flags I have noticed in my current/past relationships are:**

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

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You now have to decide whether or not you desire to continue a relationship or start a relationship with someone who has so many red flags. What kinds of red flags are you displaying in your relationships? This process works both ways don't avoid studying your behavior. These red flags are another affirmation that you need to **STOP DATING!**

WHAT ARE YOU BROADCASTING? YOUR PERSONAL VIBRATION

It may be hard to imagine at this point in your journey, however, the kind of men we women attract has nothing to do with the men. Yes, you read that correctly. Read it again and again if you have to. The kind of men we women attract has to do with us. It has to do with what kind of "vibe" we're putting out based on the kinds of beliefs, thoughts, qualities, and emotions we hold. You are an electrical being and your vibration is a real energy that directly interacts with the world around you. The words you speak, the repetitive thoughts you hold to be true and the beliefs you subscribe to that you use to define your world, the qualities you exhibit every single day. All of these elements affect your vibration.



Visualize a radio with a variety of stations. The men you are attracting are "tuning in" to YOUR station, your personal vibration, whether you are aware of what you're broadcasting or not. If that station says, "Keep away, I'm not interested" men will pick up on that up. If your station says, "I'm desperate, have low self-esteem and am confused about what I want and who I am. I'll take any man that comes my way", men pick up on that as well. And when our actions support our current vibe, it's no wonder we tend to end up in relationships that fail to resemble anything close to what we thought we wanted. We must become aware of where we are incongruent between who we think we are and our outward actions. When we are incongruent, the vibe that we put out is scrambled and confusing, making it nearly impossible to attract what it is we want or desire. This is a basic premise of the **Law of Attraction**. So, what do you end up with? Well, most of you already know the answer to that question.

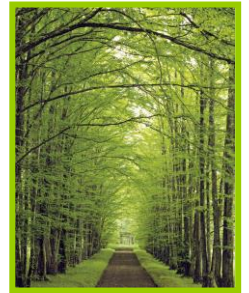
If you want to attract the kind of man you want, you will need to **look within** and see what it is you're broadcasting. To begin that process, you must first begin to **DETOXIFY: CLEAR AND CLEANSE**, so let's move on to STEP 3.

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Here's a great quote from Julia Cameron, author of *The Artist's Way*:

“Growth is an erratic forward movement: two steps forward, one step back. Remember that and be very gentle with yourself. A [dating] recovery is a healing process. [All] growth occurs in spurts. You will lie dormant sometimes. This is normal. Do not be discouraged.”

When you hit those low places during your healing journey, know that you ARE headed in the right direction. These layers must surface before they can be transmuted. If you choose at some point to stop the process, you will delay achieving the life you've always wanted and deserve so if things are getting difficult, take a short break to regroup. This is not a race and if you force change to happen before you're mentally and emotionally ready, you will be both angry and resentful. It is also very important to have a support system available to you. Everyone needs people and services to help them through rough times.



Becoming aware of unconscious habits, beliefs, and behaviors is the first step to recognizing that you now have opened a path to:

- Healing your spirit from a place of compassion.
- Expressing your true feelings, desires, and needs.
- Undoing the “story” that you tell yourself to hold back the pain and anger.

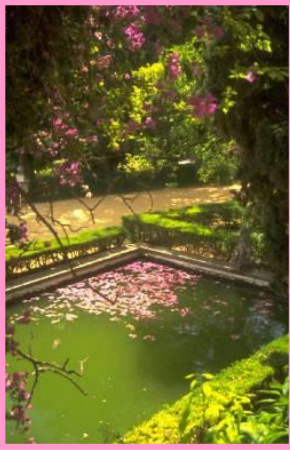
This IS your opportunity to change the course of your love life by being a part of this Journey. If you have made it this far, congratulations, and please continue because you are worth it! Know that there are other women on this journey with you and connect with them. Tell other women in your life that are struggling and feel stuck to come along on this journey with you; because you may want to be an Island but you don't have to be, there are plenty of women around that want someone to just care enough to pay attention.

REMEMBER: All relationships are simply a reflection of the relationship you have with yourself. To change them, you must change YOU.

“THE GREATEST LOVE IS TO LEARN TO LOVE ONESELF”

~Michael Masser

PAUSE, BREATHE & REFLECT



Before moving on to the next step, it is time to pause for a moment.

Take a minute to breathe, reflect and forgive yourself before moving on to Step 3. Close your eyes and take several deep breaths. Sit or lay down comfortably. Place one hand on your forehead and one hand either over your heart or on your abdomen. Now breathe. Continue to sit or lay this way until you feel a center of calm.

This may be a difficult chapter in your life because you must begin to shed old behaviors that no longer positively serve you. So stop, take a look in the mirror, and take a deep breath, knowing that it will be all right if you just take it one day at a time.

Be aware that moments of weakness may arise when you break ties with a lover who may not be ready to let you go. If he suddenly shows up at your door or in a crowded place, call your closest girlfriend, sister, or mother, someone who will give you the appropriate actions to take if you cannot think clearly to do it yourself. You are only human so be kind to yourself.

Step 3: Detoxify

Step 4: Decide To Change



**“Your vision will become clear
only when you look into your heart.
Who looks outside, dreams.
Who looks inside, awakens.”
~Carl Jung**

Dear Adventurers,

It may seem easier to go through life with blinders on. But ask yourself this question: Are you happy, fulfilled, living your dreams, and experiencing a deep love with another human being? If the answer is “No”, then it may be easier to live in misery than to live in bliss. Blinders, insecurity, low self-esteem, closed-mindedness, negativity, misery, loneliness, arrogance, self-centeredness, uncompromising, egotistical, selfishness – no matter what words you use, it all boils down to one word: FEAR.

Fear will keep you where you are. Yet being open-minded and trying new things will open a whole new world for you. We are embarking on **Steps Three and Four: Detoxify and Decide to Change**. These two steps may be the most difficult to implement. They require you to take yourself to a place that you may fear and more importantly a place you have been resisting for quite some time. Why have you been resisting? It’s a place that is unknown to you and we generally fear what we don’t know. Misery is a place of comfort because we can count on it to be there and we have plenty of company. Living a life of joy and peace may seem lonely but it’s less crowded. You will meet new friends on the other side and encourage the old ones to join when they are ready.

“Detoxifying” will allow you to identify the habits that keep you stuck in vicious cycles. For example, that job you applied for because it was love at first sight. Yet you ended up hating later and you’re still there. Or the man that you broke up with years ago, yet he never left because you keep “dating” him over and over and nothing has changed except for his face. The way I see it is that most of the human race is insane because we keep doing the same things over and over and expecting a different outcome. Be honest with yourself: if this is you, then it’s time to Decide to

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Change.

“Decide to Change” requires courage and allows you to take control over your life instead of it getting out of control and letting others dictate the direction of your life. This allows you to have a clearer picture of the direction you’re headed instead of running your life into a wall. The wall is always there. It follows you every time you are about to make a decision, hoping that you’ll make the same decision that you have always made so it can continue to stand in your way. The wall only breaks down or disappears when you decide to take a new path, try new things, make new choices, and look at life in a whole new way. So what are you waiting for? Nothing changes until YOU decide to change. Remember you have to KNOW better to Do, Be, Live, Love better.

Peace & love always,
Dahmenah

STEP 3: DETOXIFY

Once you have STOPPED DATING, you must begin to **DETOXIFY**. This is another crucial step in the journey to recovering your POWER and it will take some time. Before you can begin to CLEANSE, you must CLEAR or essentially transmute what is already in the space.

If you are currently having SEX with a man who does not introduce you to others as his girlfriend, woman, significant other, or wife, STOP sleeping with him NOW. THIS IS VERY IMPORTANT. You cannot think clearly if you are still having an intimate relationship with him. Your mind will be muddled and your resolve will be weak.

THE POWER OF OXYTOCIN

There is a hormone secreted by all women called Oxytocin. Oxytocin is released during hugging and touching. Oxytocin is involved in sexual arousal, bonding, increasing trust, increasing empathy towards another, love, orgasm, and the birthing process.

So here's the scoop: if you continue to have sex with this or any other MAN, this hormone CAN and WILL cloud your judgment; causing you to bond with a man who is probably not in your best interest. As you know, there are plenty of examples of what can happen in a relationship when you are with the WRONG MAN. It has ruined a lot of women's lives and in some cases; it has cost women their lives.

If you answer, "Yes" to one or more of the following questions **YOU WILL NEED TO DETOXIFY (CLEAR & CLEANSE)**.

1. Have you recently gotten out of a relationship with a man? (Within the last 6 months.)
2. Have you been having sex with a man that you were not in a relationship with?
3. Are you broken-hearted and rebounding from relationship to relationship?
4. Do you BLAME MEN for everything that has gone wrong in your relationships?

Choosing to stop having sex while evaluating your "Love Life" is a personal choice; however,

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you must realize that you will be unable to obtain any clarity or understanding unless you STOP having sex with him. After stopping sex, there are three choices you can make: 1) Ask him for a commitment; 2) Walk away from the relationship, or 3) Start sleeping with him again.

THE POWER OF CHOICE

You always have the POWER of CHOICE. You always have the POWER to do what you think is best for you. However, if the decision you make does not bring peace to your heart and spirit, you have the POWER to choose differently. If you are unable to do this because of fear and self-doubt, we understand, and maybe you are not ready to join this Journey at this time and create/design an Amazing Life. There is no judgment. If it's where you are right now, that's okay. However, we want to encourage you to stay steadfast in your resolve to change your future and ultimately your life.



If your choice **IS** to stop sleeping with this man, **you must cut off ALL communication with him**, which includes his friends, family members, and co-workers, if you've ever met them. Essentially, this will be anyone with whom he associates and who could influence you in any way. So hey, let's be more specific with regards to cutting off ALL communication:

- **AVOID** accepting phone calls, texts, emails, or letters from this man. Immediately DELETE any text messages he sends you without reading them. If necessary, either block his number on your cell phone or call your cell phone carrier and have his number blocked. Seriously.
- **DELETE** any voice mails he leaves you (or anyone else in his circle) before listening to them because he will use his charm, his voice, and the words you want to hear to get you to come back and let him back into your life.
- **DELETE** any emails he sends you without reading them. Erase him from your email contacts so that he (friends, family, and co-workers included) cannot IM you.
- **UNFRIEND** him and his friends, family, and co-workers on your Facebook, Twitter, Facebook, and any other online accounts where you can receive unwanted communications.

The previous actions may seem extreme or even drastic; however, all the above communication methods can and will weaken your resolve, causing you to question and challenge your decision

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to walk away. Your mind and your ego will start playing tricks on you, leading you to start playing tricks on yourself by telling yourself you're over-reacting.

Yes, people are going to be angry with you when you begin cutting the lines of communication and that can show up in many ways. However, you must consider what is at stake. There have been many other women who have had to travel this road of clearing toxic relationships and people out of their lives. They did it successfully and so can you.

Do not talk to his friends, they are on his team and will assist him with getting you to change your mind. They may mean well, but they do not know what is best for you, only you do.

Seriously ask yourself these questions:

Do you really want to be with a man that does not want to commit to you?

Do you really want to be with a man that does not treat you the way you desire to be treated?

Do you want to be with a man so much that you are willing to compromise your dignity, sacred self, self-esteem, and self-worth to be with him?



“Trust in yourself. Your perceptions are often far more accurate than you are willing to believe.”

~Claudia Black

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“RESOLVE TO EVOLVE”

If you are friends with one or more of his family members, you will want to keep your distance from them until you have gained sufficient inner strength and have solidified your resolve. After you leave him, you will be in a fragile, vulnerable state, and seeing things or people that remind you of him may send you running back. DO NOT underestimate this stage of your evolution. Some of you may slip up, it happens. Pull yourself out; reinstate your resolve, recommit to yourself and this journey.

Remember: this journey is the key to finding the right person for you! However, you can only do this by BEING the right person for yourself. Everything you attract in life begins; ends and begins again with you.

At this point, you may be becoming discouraged if you are having difficulty standing your ground. Please understand that this does take time and you are embarking upon a huge process that will change your life. Be kind to yourself as you are discovering your boundaries, limits, and hidden behaviors. As long as you continue to do the work, the results will surprise YOU.

Be assured: there IS somebody for everybody and if this man is not right for you, be honest with yourself because you KNOW the answer. Lying to yourself will never change him and if by some chance he asks you to marry him, THAT WILL NOT CHANGE HIM EITHER, at least not in our experience or others we've witnessed. In most cases, a marriage made things worse. Any perceived “changes” in him will likely last for a short time, then resume the same “pre-marriage” behavior. People can only keep up a charade for so long. And then guess what: you're back at square one, except now you're legally married to him. Hmmm. A MAN can change only if he chooses to; you can't make him change no matter what you say or do.

Look around at the women in your life and you will likely find plenty of examples of miserable relationships where women have settled for men that were wrong for them because of their fear of being alone or fear of being without a man. And what has been the result? Are they divorced and/or single mothers? Are they enduring unhappy relationships, where they might be

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emotionally and possibly physically abused? Are they being cheated on or are cheating on their spouse, all in the name of needing to have a man? Is this what you truly envision for yourself?

STARTING TO DETOX – CLEAR & CLEANSE



During the detoxification step, you have permission to cry, scream, be angry, throw things (as long as they don't hit and hurt anyone), rip up or burn old pictures, and generally just GRIEVE.

However, you DO NOT have permission to seek revenge or be vindictive. That kind of behavior serves nothing and may land you in serious legal trouble. More importantly, you will have sacrificed your integrity and self-respect by lowering yourself to that level. Is it or is he really worth it? You choose.

Please understand: this IS essentially a DEATH and when there is a death, grieving will happen. You may experience the mourning stages of death, even at the end of a relationship.

During the next 60 to 90 days, crying is not a weakness but a critical and necessary release. The length of time for detoxification is determined by how long you have been sleeping with him and if you think you are in LOVE. You may or may not be in love; it could just be the Oxytocin playing tricks on you. It wouldn't be the first time and you wouldn't be the only one.

JOURNAL EXERCISE: FOR YOUR CONSIDERATION



Write down everything you are feeling in your Guided Journal, it doesn't have to make sense; this is for your eyes only. If you want to curse him out, write it on the page versus reaching for your phone or your favorite sweet treat. In addition, write the answer to the following questions – DO NOT

SKIP THIS EXERCISE!

1. What attracted you to him? List everything you can remember.

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2. How did he treat you in the beginning?
 - a. Did it change? Do you remember when?
 - b. How did he start treating you?
3. If he was standing in front of you right now, what would you say to him? Hold nothing back.
4. Did he satisfy in any way, and if so, how?
5. Do you feel ashamed, if so, why?
6. Have you dated a man like him before?
7. Did you break any of your rules, if yes, why? How did you feel about yourself as a result?
8. Do want to return to him, if so, why?
9. Did you think he was “the one” when you first met him, if so, why, and if no, why?
10. Do you have standards or rules when it comes to picking a man? If no, why not?

Let's talk about **STANDARDS**, everyone should have them but most of us don't. What are Standards? Our definition is that it's two things: **One**, a rule of conduct whereby a woman, meaning you, is treated in a certain way by the man that you've chosen to spend your precious time with. For example, *A man does not call you after a certain time unless the two of you have made previous arrangements earlier in the day.* **Two**, attributes and characteristics the man you choose must possess for you to spend your precious time with him. For example, *He's considerate, ambitious, support my endeavors, and has plans for the future.* Another example: *He cares about his health and well-being therefore he's physically active.*

In your journal write down your Standards and if you don't have any now is a good time to begin creating some. If this process is new to you, go easy on yourself as you begin to discover what your standards consist of and yes, they may differ from the other women in your family or the other women you know.

BECOMING AWARE OF AND AVOIDING ADDICTIONS

Because of its properties, Oxytocin can cause an ADDICTION to a man, so be conscious of your behavior and avoid replacing one addiction with another. For example, avoid using this time to overeat, overspend, start or increase smoking and drinking. Addictive behavior leads to low-self esteem. Addictive behaviors that you believe are impossible to stop can also lead to depression. Depression is a very real and true condition, yet sometimes we can make ourselves depressed by knowingly indulging in behaviors that can lead us down that road, especially when you put yourself down with negative self-talk. All addictive behaviors are counterproductive to your healing and will not help you get to a better, clearer, happier place and space in your life.

Overeating or binge eating is a VERY REAL danger and is easy to do when you're dealing with painful emotions and want to do something you ought to avoid, like calling, texting, emailing, or even attempting to go see him. Instead of overeating or binge eating, go out with some dependable and compassionate friends (not his); watch a comedy (laughter is the best medicine), read a good book (try a thriller or mystery), or write/draw/paint/collage in your journal (use lots of bright colors, vibrant pictures, encouraging words).

Stay away from alcohol. Consuming high amounts of alcohol may make you do something you will seriously regret like picking up the phone, dialing his number, and hanging up, or even worse, leaving a pathetic message on his voice mail that he can have everyone he knows to listen to (*Phone messages can be recorded, emailed around and uploaded to the Internet – think “Worldwide Humiliation”).

Once sobriety returns, you will be wishing you had an inside person at AT&T, Verizon, or whoever is your network provider. The humiliation will linger like ashes in your mouth and you will not be able to look at yourself in the mirror for quite some time. So, instead of drinking or doing something else significantly unbecoming, how about one of the following:

- Go to the movies (comedy or adventure)
- Window shop at the mall (don't buy anything)
- Watch your favorite television show (avoid the news, you don't need any more drama)

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- Meditate (no mind-binging please)
- Scream (out where someone won't hear you)
- Go to the gym and hit the punching bag about a million times
- Pray, play, walk, run
- Do yoga, belly dance, kickboxing, roller skate; go bike riding, knit, quilt, scrapbook...

You get the point.

One other thing we need to mention: OVERSPENDING.

Overspending is not your friend and will hurt your wallet and overall financial well-being. Besides, he's not worth it, on any level. Those cute clothes and shoes that line your closets will only make you feel good temporarily. And worse, when the credit card bills arrive, a big knot will sit and grow in your stomach. Overspending over a MAN is not worth sending your debt spiraling sky-high to the point where you may not even be able to pay your bills. Choose to overspend and you're going to pay the price in more ways than one.

Instead of overspending, do one of these:

- Choose to spend time with family (as long as you don't have to listen to them preach about your relationships).
- Spend time cleaning out your closet, storage, or garage. Give the clothes you haven't worn in the last 6 months to your local shelter and return or sell the ones you haven't worn with the tags still on them.
- Clean out your cupboards & closets, your refrigerator, bookshelves, old boxes, and chests. If you haven't used it, seen it, or worn it in the last year, let it go. If it's in your freezer and it's expired, freezer-burned, or looking like a lab experiment, please throw it out. *Clutter creates stagnate energy, which makes it difficult for new energy (new man) to circulate. It may also be a sign of the chaos that lurks deep inside of you. Chaos restricts clarity and your ability to thoroughly detoxify.

If you still need to spend money, then give it to charity, your church/spiritual center, or another worthy organization and enhance the Law of Giving & Receiving. Giving is a better high than

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spending money on things you are not going to wear or use, and guess what: if you overeat you won't be able to fit in them anyway!

**“You are a living magnet.
What you attract into your
life is in harmony with your
dominant thoughts.” ~Brian Tracy**

DISCOVER SHEET EXERCISE: ADDICTIONS - TIME TO FIND YOUR TRIGGERS

We're not going to get deep into this area because there is already a great deal of literature written on the subject. However, we are going to address the issue. So here we go.

What is an “Addiction”? Marianne Williamson, in her book, *“A Course in Weight Loss”*, states that addiction “represents the place where one's sanity is over-ruled”. Another wonderful definition of an addiction is from author Anne Wilson Schaef, who states, “...the purpose or function of an addiction is to put a buffer between ourselves and our awareness of our feelings. An addiction serves to numb us so that we are out of touch with what we know and what we feel.”

Addictions are also described in the following ways:

- An abnormally strong craving.
- Being abnormally tolerant and dependent on something that is psychologically or physically habit-forming. (www.wordnetweb.princeton.edu)
Or
- An uncontrollable compulsion to repeat a behavior regardless of its negative consequences. (www.wordiq.com)
Or
- Being enslaved to a habit or practice or to something that is psychologically or physically-habit forming. (www.dictionary.reference.com)

Okay, none of these definitions are flattering and yet almost everyone has some kind of addiction to something whether it be chocolate, sex, sugar, overspending, drugs (illicit & over-the-counter), gambling, food, pessimistic thinking, alcohol, video/digital games, the internet,

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shopping... the categories are endless. Your mission is to figure out what your triggers are, how you react emotionally, and what leads to addictive behavior in your relationships and your life.

TRIGGERS can be people, places, and events, social & environmental. Triggers can create knee-jerk emotional responses, usually fear which can make them very challenging to uproot. When many of us feel the pain and discomfort of emotional distress, we want to numb it. **The problem is when we do this we avoid addressing the issue that requires healing.** Emotions don't happen in a vacuum. They require some kind of an event or memory to generate them, followed by a fearful thought leading to a belief in something that our mind creates out of that fear, leading to some kind of unconscious addictive behavior to numb the feelings. Our perception of what is taking place makes all the difference in what we start thinking/believing and then what we start feeling.

The flow goes a little something like this:

$$\text{EVENT} + \text{DISTRESSING EMOTION} + \text{THOUGHT BELIEF} = \text{ADDICTIVE BEHAVIOR}$$

The equation reads something like this:

1. An event happens. This could be as simple as a friend or stranger bringing up a topic that you're currently having issues with such as debt, a lawsuit, a cheating man, or verbal abuse.
2. You have a distressing emotion. Believe it or not, emotion comes first. You feel something: fear, anger, resentment, or shame.
3. Your mind creates a thought or old belief surfaces, leading to a physical reaction. These two tend to happen almost simultaneously so that the thought instantaneously generates a physical reaction. An example might be that you heard your best friend's "committed" boyfriend was caught cheating with his ex. Instead of her walking away from the relationship, she allows him to talk her out of leaving. When listening to the story, instead of trusting your feelings about your boyfriend, who is stable and dependable, you immediately feel afraid and automatically begin assuming he's doing the same thing to you. Your physical response may be a tightening of your gut, shortness of breath, or breaking out in cold sweat.

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4. You resort to addictive behavior to numb your feelings. So many ways people use addictive behaviors to numb their feelings such as food, alcohol, sex, internet binging; partying, shopping, and trying to stay busy so they don't have to address the true issues.

Now, this still may not seem like much till you begin to look at how this equation is mirrored in your own life. Let's play with a few scenarios.

DISCOVERWORKSHEET EXERCISE: FILL-IN-THE-BLANK

You remember this stuff from your old school test days. While this isn't a test, it just may cause you to pause and recognize where you are unconsciously engaging in addictive behaviors brought on by events or situations that trigger emotional turmoil leading to negative thinking and addictive behaviors. Use your Guided Journal for this exercise or write directly on the page. These sentences can be used for a variety of personal scenarios. Avoid over-thinking this exercise. Make up a few of your own: you'll be surprised at what you discover!

1. When _____ talks about _____, I feel _____ and it reminds me of/triggers the thought of _____. This makes me want to _____.
2. When I hear _____ song, I feel _____ and it triggers the memory/though of _____. This makes me want to _____.
3. When I have to deal with _____ at work, I feel _____ and it triggers the thought of _____. This makes me want to _____.
4. When I read about _____, I feel _____ and it reminds me of/triggers thoughts of _____. This makes me want to _____.

Here's another exercise for you to do.

Give yourself only 15 minutes to do this exercise because the more time you have, the more

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you're going to overthink it. Make sure you're in a quiet place and avoid second-guessing your answers. The first one is usually the truthful one. When you're done, put this exercise aside and come back to it in a few days. Chances are you'll be able to add to it. Remember: there is no judgment. You are merely flushing out what no longer serves you to transmute it and move on in your life.

Directions:

In the first column, you're going to put the event or situation that comes to mind. In the second column, you're going to place the trigger. For example, was it something someone said, something you read, or something you saw? This would lead to column three, how you felt as a result: fear, anger, jealousy, etc. Then in column four, you are going to write what you do to "deaden" or numb the feelings. See if you can become aware of as many of your emotional triggers as possible. Make as many copies as you need to get the full benefit of this exercise.

Event/Situation	The Trigger	Emotion	What I do

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If you find yourself getting overwhelmed or distressed with the exercise, immediately do the following: **STOP, BREATHE & GROUND** (kind of like Stop, Drop & Roll). You may find that you are holding your breath while doing some of these exercises. BREATHE slowly and deeply. GROUND your energy, mind, and spirit. Repeat to yourself over and over that you are SAFE and SECURE. Become conscious of what your body does when it's expecting something unpleasant to happen: muscles tighten, breathing becomes shallow and uneven and your shoulders probably end up somewhere around your ears. These are just some of the body reactions included in the Fight or Flight response.

