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EXERCISE TO HELP YOU CONNECT TO YOUR NEEDS AND MEET THEM

There are two parts to this exercise. It will take less than five minutes. Find a place where you will not be disturbed and turn off your ringer and notifications, etc. Sit upright with a straight back and close your eyes. Read this first so you know what to do ;-)

Start by taking a few breaths and moving your focus entirely onto your breath to shift inward. When you notice thoughts, just picture a little stream of water and place them in there to drift away and let them know you'll come back to them in five minutes.

Slow the breath down and count to make sure that your inhale and exhale are equal. The count of 3-4 seconds is good.

Now, just imagine that you are speaking to your inner self/inner knowing and ask this question:

What are you feeling right now?

Just be silent and wait. Be patient. You're looking for one feeling word. If you feel lost and blank, think about a "feeling compass" that has four points: happy, sad, angry, scared. See if you can identify with any degree of these. A little nervous? Content? Frustrated?

Once you notice a feeling, I want you to say (from your Self to your Inner Self): I hear that you're feeling _____, what else are you feeling?

Do this for a total of 3 rounds.

Don't get too caught up in the confusion of which part of me is talking to the other. If it feels better to ask "what am I feeling", then go ahead. Just be sure to do the validation part. It's really important that your 'feeling self' is heard and validated because most of us are not very

good at listening to ourselves and tuning in to how we feel. Knowing how you feel is the first step to knowing what you need, so don't skip this part!

Next, after the three rounds, ask yourself this question: What do I need right now?

Make sure that you direct your Inner Knowing to an answer that is possible for you to meet. So instead of 'winning the lottery', perhaps you need reassurance that you are okay financially in this moment.

Notice, that your feelings may direct your needs. Not always, but sometimes.

After you get your answer, do the validation: I hear that you need _____, what else do you need?

After three rounds, you are done. Now you can decide to meet some or all of those needs.

Practice this every day or as many days as you can. It only takes five minutes or less so you can't use time as an excuse!

And remember, if you were doing this for someone else, it would be easy to make time, right?

