

## **STEPMOMS** *on the Edge of Evolution* 8 WEEK GROUP PROGRAM

### **Module 3 (Week 5): Mirror-Mirror – Exploring the People who Trigger You**

Explore each member of your blended family, one by one, and identify what they bring out in you. You can do this activity all at once, but it's best if you take time to work through each family member, one at a time, at your own pace. If there is one person in your family circle who triggers you most, or one who 'brings out the worst in you', you can begin with that person. If you're not sure who to begin with, you can begin with your stepchildren's mom. On a separate sheet of paper or journal, answer the following questions. Remember, this work is meant for your own reflection and not to be shared. You can express and work through your negative feelings using this safe space, and feel free to shred, burn (safely) or discard this worksheet or journal once you have discovered and healed what needs to be healed.

#### **Person 1:**

- 1) Describe what happens with you and this person. What's the pattern?
- 2) How does this person trigger you? How do they make you feel? Allow yourself a safe space to feel these feelings. If you feel safe, you may continue with the rest of the exercise.
- 3) When was the first time you remember feeling this way? How old were you, what happened? How did you react?
- 4) What was the belief about life that you started to believe in at that time? How did that view of your life begin to shape your view of your place in the world? Identify the limiting belief or "I am" statement that you began to believe as a result of this pattern. The limiting belief always starts with "I", that is where both your weakness and power is, and that is where healing and transformation can happen. Complete the following prompt: "In this world where (fill in the blank with the pattern) always happens to me, I (am)..." Example "I am not safe", "I don't deserve love", "I am weak", "I don't matter".
- 5) Once you've identified the core limiting belief about yourself, what is the opposite empowering belief to contradict the limiting belief you identified above? (Example, "I am safe", "I deserve love", "I am strong", "I matter deeply"). You can add to this statement in whatever way feels good to you, but keep it simple. (Example, "I am safe and carried by the universe at all times", "I deserve love. I am loving, I am love, and I am loved").
- 6) Is there a place in your life, or a most recent time, when you can recall experiencing this empowering belief?
- 7) Tune into that place in your life where you feel or felt that empowering belief to be true. If you believed this to be true all the time, how would you show up differently in your present situation with this person (refer to question number 1). What would you do differently if you came from this empowered, loving place?



*Now act! This only works if you put it into action. Next time you feel triggered by this person, activate the empowered belief. You can do this by feeling into the memory or place in your life where you feel empowered. Once you're in this feeling, you can show-up to the present situation with that energy instead of the past, disempowering way of showing up.*

*How did it go? Are you stuck with anything? Reach our via e-mail for support [anna@annadeacosta.com](mailto:anna@annadeacosta.com) or join us on the live call.*