JOURNAL EXERCISE: FOR YOUR CONSIDERATION

Okay, it's time to do some SPIRITUAL CLEANSING.

There are two aspects to Spiritual Cleansing:

- σ One, connecting with your spirit, your higher self and
- σ Two, releasing negative beliefs and thoughtforms trapped inside your spirit and your body.



Why should you do this exercise? I AM presence is your inner voice, the voice of your higher consciousness. It is your guide through life but most of us don't trust this voice, therefore you don't listen to it and we fail to make decisions based on the truth that it speaks to us. Small and quiet, this voice is easily lost among the noisy cacophony that is in your mind daily.

A lot of women tend to think of Spirituality as being your religious and moral beliefs, which is a more mental aspect of your spirit. What we are speaking of is the intuitive and feeling aspects of your Divinity. If you are unfamiliar or rusty in this area, the process of learning to trust and work with this area of your being may take a while so make sure you have a few hours before you begin this exercise. **NOTE:** You may want to record this exercise so that you can listen to your voice rather than attempt to read it. If you fall asleep during this exercise, you will need to take the time to redo it. It is important to stay conscious while you are going through the steps of connecting to your spirit.

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Let's begin:

- Make sure you have your journal beside you as well as a glass of water.
- Lie down on a soft, comfortable surface. Make sure your spine is straight and your body is stable.
- Close your eyes.
- Take 3 deep breaths.
- Calm your mind. This may take a while for your mind to stop jumping around. Be patient. If random thoughts continue to drift through, do not pay attention to them; just let them go.
- Once your mind is calm, guide your attention to the deep part of your abdomen and breathe into this space.
- Focus on your breath. Breathe evenly and peacefully.
- Let your breath guide you to your spirit. There may be any number of ways for you to know when you've reached your destination. Be open and be aware, noticing the slightest changes in your body.
- Once you reach your spirit, your body may feel heavy from tension until you surrender and relax.
- Once you relax, your body should feel light, calm, and safe. You may feel as if you're drifting into space.
- Stay here until you feel like you are floating, this will feel warm and wonderful. Notice any colors or images you may see while your eyes are closed.
- Take several deep breaths to bring yourself back to reality. Feel the surface you are lying on beneath you. Wiggle your fingers and toes. Move your limbs around, bringing yourself back to consciousness.
- Once you open your eyes, take another deep cleansing breath and **slowly** rise to a seated position.
- Drink the water and grab your Guided Journal.

It is now time to **RELEASE**. In life, most of us hold on to stuff way too long, whether it is physical stuff, emotional stuff, or mental stuff, somehow they end up becoming like a second skin – a toxic second skin. Why do hold on to stuff that's no good for us? Stuff can be comforting even if it's destroying our quality of life, it's there if we think we need it and it's also there as a viable excuse so we don't have to change. We need to move the stuff out of the way so we can hear our Spiritual Voice, which is also called our intuition or gut instinct.

1. In your journal write down all the STUFF you've been hanging on to and why. Be sure to include information about the MAN you just let go of. The Stuff will include: Work Stuff, Friend Stuff, Material Stuff (clothes, shoes, supplies, business inventory, etc.)
2. Next, write down why it took you so long to let him go and why you must RELEASE all

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feelings associated with him.

3. Do you believe you need the Stuff to feel Safe and Secure? Why?
4. What does Security mean to you?

MIRROR WORK



Now that your addiction/attachment to your ex-lover, boyfriend, etc., is beginning to subside, it's time to break out a mirror. This step is not to be skipped or neglected. Louise Hay, author of the book, "You Can Heal Your Life", made this exercise essential in any self-healing process.

Every morning, you will need to set aside some time during your morning routine to look at yourself in the mirror. You will likely have to adjust your schedule to fit this in. You want to gaze into your eyes and have a genuine conversation with yourself (this will be weird at first but it is necessary). Eyes are windows to the soul, allowing you to see your spirit. These are the beginning steps you are taking to forgive yourself for past dating choices and mistakes. Some simple phrases to start with are: **"I FORGIVE MYSELF"** and **"I LOVE MYSELF"**. Yes, it's going to feel weird. You may laugh, cry, frown, run from the mirror, or even get angry. All these responses are normal. Keep at it and you will be amazed at the transformation.

Why are we asking you to do this exercise? The reason is that it's vitally important that you learn to connect with yourself. Many of these exercises will be uncomfortable at first, but over time you will find yourself starting to believe what you are saying to yourself in the mirror.

Optional: carry a pocket mirror in your purse for those times when you feel yourself slipping back into old ways. You can pull out your handy dandy pocket mirror and say your pledge, your personal affirmation. The pledge you create for yourself will remind you of your self-worth and what you deserve as a beautiful, powerful, self-assured woman.

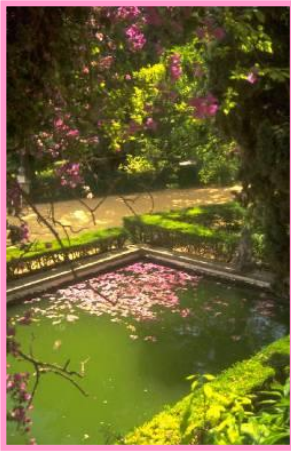
Part of believing what you say to yourself in the mirror will be even more powerful for you once you detach and evaluate the CHOICES that you've made in your previous relationships or

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encounters with MEN that lead to being a DESPERATE DATER.

Be careful and aware about falling into the “poor me” victim category that people, including family and friends, are going to try to put you in. You may even do this to yourself. No one can make you a victim; only you can truly give yourself that title.

PAUSE, BREATHE & REFLECT



Before moving on to the next step, it is time to pause for a moment.

Take a minute to breathe, reflect and forgive yourself before moving on to Step 4. Close your eyes and take several deep breaths. Sit or lay down comfortably. Place one hand on your forehead and one hand either over your heart or on your abdomen. Now breathe. Continue to sit or lay this way until you feel a center of calm.

Releasing, evolving, and growing can be painstaking yet uplifting and exciting because a NEW YOU is being born. Take a moment to sit, breathe, and pat yourself on the back for a job well done. We know it's challenging and we are proud that you're still on the journey.

STEP 4: DECIDE TO CHANGE

STEP 3 was designed to assist you with discovering what you need to change to improve the quality of your life. It's impossible to change if you don't know what needs to be changed. As all the steps in this journey are important, this step may be the most challenging for most people. Why? We deserve to live in our Truth and authentic (real) change requires self-awareness and a healthy dose of brutal honesty. Some people go through their entire lives angry, tired, and lifeless, wondering why life is so hard for them. Stubbornness, pride, and fear (which all add up to DENIAL) can create walls that are difficult to dissolve making your journey full of stress, disappointment, and pain.

Change can be so disheartening when you have to look at the darkness within you. Seeing this darkness and owning it can hurt and yet doing the work is necessary to transmute what you have found. That's why you're here reading this right now. If you choose to have the attitude that "I don't need to change" or "this is just how I am", that's fine. However, remember this: the only person that will be affected and suffer due to your attitude is YOU. This journey is about **creating an Amazing Life**, but you must be **WILLING** and **OPEN** to the process of **CHANGE**.

JOURNAL EXERCISE: FOR YOUR CONSIDERATION

If you answer, "No" to any of the following questions, consider making CHANGE a priority in your life. Keep in mind that the definition of insanity is: doing the same thing over and over and expecting a different result. Nothing in your life is going to change until YOU do.



1. Are you honestly happy with your life right now?
2. Are you happy in your current relationship? Were you happy in your prior relationship(s)?
3. Are you attracting the kind of MEN you want to have in your life?
4. Do MEN you are or have been dating, treat you the way you desire to be treated?
5. Does dating MARRIED MEN give you what you truly want in your life?

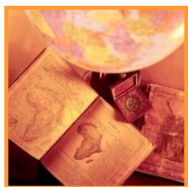
Change starts and can continue for some time, in small, tentative steps. With each successful step you take, you gain courage and a feeling of **EMPOWERMENT**. This then leads you to a point where you can take a Big Leap. However, for those who want to take BIG leaps in the beginning so they can move on. While that is commendable, processes like these generally take time and if you backslide because you couldn't take the leap of faith, you may become seriously discouraged and give up altogether. It's great to have goals during the change process, but setting the bar too high and being unable to realistically achieve it can set you up for feeling defeated before you've gotten started.

False
Evidence
Appearing
Read

Change can be exciting for some and scary for others, depending on whether you're welcoming change or fearing the changes that could come about in your life. What many of us tend to do is unconsciously SELF-SABOTAGE our efforts by falling back on old behaviors and ways of thinking just when we're making progress. We self-sabotage out of **fear**, plain and simple. Why do we do this? Because we would rather stick with what is old and familiar than accept the new and unfamiliar. The news can be frightening. It can also be the biggest thrill of your life. Changing and transmuting means we will have to shift our perceptions of who we believe we are to become more of who we really are. We may lose friends and family or we may have to change jobs or careers. We may need to move to another town, city, state, or country or open our hearts to a new love. The changes can be endless and so can the fears.

These fears are imaginary and can keep you immobilized from venturing out into the realm of possibility. Just remember what we said: NOTHING in your life is going to change until YOU do.

The hope is that denial becomes a thing of the past and self-exploration becomes your new path.



“Taking a new step, uttering a new word is what people fear most.”

~Fyodor Dostoyevsky

MORE TOOLS FOR YOUR JOURNEY: Grounding and Centering with Meditation

REMEMBER: Try them all and keep what works. These are free and require no fancy equipment to go out and buy. The more tools you have the better.

- **Breathe. Really breathe.** When we are emotionally triggered in unpleasant ways, regardless of the situation, we tend to hold our breath, effectively locking the breath and the emotion, up in the body. This causes muscle stiffness, tension headaches, irritability, and anger. Conscious breathing helps to return your mind and spirit to a place of quiet and soothes your emotions and central nervous system.

♥**Meditation:** Find a quiet environment where you will not be disturbed. Sit in a comfortable chair with your spine straight so your ribcage doesn't collapse into your abdomen. Make sure your feet are flat on the floor. Lay your hands comfortably in your lap. Become conscious of where tension is being held in your body. Relax your shoulders. Allow them to drop away from your ears. You are safe. If you feel the need to cry, allow the tears to be released without shame. Crying will initiate the healing process. Inhale deeply through your nose for the count of 4 and exhale deeply through your nose for the count of four. Continue to gently breathe into the count of 4 and out to the count for several minutes. You may notice weird body sensations as stagnant energy is released through the breath from your muscles and organs. You may need to do this several times a day to release tension and stress.

- **Ground.** Grounding is as essential as breathing. When we are ungrounded, we can easily get caught up in the dramas playing around us. When this happens, our emotions run high, irritability emerges and we are open to having emotional breakdowns without really knowing why. Grounding several times a day is essential when you are going through deep life changes. This will keep you centered and out of everyone else's drama drains. Grounding also keeps you in your body



♥**Meditation:** Take several deep, cleansing breaths. Use the inhale-exhale count of four breaths until your body relaxes and you can feel the cycles of your breathing moving in and out smoothly. Close your eyes and see your legs in your mind's eye. Imagine that your legs from the knees down have large, strong tree roots. See these roots pushing deep into the earth, as deep as you can get them, and anchor them firmly in place. This connection helps keep you in your center, especially when times get challenging. When

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you forget to ground, you may feel as if the universe is tossing you around like some tiny rowboat at sea during a typhoon. Make sure you ground yourself several times a day and drink plenty of spring water to flush your system.

- **Stretch, shake, or dance.** You can either do this in public or in private just as long as you move. Energy is kinetic and requires movement. Simple stretches combined with deep breathing, (which by the way, can be done anywhere without drawing too much attention) disperses stagnant energy, wakes up the body, and dissolves tension.
- **Listen to soothing music, chimes, or running water.** When our fight or flight centers get activated through fear, we have a hard time calming down and letting go of the fear inside. These sounds can help to reduce anxiety. Just listening to these sounds can have a profound effect on your emotions, guiding you back toward your Center and place of calm.

DISCOVER SHEET EXERCISE: WHAT NEEDS TO CHANGE TO IMPROVE YOUR LIFE

If necessary, review the Discoversheet and Journal exercises in Step 3 to assist you with answering this question.

WHAT NEEDS TO CHANGE TO IMPROVE YOUR LIFE?

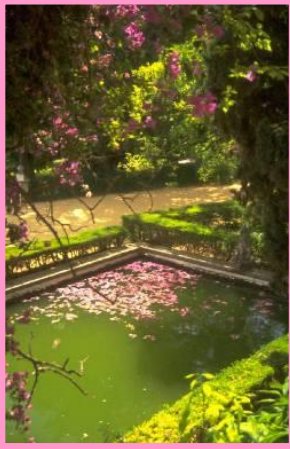
1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

If you require more space, use your Guided Journal. The journal will assist you further.

Pause!

If you get to this point in the Steps and are experiencing emotions such as (but not limited to) depression, anxiety/anxiety attacks, angry outbursts or extreme fear, **PLEASE, PLEASE, PLEASE**, either contact medical or psychological services **IMMEDIATELY** or contact a trusted friend or family member for **HELP**.

PAUSE, BREATHE & REFLECT



Before moving on to the next step, it is time to pause for a moment.

Take a minute to breathe, reflect and forgive yourself before moving on to Step 5. Close your eyes and take several deep breaths. Sit or lay down comfortably. Place one hand on your forehead and one hand either over your heart or on your abdomen. Now breathe. Continue to sit or lay this way until you feel a center of calm.

This journey's central theme is **Change** and right now a part of you may be resistant to that change even though you've just completed this step. Think about reviewing this step again before moving on because the success of the remaining part of this journey depends on whether or not you decide to change.

Remember, avoid holding your breath; this can lock painful emotions up in the body. Continue to reflect and forgive yourself, giving yourself credit for sticking with what many women will consider to be a difficult journey.

Step 5:
**Cleanse Yourself
of Negativity**

Step 6:
Focusing on Self



**“Make it thy business to know thyself,
which is the most difficult lesson in the world”.
~Miguel de Cervantes**

Dear Adventurers,

Today we live in a world that is full of damaging messages, images, and talk. So, with that said, it's difficult to avoid participating in all the heavy drama that surrounds us daily. When we talk to our co-workers, friends, and family, we may unconsciously engage in negative conversations about our life or the lives of others. Some of us can't help it because we have been participating in this type of behavior since we were teenagers or children. Why? Because we learned it from the people around us who continually complained about their lives or talked badly about the people they were envious of or people they thought were better than them. When we talk about others we are focusing on them instead of ourselves. When we want to give people advice on how to make their lives better or tell them what they should and should not be doing, we are again focusing on them rather than your issues and challenges.

Yet, what about your life: are you happy and satisfied with it? Are you doing the things that you could be doing that uplift your life or doing things that are affecting your life adversely? It is always easier to tell others what to do but it's much harder to follow your own advice. I know I used to be the same way: always having something to say about someone else's life when my own life was a mess. However, I decided to change that. For the last year, I stopped watching all news. I stopped following the financial markets and ceased watching the political nonsense that had been going on as of late. Why? Because I needed to free myself from all the drama that I can neither control nor change. I needed relief and solace from the daily chaos so I disengaged myself from it all to focus on what really mattered. I will eventually put some of it back into my life, only when necessary and only as needed.

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Stress is killing us in so many ways. Some are succumbing more quickly than others. NEGATIVITY and not FOCUSING ON SELF in the right ways are at the root of the problem. FOCUSING ON SELF doesn't mean going to the beauty shop, nail shop, or spa. While those things are nice and necessary, however, they are superficial. I'm talking about SOUL WORK, getting truthful and honest about yourself and your life. Who are you really? What you believe about yourself is generally not who you are. What is your TRUE PURPOSE in life? How can you give back to your community and the world? Do you believe that your only purpose is to work a 9 to 5 job that you hate just to pay your bills? If so, do you believe you will have a fulfilling life doing that or an unhappy one? If there was ever a time in your life you needed to be honest with yourself, this is the time. This Journey will help you begin the process of learning to be honest with yourself so that you can CLEANSE THE NEGATIVITY from your life and start FOCUSING ON SELF in the right way. In most countries, women are taught to take care of everyone else, rather than their own needs. The problem with that philosophy is that if something happens to you because of stress or poor health, then who will take your place? Think about it.

Peace & love always,

Dahmenah

STEP 5: CLEANSE YOURSELF OF NEGATIVITY

Most of us know someone that sees negativity in almost every situation and then harps on it all night long, into the next day, and the next, and the next... In some situations, others will join in the negative conversation, sometimes even YOU. Perhaps you even initiate them.



Negativity is like a virus or contagious disease: it tends to spread quickly and then lingers until a cure is found, if ever. This disease, like any other, will affect every area of your life without you realizing it. Some learn to be negative in their childhood. There's the parent, relative, or neighbor that constantly predicted doom focused on what was wrong rather than what was going right, and distrusted everything and everyone, generally fearing the world. Then there are those of us who develop this quality by associating with others who dwell in the "Land of Pessimism", allowing their attitudes to rub off on us, ensuring that we too see and experience the world through their eyes. You know what they say: Misery loves company.

Then there are the series of "unfortunate circumstances" that befall us periodically in life to awaken, illuminate and shift us in a different direction. Pay attention to these times in your life. The first thing we tend to do is welcome them with anger and resentment. However, if we ask ourselves what is really going on, we may be very surprised at the answer. Rev. Michael Bernard Beckwith says the appropriate question to ask yourself is: "What is the meaning of the mess I am in?" Circumstances don't "just happen"; they are disguised opportunities to grow.

If you answer "Yes" to any of the following questions, it's time to cleanse the negativity from your life, which may include people, conditions, and situations.

Ask yourself the following:

1. Are there people in your life who talk negatively? Do their words dampen your enthusiasm, bring you down, or are unsupportive?
2. Do you find yourself looking at everything and everyone through a cloud of gloom? Do you see doom around every corner, waiting for things to go wrong, or predict how they

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- will go wrong in the lives of others?
3. Are you constantly in a bad mood, irritable, or easily angered? Do you go to bed this way? Do you wake up this way? Is it like you have a pessimistic tape playing inside your head?
 4. Do you find yourself constantly getting into dramatic disagreements with others? Do you end up in screaming matches or hurting other people with your words? Do you constantly yell or cuss at your children or significant other?
 5. Are you experiencing unnecessary drama and turmoil in your life? Does it seem to be getting progressively worse day after day?
 6. Do you consider yourself to be a jealous person? No? Then read #7.
 7. Is it difficult for you to be sincerely happy for another's success, abundance & good fortune?



JOURNAL EXERCISE: FOR YOUR CONSIDERATION

Every evening before you turn into a bed, pull out your Guided Journal and write down any negative conversation that you remember engaging in. If do this nightly, your brain will be triggered when you are about to engage in a negative conversation and stop you. However, you first must realize how negative conversations can change what you believe thereby changing your actions. The Guided Journal will assist you further with this exercise.

Anger, Irritability, Jealousy, Frustration, Despair, Resentment, and FEAR, Oh My!

These emotions will completely and effectively prevent you from experiencing any kind of abundantly joyful flow in your life. More than that, long-term negativity will adversely affect your health. These emotions, when chronically expressed over time, will deplete your life force, leave you vulnerable to depression, and increase your chances of entertaining unwanted health conditions such as digestive issues, headaches/migraines, chronic fatigue, stiff muscles and joints, crying jags, and a whole host of unmentioned ailments that have the potential to occur. A lot of health problems are directly related to your emotional state.

DISCOVER SHEET EXERCISE: CURRENT EMOTIONAL STATE

Write down all of your current emotions: (ex. I'm exhausted because a problem is weighing heavily on my shoulders?)

1. _____
2. _____
3. _____
4. _____
5. _____

The reason why you need to know your current emotional state is so that you can differentiate between the emotions you are currently feeling and the ones you might feel when you move on to the next topic. It would be great if you could release the current emotion before moving on but we are not sure that is possible.

FORGIVENESS

Many of you may have mixed feelings about this subject matter but we feel it's important if you want to have a HAPPIER and HEALTHIER life. The basis for forgiving someone is not about the other person it's about you. We understand that many of you have had traumatic experiences in your childhood that have left scarred and not able to enjoy a loving partnership with another human being. Forgiveness is necessary for a well-lived life; regret, resentment, and anger will strip the joy from your life.

ACTS OF FORGIVENESS

“Forgive all who have offended you, not for them,

but for yourself.” ~Harriet Nelson

There are many misconceptions surrounding the virtue of Forgiveness. Too many women cry grudges over hurt hearts and hurt spirits. We think that by carrying these grudges, staying angry, and raging that we’re somehow hurting the other person. No. Refusing to forgive others is a behavior that is generally, socially, and culturally taught when we’re young. While you may be hurt when we say, when you refuse to forgive them for some action they may have committed. The reality is that the TRUE act of forgiveness has nothing to do with them; it has everything to do with YOU.

FORGIVING YOUR FATHER

Many women have been hurt by the men in their life. Many of those hurts began with their fathers. And those who refuse to forgive that hurt, regardless of who the man was or is. Yes, some men have abandoned us, cheated on us, abused us physically and verbally, treating us less than we truly deserved, including our fathers. Did we have expectations on how we thought these men, and other people in our lives, would behave towards us? Yes, we did. And when we have expectations, people will generally disappoint us. Why? Because we believe they should act the way we want them to. Most people, including fathers, do not know who they are, and their wounds and beliefs follow them from childhood. We come from such diverse backgrounds and are raised with different beliefs and norms, socially and culturally. We think that based on the way we grew up, they should know better. He should know better. Really? Rooted in whose standards? Have you ever experienced not “living up” to someone else’s expectations? Have you ever had your actions judged by someone who did not come from your cultural, religious, or social background? Not a very nice feeling, is it? All change begins with us and we may find ourselves having to become the opposite of what we were taught.



Expectations, like the word “should”, are assumptions based on what we believe about the world and the way we think people should act. “He should know what to do.” “He should know how to treat me.” “He should know what I want.” “He is my father; he should have known how to raise

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me.” And there you are left with all our “should’s” and deep resenting anger towards men and unforgiveness in our hearts. On the flip side, you may spend time asking yourself questions that you will never get the answers to like: “Why did my father abandon me?” “Why did he do that to my mother?” “What kind of a man does that to a child?” “Why couldn’t he have just loved me?” “Why wasn’t he like other fathers?” If you continually put yourself through this torment, how will you be able to focus on the things that are right in front of you? We forget that our fathers came with their own set of baggage from their childhood and sometimes they do not know how to love. Are these excuses? Maybe, or maybe they’re just facts. Do you feel your father intentionally sought to hurt you? Think about it.

In general, men, including your father, have moved on in their lives while we, on the other hand, continue to wallow in unhealed anguish, allowing it to entrench itself within our bodies, mind, spirits, and heart, shutting out ALL possibilities of love and joy. When we shut down one avenue to love and joy, we shut them ALL down.

Is it necessary for you to forgive these men, especially if one of them happens to be your father? **YES.** If you desire a deep connection with a man, you must forgive. If you cannot do this then you will bring your pain, anger, and hatred into your new relationship. We understand your pain in this area as we both had to forgive men, including our fathers.

JOURNAL EXERCISE: FORGIVING YOUR FATHER



Grab your Guided Journal. Inside you’re going to write down all the wrong actions **you believe** your father has done to you. Underneath each item, put why you think he did what he did. If you need closure, seriously do some investigating and really think about past situations that you heard about which may have shaped your father’s character and guided his behavior. If his mother or siblings are still alive, and if it’s possible, ask them questions about your father when he was a child.

Take note: some secrets may or may not be revealed and you may not get the answers you’re

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seeking. Remember stories your mother told you about your father, and if possible, ask him yourself.

Yes, this exercise is very difficult and it will reveal a lot of old wounds. If the wounds are too deep and the emotional pain is too much to handle, please, please, please contact a Mental Health Professional to assist you with this process. The reason for this process is to try to understand your father so you can forgive him and **FREE YOUR SELF**.

If closure is not necessary, then skip the investigation and release yourself from the bind of anger and sadness, make peace with the fact that your father is who he is or was who he was, and forgive him for you so you can move on with your life and engage in healthy loving relationships. Then write: **I FORGIVE MY FATHER** at least 10 times. In addition, write why you forgive him. There will be additional assistance inside your Guided Journal.

**“The weak can never forgive.
Forgiveness is the attribute of the strong.”
~Mahatma Gandhi**



DREDGING UP THE PAST

One issue that must be addressed regarding forgiveness is the habit that so many people have of going back and opening old wounds after you claim you have forgiven the individual for their mistakes. While forgiveness does not mean forgetting, it also does not mean you have the right to drag up past issues with phrases like, “Remember when you...” or “Remember what you did?!”

If you are engaging in this behavior, then you have not yet forgiven.

