



# RECOGNIZING THE LESSON

## Example Sheet

**Step 1: Identification.** If you want something done, you have to do it yourself.

**Step 2: Examine.** I felt angry and disappointed when I asked for help and was told no or I was told yes but it never happen. I started to feel like my needs were not important enough to anyone else for them to meet. I stopped asking for help because I believed I could not depend on anyone else. Not asking for help makes me feel overwhelmed and isolated but I also feel comforted by knowing that I won't get disappointed if I don't ask for or expect help.

**Step 4: Reflect.** Sometimes I request assistance from someone who does not have the capability, willingness, or desire to help just because I feel it is their responsibility. This is an expectation that gets reinforced by my family, friends and greater society. There are times when people demonstrated that they were able and willing to help me but I allow my ego to turn them down. *{Examples of areas you may have developed negative thought patterns: Expressing thoughts and emotions, Safety and security, Violence, Relationships, Sexuality, Religion, Money, Responsibility/Commitment, Autonomy and boundaries, Trusting people, Worth and value of people (yourself and/or others), etc.}*

**Step 5: Release.** I understand that this belief is one that a lot of people carry as a means of protection and control and I respect their choice to do so. However, I recognize that this belief does not serve me because it keeps me operating in my ego and is the source of significant pain in my life. I forgive everyone who showed me that this was the way to operate and I forgive myself for going along with it although I knew it was not healthy for me. I release the belief that I have to do everything myself.

### **Step 6: Reconciliation.**

#### **Not quite:**

(Specific person) isn't dependable but I shouldn't let that make me write everyone off.

Sometimes people are selfish and inconsiderate and I just have to be mindful of that possibility.

My life situation is burdensome and I can't change that so I just need to find a way to make it work.

#### **The correct way:**

I am wise and discerning when asking for help.

I always show gratitude to and for those that extend me their service and/or labor.

I release unhealthy attachments to expectations of what things need to look like. I am fully open to receive what is in my highest good at all times.