You must be willing, **on all levels of your being**, to release the anger, resentment, bitterness, and suffering attitudes you have held on to for so long. You must be willing to put circumstances in perspective and see the other person’s wounds and flaws. Many people first experience

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forgiveness logically. They have somehow convinced themselves in their mind that they have forgiven a particular person. However, if you continue to experience tension, tightness, and emotional conflict when you are in the presence of the individual, then you have more work to do toward forgiveness. **TRUE forgiveness is experienced viscerally, and emotionally and is felt in your heart.** You may have to go through the forgiveness process several times before you come to that place.

Forgiveness is a liberating and freeing experience. To obtain any kind of peace of mind or spirit and to give any future relationships a true chance in this department, as well as heal the other areas of your life, there is no other option.

**“Forgiveness is a gift you give yourself
when you are ready to stop hurting for what someone else did.”
~ Edith Stauffer, Ph.D., Psychotherapist & Teacher**

Are You Holding a Grudge of Unforgiveness?

For many of us, the concept of holding a grudge comes from what we learned at home from the other women in our family who carried broken hearts and wounded spirits, not always visible to the naked eye yet may have been expressed in words and actions. Some of this comes from the less-than-radiant relationships we had with our fathers, who became our first experiences with men and so set the tone for many relationships to come. All of this then becomes coated by our unrealistic expectations of what a man and our relationship will look like and be like, which have been further warped by fairy tale movies with unachievable happy endings.

If you ever want to have a trusting, loving, and deep connection with a man in a relationship, forgiveness is the **ONLY** way through. This means forgiving all men, including your father or “father figures” in your family (uncles, cousins, grandfathers). We said this before and we’ll say it again: If forgiveness does not take place, you **WILL** bring all your pain, anger, resentment, and narrow-minded attitude into your new relationship. Bringing that kind of pain into new relationships puts the next man in a disadvantaged position from the beginning, with no hope of getting past your walls.

DISCOVER SHEET EXERCISE: THE UNFORGIVEN

Believe us when we say this exercise is best done in the privacy of your own home. As you go through this particular worksheet, you ARE going to get pissed and you are going to break down because you're going to be pulling up old hurts that are still sitting somewhere within your spirit and are therefore sitting somewhere in your body.

Unforgiveness masks unhealed hurt and anger and has the potential to cause massive amounts of emotional and physical turmoil. It creates “opportunities” for you to misdirect your anger at others who don't deserve it and even say things that you cannot take back. Now you have widened your circle of pain by causing unnecessary pain to others; leaving this kind of collateral damage will further the drama and unhappiness in your own life. This also pertains to being angry at yourself for having gotten into and endured situations that caused chaos and turmoil. There is no blaming; however, we must take responsibility for our choices.

Time to look at who is the “Unforgiven” in your life: A 3-part Exercise

PART 1

Directions: In the table below, you are going to write about all the people you have not forgiven in your life. And we mean ALL of them. In the 1st column, write the person's name. In the 2nd column, write the day, month, and year you believe the offense took place or as close as you can get. This will show you how long you have been carrying unforgiveness. If there are multiple dates, write those down as well. In the 3rd column, you're going to write what you believe they did or what you believe happened.

Hint: If you run out of room on the table, then you've got a great deal of forgiving and releasing to do.

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Name	Date(s) of offense(s)	What do you believe they did

PART 2

Directions: In part 2 of this exercise, you're going to ask yourself how much you are willing to begin forgiving each person you listed, even if you listed the same person more than once. Take the time to re-read the quote at the beginning of this Step. Read it several times before beginning this part of the exercise. Now take a deep breath. This is what you are going to do next:

- First, create a 4th column.
- Next, in this 4th column, you're going to put the percent (%) of forgiveness you are willing to have for this person right now. You have from 0% – to 100% to choose from. While you are working on this exercise, please remember this: no one is perfect, we are all still learning about who we are and how to move through life. Many of us are carrying unaddressed and unhealed wounds. You too have hurt other people, consciously or unconsciously, intentionally or unintentionally.

Part 3: NOW, IMAGINE THIS

Directions: To do this 3rd part of the exercise, you will need to set aside a block of time where you will not be rushed or disturbed.

1. Go back to the table in Part 1 and make sure you have your 4th column and row.
2. Start with the first row. Re-read across the entire row, including the 4th column you just added.
3. Now, close your eyes and take several deep breaths. Read the name in the first row aloud and picture that person's face in your mind's eye. Imagine them as 5 years old. It doesn't matter if you knew what they look like or not, let your imagination fill in the blanks. Now, look deep into their eyes. What do you see? Joy? Sadness? Confusion? Delight? Pain? Curiosity? Look closely and trust what comes to you. Oftentimes, the 5-year-old child inside of us acts out emotionally, and that child makes important life decisions that affect us and others adversely until we recognize, grow, and evolve. This is one of the ways to invoke compassion in your life.
4. You're going to use this meditation for each person you have listed. Once you've gone through everyone at the table, go back and see if the percentage of forgiveness has increased. Write that percentage down. You may find that you can forgive some people

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completely. Hoorah!

JOURNALING EXERCISE



This is a good time to get out your Guided Journal and ponder upon the people, especially the men in your life that you have not forgiven, and ask yourself: Is this unforgiveness healthy for me? Is holding this anger, this grudge, serving my higher good in any way shape, or form? Is keeping this rage at this man (or men) bringing me peace of mind and spirit? If you answered, “No” to any of these questions, then it’s time for you to ask yourself what you can GAIN from releasing the anger, relieving yourself of the rage, and considering moving forward in life without the burden of hurt.

This is probably not the easiest exercise to do yet it is necessary if you want to move forward. You must at least address the hurt before you can go any further. If writing is too challenging a task at the moment, get out your colored markers or crayons and draw what you’re feeling or collage it with pictures from various magazines. There is no limit to the media that you choose to use to express yourself. Paints, glitter, crayons, colored paper, scrapbooking stuff; whatever you want to use to give full expression to your anger, sadness, rage, hurt, and confusion. As long as these emotions continue to reside unrecognized and unexpressed in your body, they continue to do damage.

If you’re a chronic procrastinator, avoid getting caught up in planning what you’re going to do. It’s easy to get off track. This is fear and avoidance. Allowing yourself to get sidetracked with unnecessary tasks, going out to have coffee with your friends, remembering and going to do that errand you forgot – when these distracting opportunities come up during the process of healing, we can either choose to become waylaid by them or we can choose to heal our wounds. For you perfectionists: no one is going to see this except you. Who cares if there are globs of glue, the circle isn’t quite round or the hair on your ex (if he had any) isn’t quite right. It doesn’t matter if the colors or shading are off. The magazine pictures are merely symbolic and if you happen to come across something realistic, great.

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Don't make it a career to find exactly what you want. Also, do not use perfectionism as an excuse to skip the exercise.

A PICTURE IS WORTH A THOUSAND WORDS

Oftentimes it's very difficult to put words to emotions because they tend to defy logical description. However, using images and colors will help express those emotions from a non-linear perspective. If you want to use a black crayon and scribble madly to express your anger at your ex, that's what you do.

Do not be perfect or neat nor censor your words or emotions.

There is no wrong way to express your emotions artistically. Just get them out.

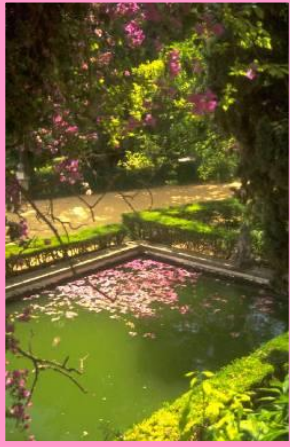
Give yourself 30 minutes only.

Set the timer and when it goes off: STOP WORKING. Close your eyes and catch your breath. Stay this way until you feel a center of calm. If it takes 10 minutes, then you wait for 10 minutes. Sit with your work. See what you have done as a creative and artistic expression of your emotions and that it's perfectly valid and legitimate. You need no one's approval; it stands on its merit. What you choose to do with your emotional art at this point is entirely up to you.

Pause!

If you get to this point in the Steps and are experiencing emotions such as (but not limited to) depression, anxiety/anxiety attacks, angry outbursts or extreme fear, **PLEASE, PLEASE, PLEASE**, either contact medical or psychological services **IMMEDIATELY** or contact a trusted friend or family member for **HELP**.

PAUSE, BREATHE & REFLECT



Before moving on to the next step, it is time to pause for a moment.

Take a minute to breathe, reflect and forgive yourself before moving on to Step 6. Close your eyes and take several deep breaths. Sit or lay down comfortably. Place one hand on your forehead and one hand either over your heart or on your abdomen. Now breathe. Continue to sit or lay this way until you feel a center of calm.

Take a few days and pay attention to what you say when you are conversing with others to see if you perceive people and situations in a more positive light. In your Guided Journal, write down any unpleasant or pessimistic conversations or thoughts, and then ask yourself these questions:

- Why do I see this situation or person in a negative light?
- What is the purpose of my participation in speaking damaging and mean words about someone behind their back?
- How can I begin to change my perception of this situation or person so that I can see them in a more positive light?

Write all your answers in your Guided Journal, making sure that all your new perceptions are written as positive statements. This will make you more aware of who you are and why you may be thinking the way you do. Once you feel comfortable with this process, go ahead and move on to the next step.

STEP 6: FOCUSING ON SELF



Many women have a difficult time focusing on themselves, especially if they have a ton of “obligations” or commitments that they are unwilling to give up because it gives them a sense of “purpose” and keeps them busy. “The Superwoman Syndrome” is the habit of piling a lot of things on one’s plate to accomplish things, to look busy, to impress others with “how much I have to do”, or the inability to organize life’s pressures and tasks systematically. Some women believe it’s selfish or self-centered to put attention on their lives and their needs. So, what do we mean by Focusing on Self? It means that you stop being a spectator in your life and start becoming a participant. It means that you stop walking around like a ghost and stop allowing the years to just float by until one day you look in the mirror and you don’t recognize yourself. It also means you must begin filling your Inner Well for yourself first. It means you choose to begin creating a sense of stability/calm, start by reviewing and examining the Seven Core Areas of your life.

SEVEN CORE AREAS

Get out your Guided Journal or several sheets of paper, especially for this section. You’re going to need a lot of room. There are 7 core areas with several questions for you to ponder in each one. Remember: you want to be in a place where you can focus your energy on what you’re doing. If you can focus while sipping a latte in your local coffee house, then great. However, gauge your emotions before you go to a public place, just make sure you feel safe and secure wherever you decide to go to work on this section.



❖ Core Area #1: Health, Wellness & Fitness

This area helps you begin to observe how you are treating your body and general health. Oftentimes, we as women, let our health and health warnings get out of control. Why? Why do we wait until conditions have reached critical mass before we seek treatment? It is neither self-loving nor compassionate to wait for your body to break down before choosing to recognize your

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need and should receive help. Sometimes it's too late. Waiting always makes things worse. You are not making things better by putting off addressing the signs that the environment in your body is out of whack.

Pay attention to your body's signs and symptoms. In general, pain is a message that all is not well in your body. Look at your skin, your face, your eyes, your tongue, and your hair. Listen inwardly to tension in your muscles. Observe your stress levels, digestion, elimination, and rest/sleep patterns. Check yourself out thoroughly because denial is only an option for a short time. If you choose not to pay attention to your body's current health, you may eventually feel intense pain that will send you running to the emergency room. See a Naturopathic, Holistic, or mainstream doctor if you feel things are "off" in your body. Often, we just need:

- "More Being" and "Less Doing",
- Better quality of sleep and good water,
- More rest time,
- More listening to the still, small voice within, and
- Healthier foods to eat and exercise/stretching to keep the body strong and flexible. If you don't take care of something it will eventually fall apart, no matter what it is.

When we see older women walking with canes, bent backs, and sagging skin, we say to ourselves, "Oh that's just aging". No, that's just not taking care of your most precious gift, your body. Granted yes, some of those women have lived hard lives. However, today, that excuse can no longer be used when there is a plethora of resources available for you to take care of your body.

Many women dislike their bodies and some even hate them. You can hear them complaining about their bodies constantly, yet these same women do very little to nothing to change how they feel about their bodies or to improve the health of their bodies. Why? It requires self-esteem and strong motivation to take the steps needed to make any major changes in one's life. It requires us to confront the real reasons and issues behind that "Why?" However, ask yourself this: Isn't having a dislike for your body enough of a reason to do something about it? One major issue is this: most of us rationalize our feelings away to make ourselves feel better temporarily. We don't

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offer ourselves long-term solutions; only short-term patches to shore up conditions needing long-term solutions. Remember: as the years pass, issues like weight add up, which can become challenging to take off and keep off.

For this section, review each question and ANSWER EACH ONE in your Guided Journal or on the sheets of paper.

- Do you exercise?
 - How many times a week and for how long?
 - Are your muscles tight and your body stiff making you inflexible?
- Are you struggling with being overweight?
 - Overweight is defined as being “above and beyond” what is considered “healthy” for your height and age.
- What is your “ideal” weight?
 - Do you feel that it’s realistic and achievable?
 - If “Yes”, are you willing to make the changes needed to achieve that goal?
- Do you have difficulty breathing after walking a few flights of stairs or from your car to the front door?
- Is eating unhealthy food more important than my body’s health and well-being?
 - Do I use excuses to eat poorly?
 - Unhealthy food is defined as foods that are deep-fried, grease-laden, over-processed, pre-packaged, sugared-up... You get the point. Do you use the excuse, “I grew up eating these kinds of foods”, or “it just tastes so good”?
- Do you eat fruits and vegetables daily? (The real kind, not the pop tart kind)
 - Do you use the excuse of being a “picky eater” to avoid consuming them?
 - Do you binge on sugar/carbohydrates (i.e. sweets, candy, coffee drinks, soda,

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potatoes chips, etc. aka, emotional eating)

- Do you like the way you look from behind? Don't know? Go to the nearest full-length mirror and take a real look.
- Do you like the way you look in your clothes?
 - Do you like the way you feel in your clothes?
 - Do you buy clothes that fit you correctly or do you buy trends, not caring if they are too small or too tight?
 - Do you buy clothes only because they're on sale or they look cute, not caring whether or not how they fit?

SEXUAL HEALTH

Stop for a minute and put yourself in a place of real honesty because this is a very important topic. All the topics are important however, your self-esteem is a big part of your decision-making process when it comes to sex. We only get one body so why do we treat it the way we do? Have you heard the saying, "Your body is your temple?" That means your body is sacred so what you put in it or do to it or who you sleep with should be decided with care. The sexual behaviors you are exhibiting can be dangerous to your health and the health of others. So, answer the following questions in your Guided Journal:

- Do you choose to have unprotected sex with men you barely or don't know?
 - Does the prospect of getting an STD, HIV, or something else give you pause when you are engaging in risky behavior that could compromise your health?
 - Is the pleasure of unprotected sex more important than protecting your body from disease and harm?
 - When was the last time you engaged in "risky behavior"? Risky Behavior is

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defined as you wake up the next day, burying your face in your hands, and saying to yourself, “What have I done?”

- What were the thoughts that ran through your head when you woke up the next morning? How did you feel emotionally?
- Are you afraid to ask a man to take an HIV test? Have you taken an HIV test?
- Do you have a boyfriend that is in and out of jail or prison? Do you avoid having an honest conversation about sex because of fear that he may leave you?

HIV is still on the rise in America and it has become an epidemic among women of color, however just because we don't hear about as much or choose not to read about it does not mean that it's no longer a concern. Why aren't we talking about it more? You've heard the reasons: it's an African problem, a Latin problem, an Indian problem, a Black problem, or a prostitution problem. It seems to be every other country's and social group's problem, however, it's not my problem. If you believe that, you're in trouble and if you let a man use your body to pleasure himself without you knowing who you're dealing with and not using any protection, you may be dealt a very heavy blow. If you think it's hard dating now, imagine dating with “HIV+” as a part of your introduction and Internet dating profile.

PHYSICAL HEALTH

Furthermore, if you do not take care of your body, it cannot take care of you. Positive health is a proactive CHOICE. Your body is NOT a separate entity to be taken for granted. It houses your spirit 24/7 and automatically functions to keep you alive. Our bodies are designed to protect us from harm and to be the organic vehicle by which we experience life.

However, your body only functions optimally if you CARE about how you maintain it, how you treat your body, and how you treat yourself. Failure to proactively take care of your health opens you up to illness and disease, which will leave you with the question “why did this happen to me?” If you find yourself in this predicament, you must take the time to review how you have

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been living your life and how you have been treating yourself and your body.

Take a moment and ask yourself these questions:

- Is having a man that is physically/emotionally abusive more important than my physical, emotional well-being and safety?
 - Do I believe that men show their love through abusive avenues and that it's okay?
- Is the anger and drama I am creating in my life worth more than my physical and emotional well-being?
 - Drama comes about when we forget to be kind, loving, and giving to others and ourselves. Drama enters our life when we want to control the flux and flow of our lives and the lives of others. Drama robs you of your health and peace of mind.
- If you're looking for a foundation of peace and balance in your life, do you think having drama will give it to you? Think about trying to accomplish peace through war: not going to work.

❖ Core Area #2: Your Spiritual Self

Our spiritual self is often neglected. We hear the voice of our spirit, that quiet, sometimes screaming voice and then we promptly ignore it. We choose to stay separated and disconnected, believing that our minds and egos have all the answers to our challenges. When we are out of balance, our stress levels will rise. Our bodies will reflect the lack of attention we are giving to ourselves. Minds become cloudy and befuddled. Our energy becomes cloaked and heavy. We become angry and frustrated at the chaos in our life yet we don't slow down long enough to simply just LISTEN to the solutions.

- How do you connect with yourself on a deeper level? What techniques do you use?
 - Do you bother to connect with yourself on a deeper level at all? Do you believe it is a waste of time?
- Do you ever sit in silence and listen to your inner voice? Do you heed its wisdom?

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- When was the last time you connected to your inner voice?
- Do you ignore your inner voice because it's telling you something you don't want to hear?
- Can you tell if and when you are stressed or having health challenges or crises due to stress? List your stress indicators in your journal. You know what they are.
 - How long have you been having your stress indicators? Don't be shocked if it has been months or maybe even years.
 - Do you know of ways to relieve your stress?
 - Do you practice them or just read about them in books and magazines, promising yourself someday you'll get to them?
 - What techniques do you use? Are they effective or is it time to seek new ones?
 - Do you meditate or have a way to center and ground yourself daily?
 - Do you practice this consciously or by rote?
 - Is it time to seek out another method, that is effective, useful, and user-friendly?
 - Do you practice yoga or any type of meditative, connecting, or grounding exercise? If "yes", what do you do? Is it effective or do you need to find other methods?

Stress is a silent killer. There is a gap of time between chronic stress and when disease/illness shows up in your body. Ten to thirty years may pass while you ignore the subtle signs that things are not well within your body. Not listening to our instincts or rationalizing them away leads to making mistakes that can cost us a lot of misery. This is an area that tends to be really out of balance in many women's lives. When we are out of balance, we are disconnected. This is the

connection you have with yourself as a member of this planet, the Universe, and with your body. This connection is an essential building block for you to learn to LOVE YOURSELF.

❖ **Core Area #3: Finances, Abundance, Prosperity**

The concepts of Abundance and Prosperity are on the front page of so many magazines and books yet many of us are still unaware of the vital importance of The Law of Giving and Receiving. This topic is such a large body of work that we're only going to briefly touch upon it here. This law is always in effect in our lives, whether we are aware of it or not. When you wonder why you may be having difficulty in "getting ahead" in life financially, ask yourself where you have helped others "get ahead" financially. Consistently, altruistically, gratefully, and humbly give. This is the key to receiving. Most of us learned we are supposed to receive first and then when we have enough we give. NO. Giving comes first. Giving first is a hard concept to swallow, but it doesn't have to be a lot of money it just has to be consistent and sincere.

Financial challenges are a vicious cycle that many people never figure out over their lifetime. Why? Because the habits, beliefs, fears, and relationships people have with money are rarely acknowledged or changed. Many of these beliefs and fears came from our parents and their spending/saving habits. We absorbed their dialogues as children and because we had no other frame of reference, either their positive or negative habits became a part of our programming. There is also our religious indoctrination which says that money is the root of all evil or rich people are bad and because of this we either think having money is bad or people won't like us if we have money and so we make decisions accordingly based on these incorrect conclusions. Subconsciously many of us believe we are unworthy and undeserving; also known as having low self-esteem. We hoard out of fear of not having enough. Sometimes we fear having too much. Then out of anger and jealousy, some of us spend our time following, watching, reading, admiring, and hating people with money.

Other influences on our beliefs and perceptions include the media and banking institutions. Credit cards and lines of credit are offered, that we know we cannot afford, and yet, we take them anyway. Society tells us the ways to get out of and pay off our debt and then turns around the next minute presenting us with the temptation to get right back into debt. It's a vicious cycle

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of debt slavery that is considered “the American way.” No wonder we’re so confused about money. No wonder, financially, we are where we are today.

Take time to consider the following:

- Are you saving for emergencies or the future? Do you save any money at all?
- Do you give away money to others to increase your own abundant flow or do you hoard for fear of not having enough?
- Do you ever give your money, time, or energy freely and unconditionally to your spiritual sources, charitable/grassroots organizations, family, or even friends?
- Have you ever bought or do you buy things to impress others or to keep up with “The Joneses”, even though you know you cannot afford them?
- Are you familiar with 401k, Roth IRA, or any type of retirement program? Do you participate in them or do you have an alternate retirement savings program?
- Do you know the difference between assets and liabilities? Which do you have more assets or liabilities?
- Are you debt-free, close to being there, or are you drowning in it without a lifejacket? Have you sat down and added up how much money you owe, so that you have a clear picture of the amount of debt for which you are currently responsible? Have you developed a plan for getting debt-free or sought out a financial advisor to assist you?
 - Are you living paycheck to paycheck?
 - Do you have any kind of system that helps you to track your expenses so that you are aware of exactly how much you’re spending each week or even every day?
- Have you been honest and upfront about your financial responsibility to others? If you owe people money and have not repaid them, why not? Holding out of fear of having enough blocks your own abundant and financial flow.

If your answers to these questions are more “No” than “Yes”, keep in mind you could have some real problems in your immediate future if you don’t choose to change your relationship with money right now. It’s time to start healing this area of your life. Also, think about these questions:

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- What is your relationship with money? Do you get angry when you don't have enough or get anxious when you have too much?
- How did your parents/grandparents/caregivers handle money? Are you following in their footsteps? This takes some observing your own behavior and how you speak about money.
- What are your beliefs about money?
 - Do you have children? What are you teaching your children about money?

The issue of money and financials is a distastefully heavy topic for many women because many of us don't understand the energy of money or how abundance flows in, out, and around our lives. If your mother instilled the idea that you always need to take care of yourself, more than likely she was not speaking of wearing your money but rather sharing, saving, and investing. The responsibility, proper handling, and managing money was not something that was taught to many of us. There may be plenty of you who have memories of momma telling you that a man is supposed to provide for you, that he's the breadwinner in the family. This belief has left many women out in the cold when that man decides that he wants to move on to "greener pastures" and take his money with him.

To be an empowered woman, you must have a stable and functioning financial base that will be able to support you when it is called upon. Take stock of where your finances are right now. This can be a shocking experience. However, you must begin at the beginning. Include all unpaid loans and any money you owe family and friends. This is the only way for you to begin taking control of your financial future. Living paycheck to paycheck is a recipe for disaster. Begin to educate yourself on money and finances. We live in an informational age and all you need is right in front of you on the Internet.

❖ Core Area #4: Romance

Hmmm. Everyone reading this has issues in this area so let's move on.

❖ Core Area #5: Careers & Dreams

Most of us grew up with multiple ideas of what we wanted to be in life. Some of those ideas were slapped down and stepped upon by our parents. Then we were told we had to take a more

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“traditional” route to make it in life. Our parents, in their way, had good intentions. They wanted to make sure we had a solid source of income and did better than they did. However, in the process, many of us had our creativity squashed, our visions blinded and our dreams ended up dissolving like mist in the hot rising sun. We relegated our heart's desire to a locked chest and shut it away out of sight. Then there were those of us who were allowed to live freely and were even encouraged, to follow our dreams no matter the cost. Which group were you in? Where are you now?

- What did you really want to be when you grew up?
 - Get your Guided Journal and list 5 imaginary lives you wanted to live no matter how ridiculous they sound. This exercise was introduced by Julia Cameron in her book, “The Artist’s Way”.
 - Now, list 5 lives or dream careers you desire to live now no matter how ridiculous they sound.
- Are you living one of those dream careers/lives or have you settled for something else?
 - If you settled for something else, why did you make the choice, and how does that make you feel?
 - Would you be willing to make and take one solid step toward realizing that dream?
- Do you believe you deserve to have the life you REALLY want to live?
 - What are you passionate about?
 - Are you so passionate about a particular thing that you would do it for free?
- Are you too comfortable at your job? Being too comfortable is the killer of dreams because you stop moving forward.
- Are you living your life to satisfy others instead of yourself?
 - Have you given up what you want to do because others told you it was a dumb idea, stupid, or unrealistic?
 - Are you doing the job you have now solely for the money to pay bills? Are you happy there or do you spend time wishing you were somewhere else?

Many people dislike or even hate their jobs and they feel stuck because of the pile of bills that are mounting at home. However, hating one's job and mounting debt does not stop most people

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from spending, which they need to do to change their situation. Remember to be honest with yourself because this is your life. If you don't like the way things are going, then it's time to make firm changes. You must live your life your way and for yourself. Anything else is living a lie.

❖ **Core Area #6: Relationships**

This area examines relationships with people other than intimate/romantic ones. These are your family members, friends, business associates, and co-workers. These relationships tend to make up a much larger part of your life than intimate ones will. You're with your co-workers 8 to 10 hours a day at your job. You may live with family or see them frequently for get-togethers and outings, same for your friends. The strength or weakness of the relationship you have with all of these people affect may affect other areas of your life. Acts of kindness towards others and speaking kind words about others say more about you and your character than anything else you may do.

Unfortunately, many of us take the people in our lives for granted so we don't spend enough time nurturing our relationships. We forget that nothing lasts forever. However, we sometimes treat the people that we love as if they will live forever. Why? Maybe some of us feel that work is more important than family and friends, or maybe there is a grudge that is left unsettled and it's used as an excuse not to call, write or visit. Perhaps this is one of the causes why people in romantic relationships have a hard time lasting: all relationships require effort to get going, be maintained, and become deeper. If you are unwilling to put in the work required, do not be upset if others don't either. Someone has to take the first step in mending or maintaining any relationship. If someone dares to step up, the other person (s) will usually follow. There may be some forgiving to do in this area if you have not already done it in the forgiveness exercise. Don't let the years or people pass by without remembering that they were here. Ask yourself the following:

- Do you have respectful and generally peaceful relationships with your friends, family members, and co-workers, or are you constantly at odds with them?
- How do you treat your co-workers and how do they treat you?

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- Do you have supportive friends or friends who support you when it's convenient for them?
- How do you make others feel when they are around you? Do people disappear when you show up or are they visibly glad to see you? Are you easy to speak with or are you a nagger or know-it-all?
- Do you speak respectfully of others or do you gossip and rip them down with your words?

❖ Core Area#7: Personal Development

Personal development is a lifelong adventure. When we stop evolving, we stop living. Learning new skills keeps your brain flexible and creates new neuron pathways. It keeps our minds young and our spirits lively. Consider and answer the following:

- Is there a special skill or skill you would like to learn? What's stopping you? Money? Time? Other excuses? Get out your journal and list them so you can see them on paper.
- Take one skill you want to learn and research it.
 - Where is it taught? Anywhere local?
 - How much does it cost? Do they offer payment plans? Try emailing a few friends with your interest; you may be surprised at who and what people know, including the friends you thought you knew!
 - You are not afraid, are you? Where there's a will, there's a way...
- Are there things you would like to improve about yourself that may help you get to the Next Level at work, at play, or to catch the man of your dreams?
- Do you need to improve your level of confidence, self-esteem, self-worth, and deservedness to obtain your goals?
- Do you need to learn better communication & listening skills?

To improve takes constant care, work, and focus on self and your life goals. Loving yourself is at the heart of Personal Development. It's the willingness to be open, learn, and evolve. It's sad when we hear women giving up because they lack the courage to try something new, even something that they said they want to do, learn, or experience. We know you've heard the

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sayings, “talk is cheap” and “actions speak louder than words”. It’s better not to talk about something if you don’t have the drive to do it since people tend to remember what you say. We all have friends, family members, and associates that spend large amounts of time talking about what they are going to do; yet that’s all they seem to do. We all want to say, “Shut up already, you are never going to do that”. If you are that person who constantly talks about what they’re going to and you never get around to it, either learn to follow through with your word or be a grown-up and remain silent.

These 7 core areas are just a few sections of your life that will need to be reviewed, examined, and probably improved for you to have a more fulfilled life. These are self-reflection questions rather than “who to blame” questions. The examples are universal and most of us are deficient in one or more areas. More often than not, women neglect to address and heal areas of our life that need working on. We’re more into fixing others' problems than our own.

For many women, being a giver usually means taking from one’s self to give to others. Nature and the universe so abundantly give to us; we must take the time to do the same for ourselves. Often we don’t give ourselves time and space to just BE. The question is: why does one have to take in order to give? If a cup is full, it has plenty to share versus a cup that is empty. So fill your cup first before you share what you don’t have.

YEAR-IN-REVIEW

At the end of every year, you may want to make it a point to do a “Year-In-Review”, which is to write down in your journal everything you accomplished throughout the year, no matter how small it seems. Just go month by month. This exercise can be an eye-opening experience because if you didn’t accomplish much, you will know exactly how much time you have been wasting throughout the year as well. This will allow you to readjust for the NEW YEAR to get more accomplished.

Or, if you don’t want to wait till the New Year, do a mid-year review in June.

This exercise below allows you to make a “Mid-Year Adjustment”. You can also do a quarterly

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or even a monthly review, especially if you have set specific goals and want to make sure you're still on track. There is no wrong way. Just make sure it's productive and doesn't become a burden.

DISCOVER SHEET EXERCISE

THE 30-DAY REVIEW

PART 1.

We're going to do a bit more digging in the 7 core areas, except we're going to add another area: Creativity & Play. **So, in the following table, you see 8 areas in total.** Give yourself 20 minutes to do this exercise so you don't overthink it. You are going to do a 30-day Review. Often we are completely unconscious and oblivious to our behaviors and habits. So in the table below, you're going to write, just the facts, what you did in each area during the last 30 days.

For example, if you walked twice in 30 days, under "Health & Fitness" you're going to write, "Walked twice, 30 minutes, 2 miles". Another example is if you paid off a debt, you're going to write that under the "Finances" heading. Another example, is if you had unprotected sex during this time, you're going to put that under "Health, Wellness & Fitness". Starting to make sense? Some of your facts will fit under more than one category. Go ahead and write them down.

Remember: Only put the facts. The purpose of this exercise is so you can begin to see, on paper:

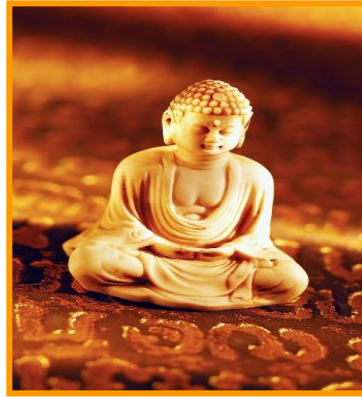
- What's been happening in your life,
- Some of the choices you have been making and whether or not you like them,
- Some of the behaviors you have been engaging in and whether or not they serve you, and
- If you are treating yourself lovingly and compassionately.

Once you begin seeing your life in front of you, on paper, it may give you pause as to how consciously or unconsciously you may be going through your days (and nights). Once you see this data in front of you, it can assist you in opting to make much-needed changes in your behavior, mindset, and belief systems to begin shifting your outer world circumstances, moving

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you in a healthier, more balanced direction.

OPTIONS: Make copies of the sheet on page 74 before doing this exercise. You will be using it for more than one Step. You can also get a large piece of paper so that you have more room to record your information.



**“To keep the body in good health is a duty...
Otherwise, we shall not be able to keep our mind strong and clear.”
~ Buddha**

1. HEALTH, WELLNESS & FITNESS	5. CAREER & DREAMS
--	-------------------------------

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2. SPIRITUAL SELF	3. ABUNDANCE/ PROSPERITY	4. ROMANCE & INTIMACY
6. RELATIONSHIPS	7. PERSONAL DEVELOPMENT	8. CREATIVITY & PLAY

PART 2

The second half of this exercise revolves around you creating one solid, achievable goal in each of the 8 areas and then writing and taking one step to move you toward that goal. You must put a due date for accomplishing your goal. Have someone trustworthy you know hold you accountable for achieving your goals by the set due date.

An example for Core Area #1: your one solid, achievable goal may be to walk for 30 minutes twice a week for the next 2 weeks. It's not overwhelming and it's a good start. The one-step to moving towards that goal may be making sure you have a safe route to walk for those 30 minutes if it's outside or getting someone dependable to walk with for two days a week.

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While this may seem a simple exercise, it's quite easy to put off carrying through to the next level. You are solely accountable for your actions and if your goal goes unaccomplished, you cannot cast your gaze anywhere else except toward yourself. People and outside circumstances will interfere only if you let them. So don't let them.

So in the first column, write your solid, achievable goal for each of the core areas. In the second column, write the one step you will take to accomplish your achievable goal.

Remember to achieve anything you only need to do two things:

- 1). Start from where you are.
- 2). Move one step at a time in the direction you wish to go.

Achievable Goal	One Step to Achieve the Achievable Goal
#1. Health, Wellness & Fitness	
#2. Spiritual Self	
#3. Finances, Abundance & Prosperity	

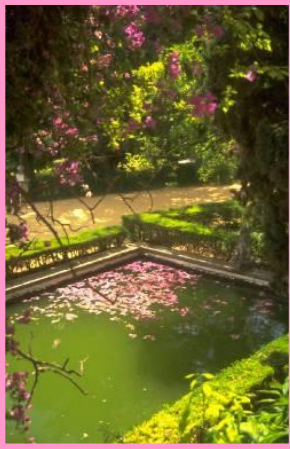
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#4. Romance & Intimacy	
#5. Career & Dreams	
#6. Relationships	
#7. Personal Development	
#8. Creativity & Play	

Pause!

If you get to this point in the Steps and are experiencing emotions such as (but not limited to) depression, anxiety/anxiety attacks, angry outbursts or extreme fear, **PLEASE, PLEASE, PLEASE**, either contact medical or psychological services **IMMEDIATELY** or contact a trusted friend or family member for **HELP**.

PAUSE, BREATHE & REFLECT



Before moving on to the next step, it is time to pause for a moment.

Take a minute to breathe, reflect and forgive yourself before moving on to Step 7. Close your eyes and take several deep breaths. Sit or lay down comfortably. Place one hand on your forehead and one hand either over your heart or on your abdomen. Now breathe. Continue to sit or lay this way until you feel a center of calm.

Congratulations! How does it feel to give yourself permission to Focus on Self? What you just accomplished is very difficult for many women to do. Redirecting your attention from other people's life back to your own is no small feat. Completing this Step means a new foundation has been laid and you can continue to add layers, rooms, and decoration by continuing to Focus on Self so you can learn, grow and evolve from the inside out.

Step 7: **Self-Evaluation**

Step 8: **Mirror & Journal Work**



**“The truth will set you free.
But first, it will piss you off.”
~Gloria Steinem**

Dear Adventurers,

We have passed through the halfway mark of this journey. I know it's been tough but some may feel that the toughest part is coming up next. Unfortunately, we live in a society that sometimes points fingers at external forces instead of evaluating the part that everyone plays in any given situation. **Self-Evaluation** is part of every step in this process because it is necessary to always be aware of the choices you have made and are currently making that are creating what you do not want in your life. By now, most of you have heard of “*The Secret*”, the book and documentary that talks about the power of what you say and think that creates what you want and don't want in your life. I've tested this philosophy and I know it to be true.

The only way to know what you are thinking and saying is to evaluate yourself in every way. This is a challenge because you may discover a lot of things you do not like about yourself and or find out that you are not as smart or savvy as you think. Several years ago, I recognized that my intelligence was limited and that I was looking at the world through a peephole. That peephole kept me from changing, growing, and creating the life I said I wanted to live. When I realized I had a lot to learn and still do, it started me on a new path of reading and studying, which continues to this day.

We all can live a thousand years and still would not know everything there is to know about this vast world we live in. So until you can look at yourself in the mirror and see the real you, not the picture you have painted for the world, nothing can change. Mirrors are really powerful. Your reflection is only seen by you; while others can see you just by looking at you, only in a mirror can you see yourself. If you look closely inside your beauty, you can look into your eyes, which truly is the pathway to your soul. And if your eyes are not smiling back at you, you have some

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work to do.

The journal and the mirror work hand-in-hand and will allow you to expunge the things that are inside of you that are holding you back. Inside your journal, you can write things that you dare not talk about with others and it can help you find the strength to talk about them so you can release them and move on. Sometimes as women, we like to hold on to things because we think that gives us strength but it's quite the opposite: it weakens us and those around us because we cannot be truly happy carrying around pain from the past that we are unable to change. So go out and purchase a full-length mirror; not to rip yourself apart, but instead to be honest, open, and do it out of love. Congratulations on making it past the halfway point, and keep fighting. The power is and always has been inside of you. A better and brighter you will emerge on the other side.

Peace & love always,

Dahmenah

STEP 7: SELF-EVALUATION

**Make it thy business to know thyself,
which is the most difficult lesson in the world.**

~Miguel de Cervantes



Self-evaluation is one of the most challenging personal processes because it requires that you courageously and honestly look at yourself from a variety of different perspectives: your behavior, your beliefs, and most specifically, where you place blame when things do not work out the way you expected. Do you take full responsibility for your life or do you look for people, conditions, or situations in which to find fault, thus excusing yourself from being accountable? You will discover things about yourself that will shock you. You will discover how you are making your own life miserable. This is a raw and organic process. However, if you ignore this process, the things about your life that need to change will stay the same. **THIS MAY COME ACROSS AS HARSH BUT IT IS NECESSARY FOR CHANGE.** Because we want you to be your best self!

Self-evaluation is about personal growth and requires a great deal of courage and inner fortitude. Some self-evaluation is initiated when you notice something in someone else that you don't like... and recognize the fact that you share that same trait. These people are acting as mirrors for you. By divine design, they are giving you the opportunity to transform that behavioral trait, if you are open and willing. Self-recognition of undesirable traits is the only way to begin a healing process. Remember: you bring all of yourself into a relationship. You don't get to pick and choose which traits you'll exhibit and which traits you don't; eventually, they all come out.

Some self-evaluation is initiated when a situation or event takes place where you feel you have acted or responded inappropriately and you feel embarrassment or even shame. These points in time are a gift because they can show you where there are raw and hurt places within you that have yet to be addressed. Over-the-top responses to situations and events will show you what is hidden and what must be healed.

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Many of us have a difficult time questioning and examining our motives and reasons for beliefs and behaviors that keep us stuck and unable to move forward in areas of our life. Engage in true self-evaluation includes honestly and intently listening to the places within you that are angry and sad because they have been ignored for far too long. What lies beneath our everyday consciousness is far more fragile, fertile, and relevant to how we are experiencing the world around us than we realize. And if we would just take the time to sit down to listen and honor those spaces and places, the personal transformations would astound us.

WHERE TO BEGIN...



There is no one way to begin self-evaluation. However, one effective way is to simply ask to be shown what you need to work on. This can be disconcerting when it happens. What you need to see may be shown through other people. You may read something in a book or online article that will spark the light of awareness. You may have direct interaction or you may witness a situation that triggers your awareness. Be open to what you are seeking and refrain from placing expectations on how it will show up. Once you have the first experience, each subsequent one becomes that much easier to notice and experience. However, once you open yourself up to the process, you cannot shut it down. This is for your evolvment and growth. Yes, it's going to make you uncomfortable. Yes, it may be painful and yes, it may even make you angry. Just remember what we said earlier: if you ignore the process, then the things about you and your life that need change will stay the same. Then again, maybe you want them to. Let's briefly look at an interesting concept called, "Secondary Gain".

SECONDARY GAIN

Everyone has underlying beliefs and experiences that color their current and past relationships, as well as other areas of their life. We unconsciously engage in behaviors that are detrimental to our relationships and our well-being. If you are unaware of what is hidden in your subconscious or what underlies your motives, you will be unable to make the permanent changes that you are seeking.

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There is a state known as “Secondary Gain”. Secondary Gain says that you are choosing, consciously or unconsciously, to engage in behaviors in a specific situation or condition that is detrimental to both your integrity and values even though you benefit from it.

Participating in secondary gain brings into question self-worth, self-love, and personal values. The state of secondary gain is not always obvious at first. Rather, it may be felt through your emotions after you engage in the behavior you may have yet to identify. You may end up feeling:

- Dirty
- Angry (at yourself) but you don’t know why (or maybe you do)
- Sad
- Embarrassed
- Diminished/Low
- Nothing

Many of us are afraid to acknowledge exactly how we are living in the state of secondary gain because we don’t want to look at or admit to what we’re doing to others and ourselves. By ignoring our behavior, we believe that it’s easier to keep the feelings at bay. It’s easy to talk yourself out of feeling bad about what you’ve done, especially when you are out of alignment with a core value, has crossed personal boundaries, or have hurt others by your actions.

Some women know quite clearly why they chose, have chosen, or will choose to initiate and stay in situations that make others' heads spin. Some have yet to discover their great hidden secret. So ask yourself: Did you succumb to the state of secondary gain in your relationship(s) because you were getting something out of it?

- If yes, what were you receiving? Money? Clothes? A Car? Sex? Travel? Make a list of every “gain” you were getting or are receiving. Many women don’t get the full impact of this until they’ve seen it written down on paper.
- When you’re done listing your “gains”, reread each one on the list, one by one. As you read each “gain”, what thoughts and emotions are coming to the surface? Were the gains worth it or did they impact your life negatively? The full impact of this exercise may hit you a few days after completing it. Be aware of your emotions and the anger that may

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surface. If you find that you need to cry, cry. It's the best action you can take to begin healing.

- **Are you willing to truly release this state known as Secondary Gain, to honor yourself in a healthy and more loving way?** This is your life so we hope that you see your value and know that your worth is PRICELESS.

The issue is most of us are unfamiliar with this higher level of Truth-seeking because it is uncomfortable and raw. We believe that we know ourselves pretty well. Well, guess what: we don't. Our minds and egos are very deceiving in that "they" want us to think we "know" the answers, that we know the Truth. Truth emerges from your heart, rather than your head.

Allowing this heart-centered Truth to emerge is difficult because you have to:

1. Sit down and listen;
2. Claim responsibility for all choices you have made in your life up to this point that you have not been happy with, including your dating & relationship choices; and
3. Begin forgiving yourself for those choices and realize that only you have the power to choose differently.

Another part of self-evaluation is identifying the beliefs you've held over the years and asking yourself whether or not they serve you at this point in your life. Some of those beliefs are so subtle as to completely escape conscious detection, especially those from your childhood. Childhood beliefs and impressions tend to be almost invisible so ingrained are they in our subconscious. Throw in a lack of reference as a child and you have a recipe for forming erroneous conclusions that you live with well into your adult years. The beliefs we assemble from other people and places in our lives will also shade and color the way we view our lives and our relationships.

If you are doing this program and are over the age of 18, there's a good chance you have experienced a romantic encounter/relationship. If we are talking to you, then we believe it's a good idea to evaluate all encounters/relationships you've had so that you can:

- Recognize and accept where you are and that you've been responsible for your

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choices,

- Realize if you are succumbing to the condition of Secondary Gain in your relationship,
- Find and transform unhealthy personal behaviors,
- Listen to your inner heart-centered Truth, and finally;
- Get clear about what you want and VALUE in a relationship. Only women who truly stand in their power can settle on and go after their life goals.



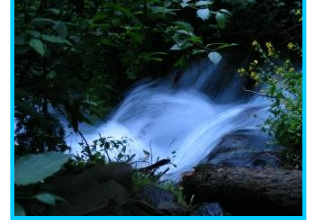
**If we don't change, we don't grow.
If we don't grow, we are not really living.
Growth demands a temporary surrender of security.
~ Gail Sheehy**

CORE VALUES

We have brought up the issue of core/personal values because when we are unaware of what our guiding principles are in life and we don't understand what we value, our lives tend to take on a chaotic feeling. Goals you desire to accomplish elude your grasp because you are lacking guiding values for what you want to achieve. When you pinpoint your values, you have an identifiable internal compass that influences your decisions, responses, and reactions.

Your core values are not to be taken lightly. They define who you are and how you show up in the world. They are the actions by which others will measure your integrity and your wholeness; it is the golden standard to which you hold yourself. When you begin to identify and align yourself with your core values, your life can shift in dramatic ways. This can scare people who are close to you, especially those friends and sometimes family, who don't like to see others transform for the better. Be prepared.

**“Often people attempt to live their life backwards:
they try to have more things, or more money,
in order to do more of what they want so they will be happier.
The way it actually works is the reverse.
You must first be who you really are, then, do what you need to do,
in order to have what you want.”
~Margaret Young**



There are 5 main reasons purposes for knowing your Core/Personal Values:

1. To create guidelines for your choices and actions.
2. To make conscious, purposeful everyday decisions in alignment with your values.
3. To determine if you are living your life in line with your values.
4. To maintain your Integrity and be a whole person in every area of your life.
5. Stress management. The more you are aligned with your values in your life, the less stress you have.

DISCOVER SHEET EXERCISE: YOU AND YOUR VALUES

In this discover sheet exercise, you're going to start looking at what you value, and what's important to you in your daily life. Make no mistake, once you select your values and define them for yourself, you will be shown, through daily interactions, where you are either in or out of alignment with your values. You will find the values list on the next page.

PART 1: VALUES LIST

In this first section, you're going to read over 88 value words listed on this and the next page. Once you've read through all the words, circle all the values that you feel you have to have in your life because they are so important.

Once that is done, you're going to move on to Part 2, where you will narrow down all the values you circled down to just 10 values that, for today, represent elements of life that are necessary to you.

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Abundance	Uniqueness	Laughter	Balance
Boldness	Comfort	Community	Courage
Kindness	Security	Safety	Thankfulness
Fearlessness	Generosity	Surrender	Justice
Imagination	Honesty	Simplicity	Space
Adventure	Dreams	Awareness	Clarity
Practical	Creativity	Listening	Wealth
Well-being	Health	Vision	Optimism
Self-Nourishment	Authentic	Family	Flow
Grounded	Learning	Discovery	Love
Gratitude	Fun	Freedom	Passion
Youthfulness	Grace	Acceptance	Support
Strength	Thoughtfulness	Success	Privacy
Intimacy	Rest	Independence	Partnership
Duty	Beauty	Prosperity	Joy
Communication	Dependable	Heart-centered	Belonging
Trust	Approval	Looking good	Maturity
Knowledge	Femininity	Control	Feeling good
Right living	Education	Relaxation	Discipline
Respect	Intuition	Power	Nature
Self-esteem	Connecting	Flexibility	Boundaries
Equality	Determined	Intuition	Financial well-being

PART 2: SELECT 10 VALUES

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Select 10 values from the words you have circled and write them on the lines below.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

PART 3: SELECT 3 VALUES – FOUNDATION VALUES

In this part, you are going to narrow your 10 values down even more to just 3. When you have just 3 values to work with, it makes it simpler to see if your decisions, responses, and actions are in alignment with your foundation values.

1. _____
2. _____
3. _____

PART 4: DEFINE YOUR THREE VALUES

For each one of the values you selected, you now need to define them for yourself. What does each of the words you selected mean to YOU? For example, say you selected “Community” as one of your values. How would you explain that to someone else? What is your sense of “Community”? Why is this word so meaningful and powerful for you?

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1. Value #1

2. Value #2

3. Value #3

A “LOVE” STORY

The following story demonstrates how important it is to identify and live in alignment with your values. It also shows what happens when we women have low self-esteem, ignore our intuition, and are afraid to ask the proper questions because of fear of being alone.



For example, let us tell you a story.

This story takes place in a USA city.

The woman and the man are not on the same page.

This is a true story. The names have been changed to protect the guilty.

Meet Aida and Jay. Aida met Jay on a popular online website. Their first date was at an Italian restaurant during lunch hour. Aida kept quiet, which allowed Jay to lead the conversation but he did not say much either. He was complimentary about her looks and he seemed like a very nice man. Once the date was over he did not walk her to her car or hug her, although she thought this was strange, his behavior piqued her curiosity.

Weeks went by and there was not a peep from Jay. Aida started to wonder why he did not reach out to her again; she craved some kind of communication from him. She had his email address so she decided to drop him a line. Was this a mistake? Only time will tell if this move would lead to a catastrophic ending. Surprisingly, he responded to her email however, he did not call or reach out in any other way. Still, Aida continued to email him for several weeks, including her phone number in the emails hoping he would call. Once she realized the emails weren't leading anywhere, she stopped and moved on. A month or so later, completely out of the blue; Jay called and asked her out on a dinner date.

When Aida saw Jay again, his handsome meter had hit a new high, and feelings for him started to form. He was charming, sexy, and somehow different than before. She wanted to kiss him, however, she would wait for him to make the first move. Jay called the next day and asked her to

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go to the beach. On the way there, they stopped at a popular coffee house to grab a few lattes and then continued to the beach. It was a cool day so they just stayed in the car and talked. Jay asked Aida if she wanted a “relationship” and she said, “yes”. Aida then asked him if he wanted a “relationship” and he replied he was “open” and would let what happens, happen (notice he didn’t say, “yes”). Jay then proceeded to lay a kiss on her that made her toes curl and she thought maybe he might be “the one”.

Time went by and Aida’s birthday showed up. She expected Jay would plan something nice. When that didn’t happen, Aida was disappointed but not deterred. She called him on the phone and asked him to come over. Jay made excuses but eventually came over. He took her to get a smoothie and they hung out in the car. Jay was preoccupied and distant; she wondered why but let it slide. At this point, although they’ve known each other for approximately 5 months, sexual activity has not yet transpired. One night, Jay called Aida and they had a conversation about being in a “relationship” he told her that night that he was ready for a “relationship”. So from that moment on she believed they were in a “committed relationship”. Aida ignored her intuition and was still not asking Jay the proper questions about their “relationship”.

One day Jay took Aida out to lunch. Later she asked him back to her place and the sexual part of their relationship began. Some time had passed and a strange thing happened: while they were in the car, she once again brought up their “relationship”. His response this time to her was that they were “just dating”, and he claimed he was not dating anyone else, he saw no need for labels such as “boyfriend or girlfriend”. (Hmmm...)

Suffice it to say that Aida was shocked and confused by his response. He was displaying an unfamiliar attitude she had not experienced before. After a heated disagreement, Jay claimed he was still a “nice guy.”

In the meantime, while all this is going on, the two of them are friends on each other’s Facebook pages. So Aida went to Jay’s page and notices that he modified his profile status to state that he was “in a relationship”. So Aida decides to ask him about his relationship status. Jay stated the reason he put that was so many women were hitting on him, he hoped that changing his status

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would stop them. Aida naively accepted the answer.

So Aida and Jay continued to see each other and talk on the phone. Jay lived close to her, so she didn't understand why they couldn't see more of each other so, she asked. His excuse was that "he was very busy at work", but that did not sit well with Aida. She began to succumb to the "I don't want to be alone" feeling or maybe it was the Oxytocin talking. Aida's gut was starting to talk to her and the moment came when she could no longer quiet it down so she confronted him. Either Jay had to commit or she was walking. Jay declined to commit so whatever kind of "relationship" they had ended right then and there.

However, they were still connected via their Facebook accounts, so out of curiosity, Aida went on his page and noticed that there was a picture of a woman she had not seen before. She went onto the woman's page and noticed that her status was also "in a relationship" and she had Jay's picture right next to hers. A few months later, Aida once again checked on Jay's Facebook and discovered that his status had changed, and was now engaged. Aida's anger and curiosity increased, so she started looking at the other woman's videos about her relationship with Jay and discovered a lot about him that she did not know. He treated her differently, and they had been in a relationship for quite some time, including the time Jay had been with Aida. Months later, Aida discovered that Jay's engagement was a bust when he reached out to her but by then, Aida's Oxytocin high had worn off, which meant she was through with him.

LET'S REVIEW

Now it's time to review the story and point out the mistakes that Aida made that eventually lead to her heartbreak. The mistakes he made are irrelevant because it is not about him!



- **Mistake #1:** Aida kept emailing him after the first date. Aida did not really like Jay but she was lonely so she kept reaching out, half hoping for a response even though he expressed no interest.

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- **Mistake #2:** Aida did not correctly communicate what she really wanted from Jay. Yes, she said she wanted a “relationship” but when he was on the fence about it, she could have made sure they were on the same page about what that “relationship” meant. The term “relationship” means different things to each person. Clarification is always needed.
- **Mistake #3:** Aida called Jay to hang out on her birthday. If Jay had wanted to take Aida out on her birthday, he would have called her. Never ask a man for his time. He must give it to you willingly, freely, and on his terms. If you ask anyway and he takes you out, he will probably be distant and won’t be much fun anyway.
- **Mistake #4:** Aida never questioned why she and Jay didn’t go out with his friends. Jay never introduced her to the other members of his social group as his woman or “girlfriend” and he never invited her to meet members of his family. These are all telltale signs that he is not interested in you or is dating someone else and prefers to keep you out of his world.
- **Mistake #5:** Aida had sex with Jay too soon. Why? She knew him for five months but he still had not committed to her thereby causing her to end up with hurt feelings in the end. Jay was running a game on her by pretending to give her what she thought she wanted. If she had waited, his true colors would have emerged. People can only keep up a lie for so long.
- **Mistake #6:** When Aida saw “in a relationship” on his Facebook page, she could have asked more questions about it. Jay’s status was a red flag and so was the lie about other women harassing him. Never rationalize away the signs or dismiss your intuition, they are there for a reason, and they serve to protect you. Sometimes plates, bottles, cars, and buildings need to fall from the sky on our heads for us to wake up.
- **Mistake #7:** Jay was not true relationship material for Aida yet she pursued him anyway out of loneliness and desperation. Aida knew something was not right about the whole thing, but overrode her intuitive feelings and ended up getting her feelings hurt. The good thing is that he let her go without a lot of drama, which was the best thing that could have happened to her.

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So now that we've been through the values exercises, list 1 value for each mistake, if you believe Aida could have avoided being hurt had she been aware of and been living in alignment with her values. You may have more than one value for a mistake. For example,

Value for Mistake #1 _____

Value for Mistake #2 _____

Value for Mistake #3 _____

Value for Mistake #4 _____

Value for Mistake #5 _____

Value for Mistake #6 _____

Value for Mistake #7 _____

The above is just one small (yet true) example to help you with evaluating your previous or even current relationship. You must be willing to meet yourself at a deeper level and these exercises will help you to do that. We must all take responsibility for our actions and our contribution to a situation. In the end, as with all things, we must acknowledge what we allowed to take place by giving our PERMISSION.



JOURNAL EXERCISE: DETECTIVE CRASH COURSE 101

Detective work is about observation, fact-finding, clue-finding, and using that information to come to a logical, well-rounded, and correct conclusion. This is what you're going to do next. Looking back at what happened with your last breakup or looking at the relationship you are in right now, you are going to do a bit of detective work by asking and answering the questions in this exercise.

Before beginning, be sure to establish a **“safe zone”**. This is a place you can retreat to when the detective work gets to be too much. Some women will be able to do these exercises without batting an eye. However, others cannot. If you fall into the latter category, be kind and loving towards yourself by taking breaks when necessary, and breathing deeply to keep your energy moving and your emotions level. Take tea. Go for a brief walk. Cry if you need to, and then return to the matter at hand. If you find that it becomes too difficult to continue, set the questions aside and return to them at a set date and time.

Whatever you decide to do, you must FINISH THE PROCESS.

- What “red flags” were or are you ignoring?
 - o Take out your Guided Journal and write down the times you had a gut feeling about something in your relationship, past or present, that you let pass by. If other areas of your life pop up such as work or family, write those down as well. You're going to answer these questions for every situation that immediately comes up in your awareness. Rather than struggle to remember, simply allow your subconscious to show you, like a movie, what you need to see. These will be the ones that will help you trust yourself as well as set new boundaries and determine your values for a relationship. Again, take the role of the observer as these memories surface, that way you can reduce the emotional impact by looking at just the facts, without judgment, or getting lost in the pain.
 - o If you find yourself getting overwhelmed with emotion, stop doing the exercise and walk away. Take deep cleansing breaths, ground, and re-establish the safe zone for yourself.
 - What is the situation of which you are becoming aware? Describe what happened. Just the facts.
 - What were you feeling? In other words, what kind of emotional or physical reactions were trying to warn you of a brewing issue? The only way to begin

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learning how your senses and your intuition guide you is to look back at what has already happened, seeking the clues and turning them into allies and strengths.

- How did the situation you are seeing eventually turn out? Were you correct in what you were feeling or sensing?
- o Next, you're going to ask your subconscious to show you the times when an incident happened more than once, bothered you, and again you let it pass you by for fear of making "a big deal", fear of being alone because you were afraid if you brought it up a man would leave, fear of losing your "secondary gain".
 - What was the incident?
 - How many times did it happen before you decided to take action or the situation became critical?
 - What were you feeling? What kinds of emotions or physical reactions were trying to warn you of a brewing issue?
 - How did the situation you are seeing eventually turn out? Were you correct in what you were feeling or sensing?
 - What actions were taking place that you turned a blind eye to?
 - What actions are taking place that you are turning a blind eye to?
 - What is the ultimate cost you believe you will "pay" for ignoring these "red flags"?
 - What intuitive feelings have you had that you have systematically ignored about your relationship(s)?
- o Emotions sit in your body when they show up. Where do you feel them?
 - Does your body get tense and tight? Where?
 - What other physical symptoms do you notice? Headache? Shortness of breath?

Becoming aware of where you get your "gut" instinct helps you to recognize when your inner self is trying to warn you that something isn't right.

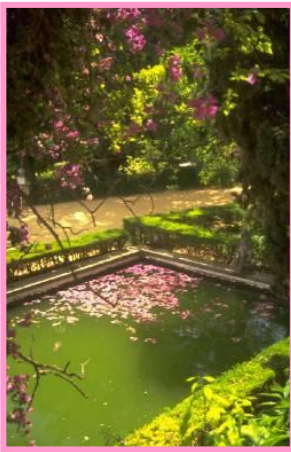
Write your evaluations in your Guided Journal, that way you have everything at your fingertips

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when you need to refer back to it. A journal is an extension of you, which means it's very personal. Keep it safe.

NOTE: Cease living in the past by thinking and talking about past boyfriend(s) that you believe got away. If you are not with him there is a good reason, so trust the universe and move on. You cannot find what you are looking for if you are stuck in the PAST. A great MAN could be right in front of your face but you can't see him because you are thinking about "what's his name".

PAUSE, BREATHE & REFLECT



Before moving on to the next step, it is time to pause for a moment.

Take a minute to breathe, reflect and forgive yourself before moving on to Step 8. Close your eyes and take several deep breaths. Sit or lay down comfortably. Place one hand on your forehead and one hand either over your heart or on your abdomen. Now breathe. Continue to sit or lay this way until you feel a center of calm.

This step may be the toughest yet to swallow because you have to see the real you and it may not be as pretty as you thought. Take a few days or more before moving on to reflect, release emotions, and forgive yourself. There is a lot of self-forgiveness on this journey.

We suggest you do some kind of decompressing activity such as exercising, taking a relaxing herbal bath, spending time with a favorite friend, or watching a funny movie. Also, remember to write any residual feelings down in your Guided Journal before moving on to the next step. Taking a pause is sometimes necessary and much needed. And while this journey is done at your own pace, all we ask is that you don't give up on

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yourself, even though it may get challenging at times. If you're reading this right now, you're doing great!

Certificate of Oath

Before you sign:

If you are not comfortable and or not sure you can sincerely uphold this Certificate of Oath, then don't sign until you are ready.

An **“OATH”** can be defined as a solemn formal calling to witness the truth of what one says or to witness that one sincerely intends to do what one says.

A **“VOW”** can be defined as a solemn promise; specifically, one by which a person is bound to an act, service, or condition. (As a verb): to bind or consecrate a vow

~Merriam-Webster Online Dictionary

“SELF-LOVE” is unconditional and non-judgmental; kindness, compassion, gentleness, cherishing, and being well-treated. You must BE & GIVE these to yourself FIRST.

Your mission: Find someone, a witness, that you know, trust, is dependable and honest. This person must be someone who will truly hold you to your vow. Write your name in the space provided in all 4 vow statements. You will read each statement aloud to the person you select as your witness. Having someone bear witness to your oath ensures that you are more likely to honor and keep it. You are doing this for yourself. If you have broken promises to yourself in the past, it is time to begin anew.

CERTIFICATE OF OATH

*I, _____, vow to take a solemn oath,
promising to refrain from dating and having sex with any
Engaged & Married Men.*

*I, _____, vow to refuse to engage in
a relationship with a man who is unable to commit fully to me
while he is promised/committed to another.*

*I, _____, vow to love myself more
than I love a man.*

*I, _____, vow, above all else, to
honor and keep this oath as witnessed.*

Print your name

Witness name here

Sign here

Sign here

Date

Date

STEP 8: MIRROR/JOURNAL WORK



We introduced this subject back in Step 3. Mirror work is essential to this journey because many women have a difficult time connecting with themselves. We want men to connect to us, yet we are our first true loves and we must be able to look into our eyes with love first. We stated in Step 3 that doing mirror work is very a weird experience at first. You may laugh, cry or frown. You may get angry and run from the mirror. Believe it or not, all these reactions are NORMAL. You are remembering and relearning to connect to your deepest self.

Hopefully, by this time, the attachment to your ex-lover/boyfriend, etc., has subsided, making it easier to break out and continue your mirror work. Be sure to find a mirror specifically for this process. It may be a pretty ornate handheld mirror that you can take with you even when traveling. Or maybe a larger mirror found at a yard sale or flea market; whatever captures your attention.

You want to avoid performing this exercise while going through your normal morning or evening routine. Give the mirror exercises separate time and energy so that the process is not rushed. If you have to get up 30 minutes earlier to do this, then be willing to adjust your schedule.

Every morning or evening, look at your face in the mirror and have a real conversation with yourself. You must forgive yourself for past dating mistakes.

You want to start by:

- First, look, at your face in the mirror. Really look at your face. Notice your skin texture and any lines that show where your smiles have been.
- Stare deeply into your own eyes. Some of you may begin crying, others may look away. Some may laugh nervously or in joy. Every woman's experience will be different. All will be NORMAL. Next, look deeper into your eyes and say, "I FORGIVE MYSELF. I LOVE MYSELF". Some of you may have difficulty speaking these two statements. You owe yourself this. Do not walk away from the

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mirror or take your gaze away from your eyes until you can speak it with heartfelt honesty.

THE PLEDGES



Below are some pledges you can use to say every day. You can do these in your mirror exercises. Pick a pledge you like, use them all, or better yet, makeup one of your own! If you want to make this powerful, pick a girlfriend that you truly trust and ask her to say the pledges with you. Be sure to fill in your name in all the blank spaces. There is a copy suitable for framing in the Appendix.

“I, _____, pledge to love myself first before I can love anyone else. I promise to treat myself well by taking good care of my body, mind, and spirit. I promise to protect my body from harm by refusing to have sex without commitment and practicing safe sex by consistently and carefully, using protection.”

I, _____, pledge to love myself first before I can love anyone else. I choose to honor and respect myself by refusing to let men treat me in ways that are demeaning and disrespectful to women.

I, _____, pledge to love and nurture myself through compassionate self-care. I will teach others how to treat me by treating them the way I wish to be treated. I KNOW I deserve the best and refuse to settle for anything less.

I _____, pledge to honor and respect my most precious commodity by refraining from giving it to a man that has not committed to me in a monogamous relationship. I choose to abstain from having unprotected sex with a Man who fails or refuses to treat me with the respect I deserve.

I _____, pledge to abstain from having unprotected SEX with a Man until both of us have been tested for all STDs, including HIV. I will abstain from having unprotected SEX until I see the results of those tests.

I, _____, pledge to love myself and give to myself first. Once my needs are met, I can give myself to others. I refuse to let people take advantage of me or use me in any way no matter who they are. This includes family and close friends.

KEEPING PROMISES TO YOURSELF

These pledges or promises are important because you are connecting with yourself in ways that you may not have done before. You are making a commitment to yourself and that is not something to be taken lightly. Breaking promises to yourself will have long-reaching consequences, which will include the weight of the inner knowledge that you cannot trust yourself to keep your word.

When saying the pledges, you will probably be uncomfortable at first however, over time you will hopefully find yourself starting to believe what you are saying, in the mirror. We suggest you use to carry a pocket mirror in your purse because when you feel yourself slipping in ways that you will ultimately regret, you can pull out your mirror and say your pledge.

The pledges will remind you of your self-worth and what you deserve as a beautiful, powerful, self-assured woman. Part of believing what you say in the mirror will be more powerful now that you have evaluated the CHOICES you've made in your previous relationships or encounters with MEN that lead you to be a DESPERATE DATER. Remember: how can a man keep a commitment to you if you cannot keep a commitment you make to yourself?

MOVING ON

Hopefully, the days are beginning to look brighter now that you have discovered more about

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yourself. You may want to share your thoughts by journaling.

Journaling is oftentimes better than talking to your girlfriends because other people's opinions are not always in your best interest. They are looking at life through their filters, their rose-colored glasses. Filters and rose-colored glasses are diluted with personal life experiences, beliefs, and fantasies, which may include bitterness, resentment, and jealousy. You have to begin recognizing what's best for you. We must all develop the courage and the emotional maturity to select and carry out the correct action for us, no matter how challenging it is and despite what others may say.

Journaling is a tool that can help you do that. Writing, drawing, collaging, or doodling on blank or lined pages gives you space to grow in ways you cannot imagine. Remember: you can color, collage, draw and doodle in your journal as well as write.

Journaling will allow you to become one with your spirit. When you talk to your friends, they sometimes cut you off and start talking about their problems or start telling you about the problems of others. Focusing on the problems of others is an effective diversion from dealing with your own imbalanced life. Just because two or three areas of your life might be going well such as career and family, the others may not be so don't spend your time focusing on others' problems, choices, or situations. That's for them to figure out. You've got enough on your plate.

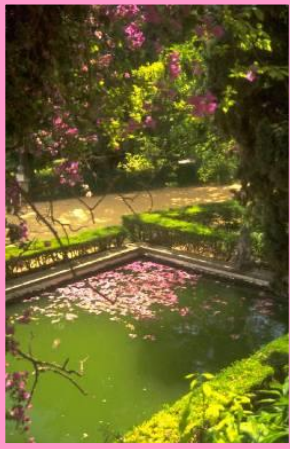
ULTIMATELY, NO MATTER HOW BEAUTIFUL OTHERS MAY PERCEIVE YOU TO BE,
WHAT IS MOST IMPORTANT IS WHAT YOU SEE IN THE MIRROR WHEN YOU LOOK
AT YOURSELF!

“Your mind will believe what you tell it to believe so tell it to believe in you.”
~ Dahmenah

Pause!

If you get to this point in the Steps and are experiencing emotions such as (but not limited to) depression, anxiety/anxiety attacks, angry outbursts or extreme fear, **PLEASE, PLEASE, PLEASE**, either contact medical or psychological services **IMMEDIATELY** or contact a trusted friend or family member for **HELP**.

PAUSE, BREATHE & REFLECT



Before moving on to the next step, it is time to pause for a moment.

Take a minute to breathe, reflect and forgive yourself before moving on to Step 9. Close your eyes and take several deep breaths. Sit or lay down comfortably. Place one hand on your forehead and one hand either over your heart or on your abdomen. Now breathe. Continue to sit or lay this way until you feel a center of calm.

Looking at and saying loving and encouraging statements to your face is an experience you will not easily forget especially if your first instinct is to run from the mirror. You will be your first true love, learning to speak words and statements of encouragement and love. Be kind to yourself during this process, knowing that it may take you a few tries before you can hold your gaze. Breathe and be at peace.

Step 9:
**Realize the Power of
Your Femininity**

Step 10:
**How to Deal
with Temptation**



**“Life is full of beauty. Notice it.
Notice the bumble bee, the small child,
and the smiling faces.
Smell the rain, and feel the wind.
Live your life to the fullest potential,
and fight for your dreams.” ~ Ashley Smith**

Dear Adventurers,

The journey you are currently on really never ends until you leave this life. Why? Because everything must grow to live. This is only one road in your journey; the next road is just around the bend. The information you've learned on this journey will hopefully serve you well for the next. However, it will only serve you if your hearts and minds are open instead of being filled with others' thoughts and attitudes, which do not serve you at all. **Realizing the Power of Your Femininity** is an old concept that is being reborn. Women's Liberation wanted us to be equal, which is not necessarily a bad thing; however, we forgot to remain, women, while we were traveling down the road of Equality. Will the REAL MEN stand up? I know you want to stand, but think about it: is being Masculine serving you when it comes to relationships especially if you are attracted to Masculine Men?

Men want what we have when we use it correctly. What does that mean? Well, they find us sexy when we show our legs, they find it sexy when we walk with confidence in our high heels, and they find it sexy when we say no to casual sex because then they know we are not easy. They find it sexy when we let them open all of the doors. Want to hear the real secret? A man does not become a Gentleman until he meets a Lady. A lady is Feminine and has High Standards about the way she is treated by a man. She does not wait by the phone for any man to call her; instead, she is always taking care of herself in every way. She knows that a woman who looks and feels good about herself is always attractive, even to other women. She also takes care of her mind because most men do not like a woman who has difficulty with adding one plus one. She also knows how to say “no” to requests that do not serve her best interests, and is not afraid if the man leaves because her first rule is to love herself regardless of how cute he is, how much

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money he has, and whatever line he's feeding her. So, who do you think has more fun in life: the Masculine Woman or the Feminine Woman? Look around and I'm sure there are plenty of examples of both these types of women in your life so you'll be the judge and then decide which woman you want to be.

Also, while traveling on this journey, you will see TEMPTATIONS in the form of Men that will make you think of ending your journey prematurely. DO NOT DO THIS TO YOURSELF! Why? This journey is about changing your life for the better; do not allow outside forces to become more important than you. Self-love is the ultimate goal here and so many women in the world lack this very simple concept and it saddens us. This is why we created this journey in the first place. A new world will open up to you when you love yourself because you will begin to see things in a different way, which will cause you to make different decisions and in turn, will change your life. So remember: TEMPTATIONS are distractions and distractions will cause you to lose focus. Do you really believe he's worth it? If you say "yes" and you are wrong, you will have to start this journey all over again, which you can do but one thing you can never start again is the time you've lost by giving into TEMPTATION.

Peace & love always,

Dahmenah

STEP 9: REALIZE THE POWER OF YOUR FEMININITY



The concept of Femininity and beauty is a conflicting topic with many women, young or elder, and changes from culture to culture and from age to age. There are many aspects to the whole concept of what it means to be feminine that are often left out or dismissed.

Because of the famed “**Superwoman Syndrome**”, many women are being men in their lives and have forgotten the Fine Art of the Feminine. What does the Superwoman Syndrome look like? It can take many faces, some of which we wear very well. For example:

- Being busy to be busy. You’re not doing much of anything; you just want to look busy.
- Being busy so you don’t have to deal with reality. Many people keep their lives full of “things to do and places to go” to avoid having to face their own life. We have too much on our plates yet not much seems to get done, or rather, not the right things are getting done. We distract ourselves from what really matters. And we don’t ask for help.
- Being busy so you don’t have to hear your inner voice. When you’re constantly moving and your mind constantly is racing, you cannot hear the wisdom of your inner voice, which has all the answers. We would rather seek answers outside of ourselves than blame other people when things don’t work out.
- Living in the future or the past instead of the present. Today is a gift, that’s why it’s called the Present. If you are in the past or the future, you are missing out on truly living. All answers, all gifts, and all miracles can only be experienced in the NOW. You waste time today looking at what has happened – you cannot change the past. You waste time today figuring out what will happen – no one truly knows the future. STOP WASTING TIME.
- Making things bigger in your head than they are. Many of us do this A LOT. We exacerbate the actual issue until it resembles something far larger than it is. This creates unnecessary drama in life and wastes energy because you’re getting riled up for nothing.

FOR YOUR CONSIDERATION:

- Do you have Superwoman Syndrome? (Hint: just about every woman with this workbook probably does).
- From whom did you learn it? In what way did you learn about it? Allow the memories to surface and show you.
- Do you believe this syndrome is benefiting your life in any way?
- How is the Superwoman Syndrome adversely affecting your life? In what areas of your life are you seeing the most damage?

So how do we begin to get back in touch with the whole concept of being Feminine and honoring Femininity? We begin by asking ourselves what being feminine means to us. Each woman will have a different version based on her life until this point. Unfortunately, our beliefs in this area have been manipulated and skewed through political & social reformation, media & peer influences as well as family & cultural mindsets. To get to the real and organic meaning of Feminine for you, you must sit quietly and patiently, and wait for it to emerge from within. It is the only way to know what is hidden inside, and if necessary, to transform it.

DISCOVER SHEET EXERCISE: YOU'RE DEFINITION OF FEMININE

In this exercise, on the lines below, you are going to write your definition of “FEMININE”. You cannot use a dictionary, encyclopedia, or ask anyone. This is all about YOU. Whatever emerges as you define feminine, there is NO SHAME. Many of us have forgotten if we ever knew, the Power of being a woman.

Directions: The best way to approach this exercise is to keep it simple. Avoid long, lengthy wordy sentences. Just bullet-point each statement you make using words and short phrases. If you need more room, use another sheet of paper or the back of this one. This is an evolving

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definition and you will be modifying it over time. If you need more space, use your Guided Journal.

Define FEMININE:

This image shows a full page of white paper with horizontal blue or grey ruling lines, typical of notebook paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings present.

JOURNAL EXERCISE

Note: The Guided Journal will further assist you with this exercise.

Think back to your teens and twenties. Avoid rushing this process. Let your mind drift back in time and give yourself a few minutes to let the memories surface. See yourself as you were during those years. Did you consider yourself to be feminine during that time in your life?



- If not, why not? What was going on in your life at the time? What did you believe in during this time?
- If yes, write down the feminine qualities you believe you've lost over the years and why.

It's difficult to add feminine qualities you've never possessed, so it's necessary to understand how you got to this point to rediscover your true self. It's also important to know the journey that led you to this point in your life so you can begin to change what no longer serves you. If you have been living in dominantly masculine energy most of your life and now desire to be feminine, know that it IS possible, however, you must first find when and why you began taking on more masculine energy. Ask yourself the following:

- Did you grow up with all boys in your family?
- Did you have to become a boy to survive your childhood?
- Did you have to become the "man" of the house because there was no father figure and your mother needed that kind of support?

We all have masculine traits but it's your prominent energy that we are referring to. At work, exercising, raising your children, and making big purchases, these activities may require masculine traits. It's when you are in a relationship with a MASCULINE MAN that feminine energy is important to the success of that relationship. However, maybe carrying more masculine energy is just who you are and that's just where you're comfortable, then that's okay. If this is the case, then this step is not for you. However, we know a woman or two who met a strong, masculine man that brought out their femininity, prompting them to work on becoming more feminine. The CHOICE is always yours.

JOURNAL EXERCISE

Present Reality (more assistance on this exercise inside your Guided Journal)

The following questions target what is going on today – the Present: So many people spend their days either living in the past or the future. However, if you do not focus on where you are today, how do you expect to make any changes? Take time to ponder and answer the following questions. Some of them will force you to address issues you have put on the backburner or have refused to acknowledge about your life.

- ❑ What blockages may be keeping you from taking better care of yourself, which has nothing to do with either masculine or feminine energy?
 - Do you believe yourself to be important enough?
 - Did someone ever tell you or suggest to you that you didn't matter and therefore you care little about your welfare?
- ❑ Who do you see when you look in the mirror? Do you see yourself or someone you would like to be?
- ❑ Are you envious of another woman or other women?
 - What are some of the things you envy about them? Is it all the attention they get?

Those other women take great care of themselves and that's one reason they look hot, feel sexy, smell good, have beautiful hair and skin, and get all the attention. They also love their feminine energy and it shows.

So ask yourself: how *are* men responding to you right now? Do they speak to you in random places like the grocery store or the mall? Has a man approached you lately and tried to start a conversation with you? Do you feel sexy and feminine in the clothes you are wearing or do you avoid going shopping because of a number on the label?

We are asking you to consider how you and men may perceive you. If you want an honest and true answer, ask a man you know who is honest, but kind, how do you come across? This may be very difficult to hear as we have our own opinion on how we think we appear to the world. Why is this an important opportunity? If you have a vision of the “perfect man” in your head, then

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he's probably got one about the "perfect woman". Is that woman YOU? Women are not the only ones with a checklist; men have a checklist as well. What men think about you in your reality today may not be correct; however, it's their perception that counts.

GETTING IN TOUCH WITH YOUR FEMININE

To get in touch with your feminine, you must be present. How women physically and emotionally present themselves to the world daily requires them to be in their bodies and live life RIGHT NOW.



We have a great deal to be thankful for because of the feminist movement. It opened up doors and opportunities that women may not have otherwise had access to. However, what it did not take into consideration was that women might forget how to be women when we were spending so much time wanting to be equal to men. Think back on many pictures from the past, right up until the mid-1960s. You saw women in dresses, hats, and heels as a part of everyday attire. Women took baths, rarely showers. They made the art of getting in the tub. Women spent real, quality time taking care of their looks. They knew how to relax and as a result, things got done. They felt their emotions, spent time with their families & friends, and provided the foundation that every family and community needs to function. No, it wasn't all picture-perfect and neither is what we are doing now. If you want to know the health of any community in the world, look at the state of the women and children.

Today, much of that feminine culture has changed drastically. Our values determine what we care about the most and those values have taken on a different shape. We no longer know how to truly relax. We would prefer not to feel, just to think. Feeling is a feminine trait; thinking is a masculine trait. We need both for balance. The rapid pace of developing technology has sped everything up, including us. Cell phones, computers, email, texting, and the Internet chronically distract us from being in the now. Our bodies are stuck in a vicious cycle of fight or flight, which breaks us down on levels, uses up our life force, and ages us faster than we were meant to.

As stated in Step 1, we have a "fast-food" mentality, where things need to happen quickly

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because we don't have time to wait. For women, attempting to compete as a man in the business, the workplace, and in some cases, the home place has created an exhausting, time-consuming, and frustrating journey. There is no balance in our homes and no harmony in our lives. The result is you get a woman who is disconnected from her body and her Essential Feminine Essence.

YOUR ESSENTIAL FEMININE ESSENCE

As a woman, it's your **Essential Feminine Essence** that attracts a man. It's your glow, your core substance that comes from the inside out, not the other way around. When you have learned to love yourself, accept yourself, take care of yourself, and treat yourself well, your Essential Feminine Essence emerges. Yet not every woman embodies these qualities. For example, have you ever noticed women who look like they've just rolled out of bed, although they may have been up for hours? They've put no effort into their appearance. And, that is, of course, their choice. However, it speaks volumes about how little you love yourself and how you treat yourself. It takes very little effort to buy clothes that fit properly and complement your body, a nice pair of sexy shoes, and a hairstyle that fits your face. If you are unable to afford a beauty salon, inexpensive hair stylist schools work in a pinch. The students are supervised, they get experience and you get a decent cut at a bargain price. Hit the sales racks, swap meets yard sales and vintage stores. Search eBay, Etsy, and Craig's List. Learn how to sew or find someone good at "upcycling"; you can get a lot of great use out of seemingly boring and gently worn clothes. Inexpensive does not mean cheap and budgets are no excuse for not making an effort. There's nothing wrong with bargain hunting, just do your homework first.

THE FEMININE-BEAUTY COMBINATION

We've all heard it: when you look good, you feel good. On a deeper level, when we women truly accept, love, and honor ourselves and our lives, as we/they are rather than how we wish we/they would be, men become more attracted to us. This is far more than focusing on just your sexuality. Femininity comes inherently from within, from being in touch with all those aspects

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that make you a WOMAN. It's your inner glow, that makes you uniquely you. However, if you have an unrecognized and unresolved inner conflict with what it means to be "feminine" and "beautiful", getting in touch with all those aspects that make you a WOMAN is going to be a challenge.

Many of us may have grown up feeling somehow deficient in the feminine-beauty department. Maybe you "developed too early" or were a "late bloomer". Maybe you were teased and taunted and criticized. Then there was the bombardment and lure of the media: teen magazines, fashion magazines, and relentless commercials that hocked the shampoo that could make your hair softer and fuller, crèmes that could remove all your wrinkles, leaving your skin smoother and brighter, and diet products that promised to make you thin as a rail and more beautiful than you believed you were at that moment. Because according to the media, we weren't already beautiful and that's why we needed their products. Ninety-nine percent of them didn't work and we were and still, some are, left with shelves of gimmicky products that have no value and fail to live up to their claims. Wasted time, wasted money, and still no closer to someone else's version of beautiful.

The beauty industry would have you believing everything you've been doing and using is wrong with the constant, conflicting information from "expert sources". So what happens? We, women, get disgusted, disappointed, and frustrated, wondering "why bother?" And still we fall for society's version of what "Beauty" is and we do our best to make ourselves fit in, even when all we want is to be accepted as we are NOW. We continue to struggle with low self-esteem, a poor self-image, and unworthiness. The media pokes at our wounds and insecurities until we can't stand looking at ourselves in the mirror, the beautiful self we already are. Beauty is not an external judgment; it is an internal state of Being. It is not a man's job to show you how beautiful you are, you must first do that for yourself.

If "True" Beauty, beauty from the inside, is not taught in our younger years, then we are left to find out what it means to us and how we can define and become it in our adulthood. This means we must begin a purposeful and healing journey to understand the true nature of Femininity & Beauty for ourselves. So we as women MUST question what beliefs about beauty & femininity

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we hold and express daily.

DISCOVER SHEET EXERCISE: WHAT ARE YOUR FEMININE QUALITIES?

Since you have already defined femininity for yourself, you will now take note of what you believe are your feminine qualities. Yes, you have them. Every woman does. But sometimes those qualities get lost in the masculine qualities we tend to display more often than not. Write your qualities on the lines below. Keep in mind: these are the qualities you exhibit daily. If you know deep down you don't portray them, don't write them down. BE HONEST.

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface. The overall appearance is that of a clean, unused piece of stationery or notebook paper.

DISCOVER SHEET EXERCISE: DEFINING BEAUTY

PART 1

Write down **EVERYTHING** you believe Beauty is, based on what you've been exposed to over the years up to this point. You're going to examine your values regarding beauty to see if once you write them down and read them aloud, you really, truly believe in them. You may be shocked at what comes out.

If you prefer, do this exercise in your Guided Journal. This is essentially a dump. As we've said before, you must know what is hidden within, to transform it. We'll start you off with a simple statement and you fill in the blank. As always, if you need more room use the back of this one or another sheet. If you are using your journal, take all the space you need.

I BELIEVE BEAUTY IS...

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____

PART 2

In this part, you are going to write down the qualities of Femininity and Beauty you would like to develop. No one needs to see this exercise except you. It is empowering to be able to recognize that there are qualities you admire in other women that you desire to develop in yourself. Simply ask your heart if each quality is for your highest good. Once you truly decide to develop a quality, the universe will be there to support you. There are 15 lines – 1 quality for each. You list a few or as many as you want.

THE FEMININE QUALITIES I WOULD LIKE TO DEVELOP ARE:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____

FEMININE ENERGY, MASCULINE ENERGY



So many women believe they are feminine, yet in reality, they are far from it. Many masculine-energy women lean towards aggression in how they present themselves to the world and do not realize how they are being perceived. This can come out in the way they interact with others, the energy they project, how they choose to dress, and the kind of people in their crowd. Birds of a feather flock together.

Even if you wear a skirt or a dress, your energy can still be overwhelmingly male. This does confuse men and rather than figure out how to approach you, they move on to women with more receptive, feminine energy.

While the Feminist Movement gave women the power and opportunity to have it all, we realized too late that there are consequences to having it all, with many women sacrificing their “femaleness” instead of taking on more masculine aspects and living life as “fem-males.” So today, while many women dress up like women, many also act like men and are confused and disappointed when they have difficulty attracting and/or keeping a man. Ladies remember this: If you run the boardroom and then try to run the bedroom, in most cases, you will meet with disaster.

If you are a masculine-energy woman perhaps your best match is a feminine-energy man. Don’t scream at us, we’ve heard it from people we know. They don’t agree either but they continue to have bad relationships and wonder why. You cannot have it both ways. There cannot be two men in a relationship. You both end up competing for POWER. Look at some of your girlfriends who you know have masculine energy and observe their relationships with their men. Are they harmonious and balanced or chaotic and angry? You either learn to become a feminine woman or find a feminine man.

Let’s look at the nature of Feminine and Masculine Energy

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Feminine energy, by nature, is: passive, listening, cool, receptive, and intuitive. **Notice we did not say “WEAK”**. Weakness is a grossly unfair description of feminine energy and a HUGE misconception. **Feminine energy** is also nurturing, creative, soft, patient, right brain, and synthesizing. Feminine energy is about cultivating: friendships and relationships, authentic knowledge of who you are, what you want out of life, and what makes your heart happy.

Masculine energy, by nature, is active, warm, protective, and problem-solving. It's why most men want to fix your problem rather than listen to you vent about it. Masculine energy is also controlling, aggressive, analytical, and busy, and is very much about “Doing”. So many women portray these masculine traits so well, that they have a difficult time releasing them and allowing their feminine traits to surface.

Women who embody more feminine energy qualities tend to enjoy going to spas, shopping, and getting their hair & nails done, even if they do it themselves. They take more time to cultivate their creative endeavors, share with others, and desire to bring peace and wellness to others' lives. These women appreciate the beauty in all forms, are grateful for the life they have, and have learned to keep their inner well filled so that they can give generously to others. They also enjoy wearing clothing that accentuates their bodies, regardless of shape, and loves to show off their hard-won confidence. Feminine women know that to attract a masculine man, she has to exude the energy of a woman, feel like a woman, and act like a woman, even if she's wearing jeans and a t-shirt.



If you're having trouble relating to the essence of Feminine Energy, simply take a look at nature, Mother Nature. Nature is giving, abundant, flowering, lush, balancing, nurturing, and bountiful. Mother Nature shows off what she's got – just look at the mind-blowing gorgeous lushness and color of forests, flowers, and fauna. Then check out the majesty of mountains, deserts, and oceans and the amazing variety of life that lives within each one. We as women embody that same energy; we only need to tap into it. There is nothing you have to acquire from outside yourself. All you ever need is within.

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Femininity is also about your Vibration. When you choose to begin embracing your female, beautiful self in all her aspects, this initiates a change in the signal you're broadcasting to the world and the kind of man you are seeking. It also affects the abundant flow in your life because you are now choosing to honor your authentic self instead of denying or even fearing its existence. Even if you change your outer self to be more sexy and self-assured looking, if your inner self does NOT match your outer, it's going to show. Your inner vibration and outer vibration must be in alignment with each other. Yes, this will take some time. Knowing your worth and developing healthy confidence is a process; a process that falls outside the fast-food mentality. Know that you are worth the time, energy, and effort.

FOR YOUR CONSIDERATION

Ask yourself the following questions in your Guided Journal, truthfully and honestly:

1. Are you a very successful woman, according to your societal standards? Does this make you feel powerful, authoritative, and commanding?
2. Are you a masculine energy woman, meaning you exhibit many masculine traits (wanting to control, the need to fix other people's problems, wanting to have things your way, in a demanding way)?
3. Do you like to be in control and attempt to control others?
4. Do you have clearly defined roles in your relationships? In other words, are you trying to be the man and the woman in your relationship?
5. Do you like masculine-energy men or would you prefer a man with feminine energy? (No, we don't mean "gay") Which means he is passive.

Again, ask yourself the following questions and answer them truthfully:

- Are you ALWAYS wearing jeans?
- Do you ever wear skirts, dresses, or any other clothing considered "feminine"?
- Do your clothes fit you properly? Are they baggy & loose or tight & ill-fitting?
- Do you wear at least a little make-up?
- Do you engage in activities that replenish your mind and spirit, such as

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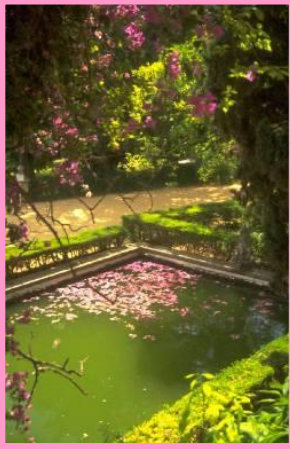
meditation/contemplation/prayer, spa days (or hours), having your hair done, sipping tea, and spending time cultivating friendships with your friends?

- Do you take the time to get ready before you leave the house or are you one of those women who rush around in the morning, trying to put on mascara while driving or doesn't care what they look like when they step out to face the world?
- Are you one of those women who gossip or even complain about other women because you believe they spend too much time or money on their appearance and well-being?

We see it time and time again: women get stuck in rut with the way they look. Whatever the reason, it's time to get back on track. Play around with the following:

- Know your colors both makeup and clothing? Find out what you like in styles of clothing and accessories. Be YOU, rather than what the magazines say you should be.
- Make purchases that are within your budget and use cash whenever possible. Avoid using your credit cards to keep yourself either out of debt or sinking further into it.
- Get creative with DIY: learn how to sew and modify clothing you already own or clothing deals you find at swap meets, vintage stores, or discount stores.

PAUSE, BREATHE & REFLECT



Before moving on to the next step, it is time to pause for a moment.

Take a minute to breathe, reflect and forgive yourself before moving on to Step 10. Close your eyes and take several deep breaths. Sit or lay down comfortably. Place one hand on your forehead and one hand either over your heart or on your abdomen. Now breathe. Continue to sit or lay this way until you feel a center of calm.

This is a good place to stop and decide, before moving on to the next step, whether you are more comfortable being a masculine woman or a feminine woman. Perhaps you realized you are more masculine and now desire to transform yourself into a more feminine woman. What might help is asking the men in your life why you may be having trouble attracting masculine men. **WARNING:** you may not like what they say to you, however, remember this journey is about discovering who you are and what you want.

However, if you are attracted to masculine men and you still want to be a masculine energy woman, you must understand the challenges you will encounter having a relationship with a masculine man. There cannot be two “men” in a relationship. Someone must be feminine. Reconsider seeking a feminine energy man.

STEP 10: HOW TO DEAL WITH TEMPTATION

When you are on any kind of journey, there will always be temptations to divert you from your path. Self-sabotage is very common. You could also create these “temptations” in your head because of FEAR: fear of change and fear of the unknown.

When these types of issues arise, you must take the time to deeply ponder what is going on. Get out of your daily environment and spend time in a quiet place that will allow you to seek the answers you’re seeking. Consider the following questions:

- **What am I really afraid of?** If your mind automatically answers, know that the answer is WRONG. The true answer will emerge from your **heart**, rather than your mind.
- **If I choose to continue this journey and change my life, what’s the best that can happen?** Rather than thinking the worst, what ARE the best things that could happen?
- **If this current or new relationship fails, how will that affect the way I feel about myself?** This is a very real question. Will you let this take down your self-esteem or accept that it simply may not have been meant to be and move on?
- **Is the temptation worth derailing myself from my purpose?**
- **What is more important in my life right now and have I learned to love myself enough to put myself first?**
- **Is this temptation real or am I making it up inside my head?** Another very real question. The temptation may only be a temptation depending on how you choose to respond to it. Hmmm...

“A Tale of Temptation”



It's Saturday night and you decide to join a few of your girlfriends at a local bar. You've been consistently and passionately working on the first nine steps of the program. You're looking and feeling good about falling in LOVE with yourself and that sparkling INNER GLOW is working its magic on others. Who are the others, you ask?

The MEN in the bar, are paying you a LOT of attention and you are not sure why, yet your smile says you may not be interested.

Oh-oh, a man appears to be heading your way. You act as though you don't notice and instead, you start a deep conversation with your friends. The hope is he won't be brave enough to interrupt your conversation and instead, he will find another. The problem is he's tall, dark, and very handsome. There's a part of you that hopes he is brave, so brave and manly that he will sweep you off your feet. He approaches, and words immediately stop because everyone can't help themselves; all-female eyes are on him. He says "Hello" and your heart drops. He asks to buy you and your friends a round of drinks and your heart drops again. Then he asks you to dance and your stool is about to fall over due to your eagerness.

While you two are dancing, he is saying all the things you think you need to hear. When you walked into the bar you were strong and confident, but in his arms, you are vulnerable and soft and you know it. So what do you do? Are you ready to start dating? Have you completed ALL of the steps?

REMEMBER: WHENEVER YOU ARE IN THE PROCESS OF CHANGE, PEOPLE & CIRCUMSTANCES WILL COME TO TEST YOUR RESOLVE.

It's the Universe's way of seeing if you are truly serious about CHANGING. The question is: are you going to allow TEMPTATION to keep you where you are?

To answer the above questions: 1) Listen, have fun, and if he asks what are you looking for

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you can either say nothing or tell him “a friend”. If you say, “a friend”, that means he is someone you communicate with by phone, text, or email but not in person until you know that you love yourself first. This is an AGREEMENT you must keep and honor. If you jump back into the fire before you are ready, you may be in danger of getting severely burned and repeating your previous cycle of Desperate Dating. He will try to talk you into a meeting with him in person: DON'T DO IT. Hold your ground and stand true to your heart. If he likes you, he will wait, if not, then he's just running a game, a test, on you.

Consider this: you don't know the rules nor do you know how to play the game at his level. He's a smooth player and then there is that little devilish hormone Oxytocin to contend with.

Remember Oxytocin? This tricky hormone will get you every time you sleep with a man you are very attracted to by bonding you to him, making you no match to play the game at his level. We know what you're thinking: “I don't play games”. Yes, you do, every single day. This applies to work, society, and personal life. Anytime you compete for something or someone, it's a game, and in every game, there are always rules. And when you don't know the rules, you lose.

2) You are not ready to start dating again if you cannot keep him at arm's length, which demonstrates POWER over your desires. This inner will allows you to control the direction of the game. Deciding not to play leaves the ball in your court and having the ball in your court makes him wait for your move. 3) At this point, you have not completed all steps and it is very important that you do. You've come too far and have invested a great deal of time and energy to just roll over and give in to temptation.

THE RELATIONSHIP “GAME”

The relationship game is like every other game we play. Some win and some lose. Why is that? The winners usually develop some kind of strategy; they are creative, think out of their boxes, and move out of their comfort zones to expand their horizons.



Losers tend to think the same, therefore they follow each other like robots, rather than realizing

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that if they listen to other people they will end up like other people. You must be willing to do something different if you want to have an extraordinary relationship and life. What do we mean by “Extraordinary”? That varies for everyone; it depends on what you are looking for.

Extraordinary means avoiding the boring, mundane, and predictable. Anything is possible if you are willing to work at it. When you are ready for a relationship, you can decide to do things that are unpredictable, you can decide to keep your relationship exciting so it won't get boring or you can decide to do what a lot of other people do. If you decide to do what others around you do, you may end up with the same results: boring, mundane, and predictable.

Okay, back to the Man you have been dancing with at the bar: If you decide to end the test then and there, good for you.

However, if you instead decide that you want him for a phone buddy because there is something about him that piques your interest, make sure you go back to Steps 1 through 9 as a refresher so you will be a strong, confident woman and keep him at arm's length until you are ready.

Remember, this MAN will try every trick in the book to take you out and have sex with you.

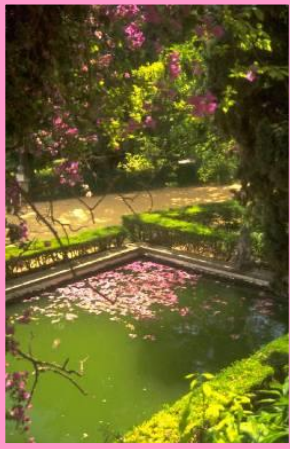
However, you already know about the game, so be smart and avoid falling for it nor do you have to hold that against him. Men want sex from women they are attracted to and NOTHING is wrong with that. And all women want to be desired, so let him desire you from afar, and don't let the fear of losing him control your CHOICES or compromise your values.

Men are everywhere in the world and they will always be everywhere. So spending 6 months, a year, or more to work on yourself, a more loving, self-assured you will emerge on the other side. This is your life we're talking about and you are most definitely worth the time and energy needed to create a more rewarding life to manifest the relationship you have been seeking.

Pause!

If you get to this point in the Steps and are experiencing emotions such as (but not limited to) depression, anxiety/anxiety attacks, angry outbursts or extreme fear, **PLEASE, PLEASE, PLEASE**, either contact medical or psychological services **IMMEDIATELY** or contact a trusted friend or family member for **HELP**.

PAUSE, BREATHE & REFLECT



Before moving on to the next step, it is time to pause for a moment.

Take a minute to breathe, reflect and forgive yourself before moving on to Step 11. Close your eyes and take several deep breaths. Sit or lay down comfortably. Place one hand on your forehead and one hand either over your heart or on your abdomen. Now breathe. Continue to sit or lay this way until you feel a center of calm.

The temptation will come in many forms to test your resolve. You have all the tools you need to conquer them. Yes, it may take you a few times; you're only human. However, we cheer you on for coming to this point in your journey. Getting back into the game is like wading into cold water – there may be a bit of a shock at first. However, the longer you're in there, the better the water feels. Remember, you may need to go back and review Steps 1-9 before you step fully back into the game. That's okay, take your time and build your confidence.

Step 11:
**Embrace Your
Place of Power**

Step 12:
Reentering the Game



**“The most common way people
give up their power is by thinking
they don’t have any.”
~ Alice Walker**

Dear Adventurers,

Today we live in a world that is changing rapidly before our eyes. This can be scary, however, with change comes amazing opportunities and the only way to seize them is through **Realizing Your Power**. Many women have a difficult time seeing themselves as POWERFUL and instead, think of themselves as strong. Strength is external and is the ability to withstand and overcome challenges that life throws at you. This is typically a quality that others believe they see about you. Powerful, on the other hand, is internal and is the ability to make decisions in alignment with your values and authentic self, putting those decisions in motion, seizing opportunities, following your own road, and refusing to apologize for any of it. I know you’ve also heard words like Persistent, Open, Winner, Effortless, Regal, Fearless, Unique, and Love; all of these make up the word POWERFUL.

All women are Powerful; however, most women don’t realize that their Power waits patiently inside of them. They let fear be their ultimate Guided and fear raises its head with every decision that is made in their lives. Fear causes us to take the easy way out because with every decision there are always two choices and each choice take your life on a different journey. One journey is decided in doubt and fear; the other is decided in courage and faith.

Do you ever wonder why some women have amazing lives and others don’t? I used to wonder that myself. I later realized that they made very different choices than I did, so my life started changing when I started taking the faith and courage roads versus ones decided in fear. On each hard road, I traveled down, I picked up a little more power at the end of that road. See, the hard road requires sacrifice, dedication, passion, and work, whereas the easy road requires little or

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nothing from you. If nothing is required, nothing can be gained because nothing in life is free. Before you **Re-enter the Game**, you must have tapped into your POWER as a Woman and as a Person. They are two different states of being. Your Power as a Woman is your femininity and your Power as a Person is to live life on your terms by living in alignment with your values and beliefs. This may seem a little contradicting, however, some women do this very successfully and they know how to combine the two; nothing is more POWERFUL. It's the ability to know when to be passive (feminine) and when to be aggressive (masculine). A feminine woman will give a man an idea by putting a bug in his ear and letting him take the credit, masculine women will tell him what she thinks and dares him to take the credit. Who do you think benefits the most in the end? Ask women who have very successful husbands that question.

When you are back in the game and looking for a partner, think about this question before you make a decision. "Is he really a good life partner for me in every way?" Ask yourself this question before sex and "love" clouds your judgment. **I believe that I don't have to be in love to get married, I only need the potential for love to get married.** What is the potential for love? If I enjoy being with this person, if we are compatible, if we have chemistry, if we have complementary goals and designs for our future, the love will eventually come if it's not already there. I know this is a new concept so when my grandfather told me about it at first I thought he was insane. However, maturity, experiences, poor choices, and the understanding of myself and men better lead me to the above conclusion, so think about it before you dismiss it.

In closing this journey, I want to say I know it's been difficult. I know you have wanted to give up yet you've reached the end and you should **congratulate** yourself. Remember that it takes a while to change deeply ingrained habits, so revisit the steps, again and again, to make sure they stick because this is YOUR LIFE we're talking about.

Peace & love always,

Dahmenah

STEP 11: EMBRACE YOUR PLACE OF POWER

What a woman possesses is sometimes subtle, sometimes palpable, and always very powerful when invoked properly. **It's our Essential Feminine Essence.** It's our DO U. The Essential Feminine Essence is present in all women; however, its outward expression is suppressed in many women. In many cases, this essence has been smothered and smeared by personal beliefs and experiences, social/media influences, history, and other people's opinions. As a result, we women have stepped aside and misplaced our Power by giving it away to others. If you have to, reread the quote by Alice Walker at the beginning of the introduction.

Many women treat their Power like those white elephant gifts that no one wants at Christmas time. We, consciously or unconsciously, give our permission for this to happen. When someone else sees what we're giving away, without a second thought, they immediately take advantage. Every time we give our Power away, it gets that much more difficult to remember it and reclaim it.

As was stated in the introduction, many women have a difficult time seeing or perceiving, themselves as powerful. Powerful in this instance does not mean you have power over or overpower, other people, situations, or conditions. This kind of power is internal and comes from a deep place within Power Within. Power Within says:

- You allow others to be who they need to be without judgment or attempting to change or “fix” them.
- You know what your values are and what is important to you.
- You are free to be feminine and beautiful as well as productive and strong.
- You continuously expand your knowledge about life and the world and embrace having a beginner's mind.
- You know your own heart and refuse to compromise your integrity or values.
- You love yourself more than any man in a relationship.
- You are connected to all parts of yourself and you accept who you are at that moment in time.

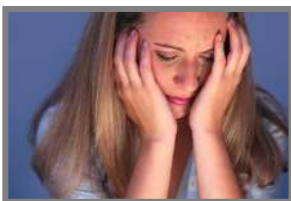
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- You take care of yourself in body, mind, and spirit, as a daily necessity rather than an occasional luxury.
- You are compassionate and forgiving, recognizing that life gives us opportunities to learn and grow in the form of mistakes and mishaps.

Instead of accessing our Power Within, many of us see ourselves primarily as STRONG, an external trait, and very much a masculine aspect. Realizing your power asks you to take responsibility for everything you say and do in your life. Power Within says you have decided that mediocrity is for other people and you instead choose the road less traveled knowing it will be less crowded and require more faith. You refuse to be a follower. Being a follower is not realizing your power; it is following a road and a life that someone is dictating for you, a program that you have bought into and you continue to live every day.

We believe there are 3 parts to the concept of POWER WITHIN as it pertains to these steps:

1. Connecting with yourself,
2. Loving yourself, and
3. Embracing your femininity and your Essential Feminine Essence.



Complaining about your life and choosing victimhood is neither powerful nor self-loving. Neither is gossiping negatively about others, judgment, jealousy, making the same poor decisions over and over, demeaning your femaleness, and destroying your integrity, amongst other behaviors that diminish your Light. We are all-powerful women in our own right, however many of us choose to bury or lock away that power by focusing on things that are making our lives miserable.

Today, some women take their power for granted by acting like men. We may or may not be conscious of our behavior. We gave up our PRIMARY FEMININE POWER without even a thought of what it might cost us in the long run. It could cost us our hearts and our joy in living. It could cost us our health, mental, emotional, and spiritual. Eventually, it could cost us our life. HIV still exists in every part of the world yet some world communities don't value women

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enough to want to protect them. Many women don't know how to value themselves or their health enough to require men to use a condom and those men may be sleeping with other men without you knowing. Once we give permission for that to happen, we have given away our POWER, because let's face it: when a man is attracted to a woman he generally wants one thing. Some women can turn that sexual attraction into a commitment while others are left hurt, angry, and confused.

So, ask yourself: Why are you giving away your POWER?

1. Are you craving or desperate for love or attention? Why do you feel the need to seek love and attention outside yourself?
2. Do you think giving a man sex will make him love you? Men respect you less when they realize you do not love yourself first.
3. Do you think you can act like a man and not suffer any consequences? Do you believe some men are "put off" by your "masculine" behavior?
4. Are you aware that you have low self-esteem or low self-worth?
5. Do you have difficulty saying "no" to men? Why? What do you believe you are "losing" by saying "NO"?

A Journaling Exercise for You:

Spend a few moments looking at the picture of this woman. Study her face, her facial expression. Look into her eyes. Feel her energy, her vibration. Look at the colors she's wearing.



When you've done this for a few minutes, answer the following questions:

- What words would you use to describe this woman? Write them down in your Guided Journal.
- Do you consider this woman to be Powerful? In other words, does she seem to have Power Within?

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- If yes, why? What do you believe makes her POWERFUL?
- What “Power” qualities did you attribute to her that you may be unaware of in yourself?
 - Does she appear to be a woman who has learned to get what she wants out of life? If you could describe her Essential Feminine Essence, what would you say? Write all answers and observations in your journal

The other POWER all women have, in most cases, is the power to say “NO.” We also have the POWER to get what we want, when asked the right way. However, when we nag, bitch, and complain, we diminish our POWER immediately, both inside ourselves, and in the eyes of men and other women.

Women who are embracing their Place of Power have the Power Within to ACCEPT or REJECT a man. If you choose to reject him, it may be because he does not align with your Values or he’s just not what you’re looking for. Just like him, you have the choice to choose another. If you tell yourself and believe that if you reject him you will not find another, then you are settling for less than what you want. By the Law of Attraction, whatever you continuously put your focus on or project outwardly will come to pass because that is what you believe, so remember to squash the negativity.

There is probably a woman who is close to you and is a good example of someone who has yet to recognize that she is POWERFUL because she continues to allow situations like a bad relationship, a job she hates, and the lack of a joy-filled life to occupy her thoughts. Instead of using her POWER to manifest what she really wants out of her life, she constantly sets herself up for failure by making choices that will lead eventually to misery. She may have given in to addictive behaviors such as alcohol or compulsive buying to hide the frustration and anger at her situation or to cover her pain and the belief that she is unable to move forward toward a better life.

This woman may have applied to return to the old job that she hates and they hired her back. Why would she do that? Because it was an easy job to get and even though she’s angry with herself for taking it, she believes she has no other alternative. She is unwilling to get out of her

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way, out of the universe's way, reach for her Power Within, and step out of her comfort zone to choose something different, something exciting. Different Choice, Different Life.

So, get out your Guided Journal and ask yourself the following:

- Do I ever choose to get out of my comfort zone healthily?
- Have I gotten too comfortable with my life?
- When was the last time I challenged myself to do something different?
- Am I staying where I am in my life because it's easy?
- What excuses do I use when it comes to getting out of my comfort zone?
- Do I have difficulty using the word "NO"?



THE POWER OF "NO"

NO

For centuries, women have lived their lives as second-class citizens in a world where they were not valued, loved, or appreciated. Subsequently, they don't see themselves as valued, loved, or appreciated. Some women still live in fear of losing their lives and are treated as property because of the continued male-dominated social structure of this world. Women have been last in education, health, income earnings, and social standing, just to name a few. Women have also been and in many cases still are, marginalized, terrorized, ostracized, and demoralized to keep us dumb, docile, disfranchised, and disempowered.

However, our foremothers fought for women's right to be seen, heard, and recognized and that **all** must be equal under the law. But because of our humble and second-class existence for so many years, women have unconsciously passed down to new generations, habits from the past; a past where having our own opinions and saying "**NO**" could cost us our lives and even the lives of our children. So today even though the conditions of many women's existence have changed, in many countries, for the better, there are plenty of women who still have difficulty with using the word "NO." We acknowledge that some women may have been or still may be in dangerous situations where using this word can lead to physical harm so we are not talking to those women.

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However, we encourage those women to seek help where and whenever they can for your sake and your children. Our prayers and love are with you in your time of struggle.

SPEAKING IN A FOREIGN LANGUAGE

Using the word “no” is like using a foreign language to many women because we are afraid of the repercussions that may arise from using “that” word, especially as it applies to our relationships. We don’t want men to leave us because we used “that” word, we don’t want people to dislike us because we used “that” word, and we don’t want our kids to be angry at us for using “that” word. What are you compromising to make other people happy? Why do others matter before you do? **Remember:** most of us are no longer second-class citizens in our societies but maybe we still are in our minds. Value, love, deservedness, and appreciation are qualities many of us have yet to have for ourselves.

This Step is about **Realizing Your Power**, the power within that comes from your spirit and you knowing that you have self-worth. If you cannot use the word “NO” then you may need to work more on your self-worth; if you don’t matter to yourself, then to whom will you matter? Feeling love, feeling powerful, feeling worthy, and feeling valued begins with you first, then others can feel that POWERFUL energy and follow suit. Why do you think some celebrities make thousands and others make millions? It’s the power of **Self Worth** and energy that follows thought. If you believe you’re worth millions, others will believe it too. But if you’re not sold on yourself, neither will anyone else. The bottom line is this: if you perceive yourself as having value others will perceive you the same way. A person that perceives themselves highly will say “NO” to anything harmful, degrading, doesn’t serve their best interest, wastes their precious time, and doesn’t pay them what they are worth. If you say “yes” to something you don’t want to do, what are you compromising? Is it worth it and for how long can you keep it up? Eventually, compromising your values and your soul by refusing to say “NO” may lead to stress, health problems, and mental/emotional instability.

We know it’s difficult when that fine man you’ve been staring at all night approaches and then says all the things you need to hear; buys you a few drinks and then asks if you want to come over to his place when it’s way past midnight and you’ve got to be at work at 8 a.m. Hopefully,

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you're going to answer his question with a "NO" because you don't know this man, and once you've said "yes", he now knows your worth.

The problem is that our self-worth is in our subconscious programming and we fail to recognize that we are not placing a high enough value on ourselves. How can you bring it to the surface so it can be changed?

First, you need to pay attention to your life. This is more than just a one-shot deal. This is a diligent, everyday process. Carefully analyze and weigh situations and consequences for how they will affect your life positively or negatively. For example, you've been at a job that has paid you minimum wage for more than a year, and you were denied a raise but you haven't thought about leaving. Why? Do you think you are only worth getting paid minimum wage? Even in today's economic climate, the eventual disintegration of your life, because you're unable to live better than you deserve, will take a toll on your entire well-being and quality of life.

Saying, "NO" is also about refusing to accept situations and conditions in life that are at odds with what you believe you deserve. Yes, this is going to mean some people will not be happy with you; yes, this means you will probably have to walk away from the temptation to keep yourself in alignment with your spirit, and yes, it may also mean that you will have to step out on faith to prove to yourself that you are worthy.

DISCOVER SHEET EXERCISE: A QUICK SNAPSHOT OF YOUR LIFE

Ponder and answer the following questions:

1. How much do you currently get paid?
 - a. Are you hourly or salary? Which do you prefer?
 - b. Do you own a business? Is it going in the direction you envisioned?
2. Where do you live right now? Describe it in detail, including if you live in the city, country, or some other area.
 - a. Are you happy with your living situation or would you prefer something else?

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- b. Are you happy with the area you live in or would you prefer something else?
- 3. Where do you eat?
 - a. Do you eat out all the time or do you cook at home, if you are able?
 - b. Are you eating healthy meals or whatever you can get on a budget?
- 4. Are your shoes and clothes worn from daily wear and tear?
 - a. Have you had to put off buying new shoes and clothes because of finances?
 - b. If yes, what do you believe this is doing to your self-esteem?
- 5. How would you describe your general appearance?
 - a. Do you take care of your skin? If not, why? List the reasons.
 - b. Do take care of your hair? If not, why? List the reasons.
 - c. Do you take care of your teeth? Have you slacked off over time? If yes, why?
- 6. Do you go to the doctor when you know something is wrong? If not, why?
 - a. Are you without medical insurance?
 - b. Have you researched ways to get medical care when you need it?
- 7. Do you feel confident when you are out in the world? If not, why? List the reasons.
 - a. What do you believe would help you feel more confident about yourself out in the world?
 - b. Is this in alignment with your values?

Second, once you are aware of how you've been valuing yourself, you can then begin taking action to change. The reason these questions are important is that it gives you a brief snapshot of how much you cherish yourself, and you cannot use the word "no" unless you have perceived value **in** yourself. Would a woman who feels empowered and is expressing her Essential Feminine Essences wear shoes with holes in them? Well in our experience, for most women it's not a money issue; there are plenty of discount shoe stores around. It's more of whether or not they deserve it. Your first action could be to buy some new shoes or makeover your hairstyle. Maybe change your makeup to colors that match your skin tone and bring out your beauty. Once you start making some minor changes, you will start to feel better which will give strength to tackle the big ones, like getting a new job or acquiring skills that can bring up your pay grade.

Most women can say "NO" once they've reached the level of anger, however, we hope that you

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can say it before it gets to that stage when necessary. This is YOUR life and we just want you to be your BEST SELF so you can have the life that you deserve and dream of.

JOURNAL EXERCISE: PRACTICE USING THE WORD “NO”



Inside your Guided Journal will be scenarios that will allow you to practice saying the word “NO”. Many women have a difficult time with this word, however, to regain your power, you must be able to say “NO” with confidence and conviction. Pull out your mirror and focus on saying the word “NO” until it rolls off your tongue with ease and grace.

You probably need to repeat this exercise several times to become accustomed to saying NO. For example: If a man asks you to come over to his home after 10 p.m. and you know all he wants to do is have sex with you, you can say “NO, I’m not available.” You don’t need to be rude or disrespectful and you don’t have to explain. Saying “NO” to this kind of proposition tells a man that you love and respect yourself and he’ll either respect that and take notice or disappear to find a more accommodating woman.

GETTING OUT OF YOUR COMFORT ZONE

No, it’s not easy getting out of your comfort zone because it is uncomfortable and we’re generally afraid of being judged or getting embarrassed because we don’t know what to expect. Remember you have a choice: to make your decisions from a Place of Power or to make your decisions from a Place of Fear. Begin today, making your decisions from a Place of Power, from a place of you beginning to truly know who you are and what you want. If you don’t yet know who you are, then you’re going to need to back up a few steps and stay there for a bit. This is to ensure that you have truly done the work of discovering your true self rather than just rushing through the steps to get them over with. Making power-centered decisions when you don’t understand your values, needs, desires, and motivations will create misery in your life. Here’s a simple process to help you find the direction you want to go in your life. It can be used for either personal or business goals. Avoid making this a complicated process. If you find

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yourself getting bogged down in confusion, frustration, and anger, you're making this more than it needs to be. Set it down and come back to it later. If you get overwhelmed, this is another indicator you probably need to go back a few steps and do some additional clearing and healing.

EASY PEASY GOAL-SETTING

Goal setting is something everyone needs to know how to do.

Too many people make it complicated and it doesn't have to be. To initiate change in your life, having a simple goal-setting process is invaluable. This is just one example. You can easily use this for changing your look, finding a new place to live, starting a creative project, or whatever you want. Please feel free to find one that works best for you.



A simple goal-setting plan consists of:

- A Mission statement
- Objectives
- Strategies (to accomplish your objectives)
- Implementations (you want these to be small incremental steps)
- Timeline (this must be sensible and achievable)

So here's a simple sample plan:

- **Mission:** To travel the world to learn more about people, culture, and living conditions in other countries.
- **Objective:** To write a non-fiction book about other women's cultures, health, living, and community conditions in various parts of the world.
- **Strategies:**
 - Make a list of countries I would like to visit.
 - Research the most inexpensive way to travel.
 - Research the most inexpensive hotels, hostels, or B&Bs for lodging.
 - Check out the high and low seasons in South America.
 - To save money to pay for the trip, to find someone to journey with me (to cut

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down expenses), or to find someone willing to invest in my research.

- **Implementation:**

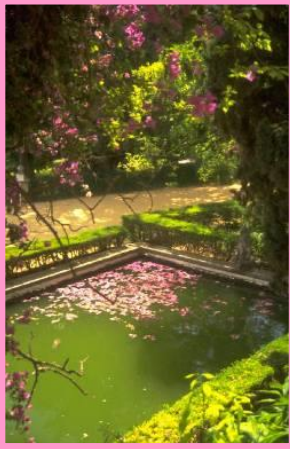
- Get a passport and travel to the closest countries first, such as South America.
- Learn about the transportation systems in South America to travel between countries.
- Obtain an English-Spanish dictionary and learn basic words and phrases.
- Get the required shots needed to visit selected South American countries.
- Book hotel reservations and buy plane tickets.

- **Timeline:**

- Buy a round-trip plane ticket to South America in the next 6 weeks.
- Make hotel reservations within the next 60 days.
- Get your passport ordered by Friday of next week. Make sure I have all the appropriate documents.
- Make an appointment with my doctor to get the required shots within the next week.
- Meet with the applicant as a travel Guidedbefore next Friday.

We also want to show that if you write things down instead of just talking about them, you're giving your unconscious mind a chance to help you achieve them. When you write things down and begin to put energy into them, you are more likely to get them accomplished. It also allows you to see if you want to put forth the time, energy, and money to see it through.

PAUSE, BREATHE & REFLECT



Before moving on to the next step, it is time to pause for a moment.

Take a minute to breathe, reflect and forgive yourself before moving on to the final step, Step 12. Close your eyes and take several deep breaths. Sit or lay down comfortably. Place one hand on your forehead and one hand either over your heart or on your abdomen. Now breathe. Continue to sit or lay this way until you

feel a center of calm.

If, after the completion of this step, you still have yet to make a connection to your inner power, you will need to wait before moving on. Return to Steps 7-9, rereading the material and redoing the exercises. You may find that some of your answers have shifted and changed because of the shifts within you. Breathe deeply and write down your feelings in your Guided Journal and realize that it's OKAY if you're not yet ready.

Give yourself a break before going back and repeating Steps 7-9. Spend some quality time with yourself by doing something fun and relaxing to put you in the frame of mind to back up a bit. Please, please, please, give yourself credit for arriving at this point of your journey. The journey never really ends, it just evolves. Good luck!

STEP 12: REENTERING THE GAME

Hopefully, at this point in the process, you have uncovered a great deal about who you are, what you want, and the new design for your life. Hopefully, you have also uncovered what you are looking for both in a man and a relationship. Remember that much of your next relationship will reflect the hard work you've done for yourself and where you may still need to do more inner healing. We are works in progress all of our lives and we are worth the time and energy we put into keeping ourselves healthy and empowered.



This point in the journey is also a place of Decision Crossroads.

What are you really ready for in your life RIGHT NOW? You say you want a relationship, however, do you have room for one? If you're one of those women who has a busy social life and personal commitments, do you have space for a man and a relationship?

Both require a great deal of energy and need to be cared for and cultivated. Look at your life where it is right now. Be honest and avoid lying to yourself to make it okay. If your current life and lifestyle are leaving you drained and exhausted, you have no room for a man. If you want a man to have the time and energy to spend on you, you must be willing to do the same.

- If you're a budding entrepreneur, spending hours and hours getting your business off the ground, where do you have room for a relationship?
- Spending lots of time at the office, working on a project, and trying to get that promotion? Where do you have room for a relationship?
- Are you a caretaker for a parent or grandparent, spending many hours tending to their needs? Where do you have room for a relationship?

It's not fair to him or to yourself to make a promise, a commitment you are unable to keep. It is better to wait so that you are fully present... and he must be able to do the same. If a man is unable to give of himself fully and be present in a relationship with you, let him know how you feel, and if he is unwilling to make the change, MOVE ON. You must also be willing to do the

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same for him.

DISCOVER SHEET EXERCISE: DO YOU HAVE ROOM IN YOUR LIFE?

This is a simple exercise for you to sit down and see if you have room in your life for a relationship.

Directions:

You're going to need the following items to complete this exercise:

1. Your calendar since the beginning of the year.
2. Emails (personal & work/business)
3. Text messages & IM's.



What you're going to do is:

1. Take a look at your year from January 2011 to the current day that you do this exercise.
2. Using a clean copy of The 8 core areas of your life back in Step 6 plus the items above, write down what you did, wherever it applies in the 8 areas. For example:
 - If you worked late 2 weeks in a row, write that down.
 - If you spent 20 hours last month doing a lecture series at the local community center, write that down.
 - If it took you 35 hours to finish the sketches and fabric swatch samples for your next design project, put that down.
 - If you had to take care of your father 3 nights a week for the last 3 months, write that down.

What this will do is show you, truly show you, whether or not it's feasible for you to start a relationship right now. If you decide to do so anyway, then be upfront and honest to whatever man you're dating about your level of commitment.

Before you reenter the dating game in search of your life partner, you must have some understanding of who MEN are. If you assume you know based on your past, you will be right back where you started. Do not ask your female friends and family members. Rather, ask other

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MEN. Have you ever sat out somewhere and just people watch? Go out and observe MEN in their natural habitat. Listen to what they say without absorbing the conversation – which means don't get angry at what you hear. Listen to what they are interested in and hear about who they are rather than who we want them to be. Men will speak out their fears and frustrations if you pay attention. They will also show some of their interests and desires. Watch their behavior when you go out. See how they act in different environments. While not all men are created equal, you still need a “working foundation”. Do your homework.

THE PERFECT MAN

Too many women have a laundry list of their “perfect” man and are angry and disappointed when the men they are interested in fail to live up to their unreachable qualities. However, are you the “perfect” woman? How does it feel knowing that there are men out there seeing if you measure up to their laundry list?

Having an idea about what you're looking for in a man requires much more inner contemplation than most women realize. Relationships are more than just taking; they are also about giving and the standards you are seeking in a man cannot be higher than the standards you have for yourself. For example, you're seeking a man who is healthy and has a fit body but you haven't seen the inside of a gym in 3 years. So when a man with a bit of potbelly comes your way, you automatically reject him because he doesn't meet your “standard”. Guess what? Neither do you. Check your values and your standards and see where you are out of alignment. You have to consider what qualities you're looking for in a man. We had you do this list back in Step 2. However, your answers may be different now that you've gone through the workbook. Check out some of the characteristics you may be looking for in a man. However remember you must consider your lifestyle and if what you're looking for in a man does not match up, you're going to have some challenges.

Let's look at some of the qualities you're probably seeking:

- Honesty (Are you honest?)
- Open-mindedness (Are you open-minded?)

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- Adventurous (Do you like adventure or are you more of a homebody?)
- Fun (Are you uptight and easily embarrassed?)
- Let's you be you (If you want to be yourself, avoid trying to change him)
- Health Conscious (Are you eating at Popeye's every day?)
- Likes to travel (Again, are you a homebody?)
- Intelligent (Can you have a conversation with this guy? Intelligence does not mean Common Sense)
- Ambitious (Does he have any goals in life? Does he have time for you while achieving them?)
- Has a career/business, not just a job (What does it matter, as long as he can pull his weight financially? Businesses can fail and jobs can be lost, keep that in mind)

We as women often create fantasies about who we want MEN to be and then feel disappointed when our expectations are not met. Having expectations means you are refusing to accept MEN as they are at that time. It also asks you to question if you have accepted yourself. If, at this final step, you have yet to accept & love yourself and make the changes you desire, go back to Step 6 because you are not yet ready to reenter the game.

DISCOVERWORKSHEET: LAST LOOK - WHAT ARE YOU LOOKING FOR NOW IN A MAN?

In STEP 2, we asked you this question in a different way. **WHAT HAVE YOU BEEN LOOKING FOR IN A MAN?** At this point, you are near the end of this journey, so this list should have changed or you should have become more committed to it. Committed means that you will stick to it versus find reasons to drop your Standards. If for any reason you are having difficulty backing up a few or several steps, there is no need to rush, this is your journey and your life takes all the time you need.

What kinds of qualities are you looking for in a potential partner? Quality is something you value, that you believe is necessary, required, and uncompromising. List 10 qualities you are looking for in a man. **Only list 10.**

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1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Now look back at your list, then revisit the list you wrote in STEP 2 to see if you still want the same qualities in a man or have changed since completing the steps. Note: If your list has not changed, you may not be ready to Reenter the Game.

JOURNAL EXERCISE: WHAT HAS OR HAS NOT CHANGED?

In your Guided Journal, write your list from Step 2 and your current qualities list to compare and contrast. The Guided Journal will assist you further.



Then answer the following questions:

1. What qualities have changed and why?
2. What qualities haven't changed and why?

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3. Do you feel you know yourself better, if so why? If not, why not?
4. Are these qualities the right ones for the life you are about to create? Why?
5. Are you ready for a relationship? If not, that is okay.
6. What does a successful relationship look like to you?

It is difficult to have a successful relationship if you don't know who you are, what you want, or where you are going (your future plans). Remember: always be honest with yourself that is the only road where you will find peace.

Note: The answers to the above questions will tell if you are ready to Reenter the Game.

DOES HE LIKE ME?

THIS IS A REMINDER – You've seen this before in Step 2.

Something else to address before re-entering the game: ways to tell if a man is really into you or not. Every woman can tell whether or not a man is interested in her by first her gut instinct, second by his attitude, and third, by his behavior. By the way, these 3 signals happen almost simultaneously. So you have to be in the present moment to notice them. Most of us choose to ignore the red flags and then proceed to be angry and hurt when he goes looking for a different cow in other pastures or go back to the cow he already had.

We're going to give you a few ways you can immediately identify if a man is interested in you for a long-term relationship. After that, you're going to write your own based on experiences you've had from current or past relationships.

"I know a man is not interested me when...":

- I'm the only one calling and he never answers.
- He only texts when he wants to talk.
- He only briefly calls me during the week instead of on the weekends.
- He hardly kisses me and we've been seeing each other for a month.

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- He constantly asks me for money and/or to borrow my car.
- He's always short of cash and I end up picking up the tab.
- He doesn't spend any money on me.
- I haven't met any of his friends.
- He says I remind him of his ex-girlfriend.
- He just wants to hang out at my place.
- I don't know anything about where he works or what he does.
- His family doesn't know anything about me.
- He always seems to be in a hurry to get me off the phone.
- His plans for the weekend don't seem to include me.
- I invite him to places and he makes excuses why he can't go.
- He never seems to have time for me.
- He tries to control me by calling and asking where I am and how long I'm going to be there.

Okay, you get the picture. The above examples are real and true and so many women experience them and either refuse to see or have a difficult time seeing what is happening right before them. Our value and worthiness play a huge part in deciding if a MAN is right for you. You have spent a great deal of time finding what your values are and learning more about yourself, are you willing to put up with a man who disrespects you? It's a test to see if you are **ready** to stand up for yourself.

The **POWER** is yours to wield correctly, meaning you do not use it to hurt others or tear them down, but rather to increase the depth of your relationship with another human being to bring about true fulfillment. Another important thing about MEN is that they need to feel like they are needed and hear words of respect and appreciation from the woman in their life. To complement and love another, you must first learn to compliment, love, appreciate, and respect yourself. If you have not learned to do this yet, go back to Step 6.

REMEMBER Men like mystery, sexiness, confidence, and a challenge. If you want to be feminine, then become that feminine woman. If you want to be a masculine woman, then seek

out a feminine-energy man.

**"If tomorrow were today, would your decision still be the same?
If not, rethink your decision"
~ Dahmenah**

THE END OF THE ROAD

You're at the end of the workbook, however, your journey continues on a slightly different road. It's time to take a look at the current design of your life and then design the life you **really** desire. If you don't know what you want, it's going to be very difficult for the universe to help you achieve your goals.



In the final section of this workbook, we encourage you to begin to **Dream, Create & Design Your Life**. In this section, you are going to begin thinking about what kind of life you desire and start filling in the details. It's time to be specific. If this scares you a bit, you're not alone. Finding out that you have permission to dream is a blessing. If still need permission to dream, we'll give it to you. DREAM BIG; you never know what you're going to get. Make sure that what you are asking for is in alignment with your values, otherwise, you will create an imbalanced life.

DREAM, CREATE & DESIGN YOUR LIFE

We know that this may be a new concept for most of you because rarely are we taught about the necessity of life planning/designing in school or at home. Many of our parents & grandparents, if they had plans, kept them to themselves, and rarely write down their plans for a better life. Others got by on their wits, going where the wind blew and wherever chance landed them.

Most, if not all, successful people have either a life design or a life plan that they utilized to achieve their goals. Without it, they would be somewhere else other than where they are right now. The act of design is a co-creative process with the Universe, for without its cooperation nothing can be achieved.

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We prefer to use the term “Design”, as a word, it has more creative energy and therefore gives you more **Freedom** when creating your life. When dreaming, remember: THERE ARE NO LIMITS. The only limits you have are the ones you put on yourself. The reason a life design is so important is this: if you do not know where you are going any road will take you there. Without a design or even an outline, your life (road) will probably lack direction, passion, joy, financial stability, and most importantly, the **right** partner with whom to share your life. You have to have some idea of what you want and where you want to go otherwise life will simply toss you around and you may NOT like the outcome.

Creating your life design may take several weeks or months depending on whether you know who you are and what you want. It is a Conscious process, where you sit down and dedicate time and energy to believing in yourself and your dreams. You will also have to decide what type of man best fits your personality, your career goals, your hobbies, your current/future living situation, and your lifestyle.

You may find that as a result of completing this workbook, any goals or plans you had before you started have changed quite a bit or you may have to chuck them altogether. If you are having a difficult time figuring out what you would like to do with your life, back up a few steps because you are unprepared to reenter the game or start designing your life.

Shhh...CAN YOU KEEP A SECRET?

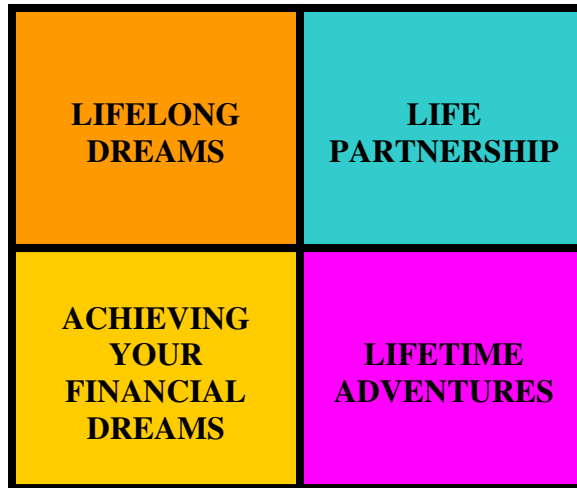
While designing your life, avoid discussing it with friends and even family. Why do you ask? Because they may discourage you by using words and phrases such as, “That’s stupid”, “that’s Unrealistic”, “you can’t afford to do that”, or even “In your dreams”. The word UNREALISTIC is a fear-based word and yes, some things humans can’t do like jumping out of a window to fly, that’s because there are certain laws of nature constantly at work like gravity. So do be careful about getting hung up on ideas that don’t seem achievable but really are. It is a very real

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stumbling block. If it has been done, you can do it again and if it hasn't been done yet, then perhaps you can be the first to do it. So let your imagination be your guide and let's get started.

THE FOUR QUADRANTS

There are Four Quadrants for you to consider:



Okay, let's look at these one at a time.

1. **Lifelong Dreams** – This is something you wanted to be when you grew up. It may have been more than one. We touched upon this area previously in the workbook. At this point, some of you may need to rework your dream in several ways, especially if youth was a necessary ingredient for the dream. If being young was a definite factor, then it is probably time for you to release that dream and create a new one.

In this quadrant of Lifelong Dreams, you will need to write down the dream and three possible ways for you to make that dream happen. For example:

DREAM- A Travel Show Host

- Start a blog that will feature stories about my travels.
- Travel with a video recorder and tape myself while I talk about the city highlights.
- Submit the video to the travel network. I could also add video "shorts" to my blog and YouTube.

There was an “Easy Peasy” goal-setting exercise in Step 11 and 7 core areas in Step 6; you can use that goal or career/dream here if it’s your lifelong dream. If you did the exercises before this one, it will make this one easy to complete. The goal exercises in Steps 7 and 11 were to get you ready to make solid and decisive choices about your life so you can move forward into the life you deserve. So some or all of your answers may differ because now you have more clarity of purpose, strength, and most importantly, Inner Power.

You may change or add to your dream objective at any time, if so, follow the goal-setting exercise in Step 11.

2. **Life Partnership** - We had you do this exercise in Step 2 and Step 12. You were asked to compile a list describing the type of characters and or features you wanted in your life partner. After doing this exercise your list may change because you now have permission to be in control of your life, so you may choose differently.

- Keep in mind, this area is not just about the type of man, but rather the **kind of relationship** you want with your partner. I know what kind of relationship you want then it is much easier to narrow down your prospective partners. If you want a Mr. Mom type, it’s better to know that now so if a man wants you to stay home you know that doesn’t work for you.

For this quadrant, you’re going to write four characteristics that you can’t live without. For example:

- Honest
- Ambitious
- Fun
- Open-minded

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Now, write down two physical characteristics you think you can't live without. For example:

- Tall
- Muscular

What type of job would you like your life partner to have? The reason we ask this question is that men generally pick jobs based on their passions, ambitions, financial stability, and power. Ideally, his job will complement your lifelong dream.

- TV Producer
- International Chef
- Cameraman

What are your hobbies? What hobbies would you like him to have?

Your Hobbies:

- Reading
- Writing
- Traveling
- Hiking

His hobbies:

- Physically active
- Traveling
- Reading

What type of relationship do you want? Some examples are:

- I want us to cook together whenever we can.
- I want to avoid being apart for more than a week at a time.
- I want to have a housekeeper because I don't like to clean.
- I want to have a date night once a week and take turns surprising one another.
- I want to have two kids.
- I want to have a nanny.

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- I want my partner to be affectionate and laugh a lot.
- I want my partner to be in a motorcycle club so we go riding together.
- I want to hold hands while we walk in public.

3. Achieving Your Financial Dreams – Money is a challenge for most people because they are raised with fear or disgust for money. Parents unconsciously pass their money issues down to their children and if you have some (or all) of those same issues, you will do the same to your children. There is nothing wrong with being wealthy; it's what you do with the money that may not always be wise. If you want to have more money and you subconsciously believe in the “evil” of money, you will have a difficult time achieving your financial goals.

So ask yourself the following:

- **How much money do you want to earn over the next 5 years?**
 - \$500,000
 - \$1 million
 - \$5 million
- **What assets do you want to own over the next five years?**
 - Two cars
 - 5 homes/property
 - An Island
- **How much money will you give away over the next five years?**
 - \$10,000
 - \$15,000
 - \$25,000
- **What is your dream Humanitarian mission? For example:**
 - “I want to make sure all children in America can read.”
 - “I want to bring the Arts back to schools.”
 - “I want to start more community-based gardens to feed good food to local communities.”

- **How much money will you save over the next five years?**
 - \$100,000
 - \$1 million
 - \$2 million
- **How much money will you invest over the next five years?**
 - \$300,00
 - \$500,000
 - \$750,000

Also think about investments such as IRA, stocks, bonds, intellectual property, etc.

- **Where do you want your primary residence?**
 - New York
 - Los Angeles
 - Chicago

4. Lifetime Adventure – this is the fun stuff that you want to do alone and with your partner.

- Take one year and travel the world.
- Swim with the dolphins.
- Ride a bike across the U.S.
- Go on an African Safari.

After you have accomplished everything on this life design plan which should take you about five years to accomplish, it will be time to write another one. The life partner information may change into how to keep the sizzle alive for another five years.

Now, WRITE YOUR LIFE DESIGN HERE OR IN YOUR JOURNAL

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

[illegible]

In Closing...

Dear Adventurers,

While finishing this workbook, I tragically lost my youngest sibling and it reminded me of how precious life, body, and spirit are; and that most of the things we spend time focusing on are a waste of our precious time. We as humans make our lives unnecessarily complicated; life is so much simpler than we think. We only need basic things: food, clothing, shelter, family, happiness, and love; everything else is icing on the cake. I hope that during this journey you've just completed, you permitted yourself to connect with your life, body, spirit, and your feminine POWER.

We all aspire to be happy, however, most of us think it's some obscure fantasy that is unachievable. What most of us have difficulty realizing is that happiness comes from being honest about who you are, what you want, and being comfortable with the person you are no matter what others think or feel about you. THIS IS YOUR LIFE. And to claim it and own it, you must be accountable and responsible for everything that happens within it.

Another key ingredient to happiness is loving you regardless of your skin color, height, weight, looks, etc. Love starts and ends with you and within you because most of us came into this world alone and we will leave the same way. First, there is YOU; then everyone else follows.

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Love is what every human being on the planet craves and seeks so we trust that this Journey has taken you more than a few steps closer to finding that love for yourself and from a life partner. Being one with your authentic feminine essence will bring you the manly attention you need to narrow down your prospects so you can make sure HE IS THE ONE for YOU. In *The GAME CHANGERS: HOW TO DATE MEN IN THE 21ST CENTURY* we will talk more about picking the right man for you go to www.amazon.com for more information.

My personal goal is to Harmonize, Feminize and Energize what I like to call “the Community of Women” so we can all create/design an Amazing Life. If you are a woman on the planet today, you are naturally a part of the Community of Women.

The Community of Women symbolizes the urgency needed for women to treat, encourage and respect each other by avoiding decisions and actions such as sleeping with men who are committed to another woman and speaking unkind words borne out of viciousness and jealousy. I would like jealousy and viciousness to be a thing of the past so that we women can be role models for the women that come behind us, that look up to us, that want to respect and emulate us. None of us are perfect; we all have flaws and we all make mistakes. Yet, if you do nothing else, at the very least reflect on how your actions will affect your future as well as your fellow woman. Also, all women are capable of reaching back even in some small way to give guidance to a younger woman who is lost and feels like no one cares.

Ladies, we all know that life is about CHOICES: different choices, different life. The choice to take time out of your busy life to spend some quality time with yourself was a wise one, however, this Journey is only the beginning, change happens over time and with constant diligence and focus. So don't close this workbook and think, “this is all I need to do.” This Journey only ends when you do. In closing, remember this: life is always shorter than you think so please stop talking about what you want to do and start doing it, TODAY. May your life be filled with joy, prosperity, and love because YOU deserve everything always and all of the time! For more tips on creating an Amazing Life go to www.discovergrowlove.com. If you are a

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gamer check out

For Android: <https://play.google.com/store/apps/details?id=com.rose2rebelent.escapejaya>

For iOS: <https://apps.apple.com/us/app/escape-jaya/id1549956493>

THIS JOURNEY IS OVER. A NEW ONE BEGINS NOW!

Look for the LIGHT stay out of the DARKNESS. The light is within YOU!

BE YOUR BEST AMAZING SELF!!!!

Peace and love always,

Dahmenah

“The world we have created is a product of our thinking.

It cannot be changed without changing our thinking.” ~ Albert Einstein

Knowledge is such a curious thing – so much of what we believe we know is incorrect. The more you accept what you do not know, the more TRUTH you will be able to discover.

We presented concepts in this workbook that some of you have never heard before, yet they are not new. Some of these concepts will challenge what you “think” you know about yourself. Like icebergs at sea, we have so much hidden beneath the surface of our consciousness, deep down in the darkness where both our wounds and true healing reside. What you have discovered and will continue to discover in the depths of yourself are the wounds and beliefs that keep you from truly embodying your authentic feminine essence and becoming empowered. You are magnificent in your own right and deserve to be happy. Yet, attaining them requires diligent and consistent, work. All the exercises in this book can be done over as often as you need to do them. As you grow, shift, change and evolve, your answers will continue to evolve as well.

In a world where we have the “fast-food” concept of instant satisfaction, the inner world acknowledges no such belief. Making a heartfelt and honest connection with your true self requires time, energy, willingness, compassion, and forgiveness. We women all have areas of our lives where we have made horrendous mistakes that have hurt others and ourselves. And others have visited similar transgressions upon us, whether individually, societal, or historically.

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However, if we fail to take the first step, to begin the journey, that brings us closer to wholeness through compassion and forgiveness, we will stay stuck in our pain and suffering, never really finding the LOVE we deserve and the life we desire.

Do you ever wonder how and where some women get that “glow”, that Essential Feminine Essence that seems to turn the heads of the people around them? Do you think she was born with it? NO. She had to journey to it the same way you must journey to yours. Sometimes you will be alone; sometimes other women will join you. All of you will have your individual experience. Values and motives are examined for where you are in or out of alignment. Living a life that is out of alignment with your values and TRUTH is living a life where you are causing your pain and suffering, in all areas of your life. If we want men to love and respect us, we must LOVE and RESPECT ourselves FIRST. Like a mirror, a man can reflect on us what we feel about ourselves. It is almost impossible for a woman who has learned to love herself to attract an abusive man than a woman who dislikes many aspects of herself and treats herself poorly.

We are all ONE and the actions of one affect the many. As women, we cannot ignore that we ARE a COMMUNITY OF WOMEN, a worldwide community. And when we put down and shame other women, the ripple effect travels around in a circle right back to us. As we stated in the workbook: if you want to know the health (emotional, mental, physical & spiritual) of any community in the world, look to the women and children. You are a part of that community.

There is someone for everyone and we want you to find the ONE for you. By continuing your journey and working on your inner self, you WILL find him. You will not need to seek him; he will be attracted to you. However, you just may have to kiss a few frogs along the way. As my friend, Ellen would say, “Think of it as fieldwork.” Happy Travels!

**Live in the Light,
Laugh in the Light,
Love in the Light.**

Charyn

APPENDIX

SUMMARY OF THE 12 STEPS

STEP 1: ARE YOU A DESPERATE DATER?

Jumping from relationship to relationship leads to heartbreak and heartache. Poor choices, lack of self-esteem, and loneliness have created a dating environment in which some of us have allowed ourselves to be mistreated by men out of desperation.

STEP 2: STOP DATING!

If you are frustrated and have had enough of your dating life because of the men you are continually dealing with, attracting, or are attracted to, you have to STOP DATING so you can take a step back to reflect on your behaviors and choices.

STEP 3: DETOXIFY

When you want to remove toxins from your body, you have to start a detox. If you were an alcoholic, you would need to stop drinking to get sober. To overcome the addiction to desperate dating, to get over a breakup, or to forgive the past, you have to clear and cleanse yourself to bring clarity.

STEP 4: DECIDE TO CHANGE

If you are unhappy with any area of your life, you must be honest with yourself by realizing your current situation is a culmination of the choices you have previously made. If you want and truly desire your life to change, you must Decide to Change.

STEP 5: CLEANSE YOURSELF OF NEGATIVITY

Negativity is a virus that has the potential to spread quickly to all who come into contact with it. Unfortunately, many of us have negative people in our lives and it is sometimes difficult to shield ourselves from them or to avoid contact with it. We must be conscious of when we engage in our rants and then invite others to join in. Words are powerful; they can destroy self-esteem, motivation, and relationships.

STEP 6: FOCUSING ON SELF

As women, we have an innate nature to assist others before ourselves. However, if we are unhappy with our lives and depleted in spirit, what good are we to others. We cannot give to others what we do not have for ourselves. Focusing on Self allows you to discover who you are, what you really want, and what you are willing to give.

STEP 7: SELF-EVALUATION

Self-evaluation is a difficult process, yet necessary for growth and change. If we are to uncover

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why we continuously make the same choices that make our lives miserable, we must evaluate our beliefs, values, behaviors, and actions.

STEP 8: MIRROR/JOURNAL WORK

Mirror/Journal Work will support the continuation of self-evaluation and connection with yourself. Mirror work emphasizes focusing on yourself to connect and find out who you really are. Journaling, whether written, painted, or collaged, allows you to express issues and emotions that are uncomfortable, painful and angry. They must all be acknowledged and released in order to create change in your life.

STEP 9: REALIZE THE POWER OF YOUR FEMINITY

The Power of our Femininity is greater than we know. It has given women a certain form of control throughout the ages. However today, many of us have suppressed our femininity and then we wonder why our relationships are failing. We have closed the door on our natural gifts. Many women, because of societal programming, believe that our femininity makes us weak. This belief has disconnected us from our true POWER.

STEP 10: DEALING WITH TEMPTATION

Before you complete this journey, Temptation will probably arrive to greet you in the form of a charming, good-looking man. He will probably say all the things you want to hear however, do not forget why you started this journey in the first place. If he's that interested, he will wait. A man that is truly interested in you will not be deterred by a challenge. In many cases, they prefer them.

STEP 11: EMBRACING YOUR PLACE OF POWER

Fear, doubt, indecisiveness, grudges, and unaddressed pain – all of these strip us of our Power. When we compromise ourselves, we give up our Power. When we demean ourselves, fail to take care of ourselves, and deny our femininity, we give up our Power. Embracing Your Place of Power means you must leave all disempowering behaviors behind. We, as women, must find the courage to access our Power.

STEP 12: RE-ENTERING THE GAME

3. Before you Re-enter the Game, you must make sure that your foundation is in place by having embraced who you are; finding out what you want out of life, and examining your beliefs, values, and your past behaviors.

Certificate of Oath

Before you sign:

If you believe you are unable to take and sincerely uphold this Certificate of Oath, then you are not ready to take this journey at this time.

An **“OATH”** is defined as a solemn formal calling upon to witness o the truth of what one says or to witness that one sincerely intends to do what one says.

A **“VOW”** is defined as a solemn promise; specifically, one by which a person is bound to an act, service, or condition.

(as a verb): to bind or consecrate a vow

~Merriam-Webster Online Dictionary

“SELF-LOVE” is unconditional and non-judgmental; kindness, compassion, gentleness, cherishing, and being well-treated. You must BE & GIVE these for yourself FIRST.

Your mission: Find someone, a witness, that you know, trust, is dependable and honest. This person must be someone who will truly hold you to your vow. Write your name in the space provided on all 3 vow statements. You will read each statement aloud to the person you select as your witness. Having someone bear witness to your oath ensures that you are more likely to honor and keep it. You are doing this for yourself. Can you keep a promise to yourself?

CERTIFICATE OF OATH

I, _____, vow to take a solemn oath, promising to refrain from dating and having sex with any Engaged & Married Men.

I, _____, vow to refuse to engage in a relationship with a man who is unable to commit fully to me while he is promised/committed to another.

I, _____, vow to love myself more than I love a man.

I, _____, vow, above all else, to honor and keep this oath as witnessed.

Print your name

Witness name here

Sign here

Sign here

Date

Date

THE PLEDGES

“I, _____, pledge to love myself first before I can love anyone else. I promise to treat myself well by taking good care of my body, mind, and spirit. I promise to protect my body from harm by refusing to have sex without commitment and practicing safe sex. I will abstain from having unprotected sex until my partner and I have had HIV/AIDS/STD testing first.”

I, _____, pledge to love myself first before I can love anyone else. I choose to honor and respect myself by refusing to let men treat me in ways that are demeaning and disrespectful to women.

I _____, pledge to love and nurture myself through compassionate self-care and love. I will teach others how to treat me by treating them the way I wish to be treated. I KNOW I deserve the best and refuse to settle for anything less.

I _____, pledge to honor and respect my most precious commodity by refraining from giving it to a man that has not committed to me in a monogamous relationship. I choose to abstain from having unprotected sex with a Man who fails or refuses to treat me with the respect I deserve and demand.

I _____, pledge to abstain from having unprotected SEX with a Man until both of us have been tested for all STD's, including HIV. I will abstain from having unprotected SEX until I see the results of those tests.

I _____, pledge to love myself and care for myself first. Once my needs are met, I can give myself to others. I refuse to let people take advantage of me or use me in any way no matter who they may be, including family and close friends.

