



WARRIOR GODDESS

Anti-Resolution Challenge

Day 2

Compassion: Exploring Other Strategies

Use this as a way to bring more understanding to yourself and others.

Today your challenge is to rewrite your story by exploring another strategy.

Put yourself in someone else's experience. Imagine someone you love who holds a different strategy than you do. Remember they are trying to keep themselves safe through their actions. How would you feel if you were a pleaser, or an isolator, or a distractor, or a controller? Why would you respond as you do? How would you handle conflict differently? Use your imagination to find the feeling sense in your body of a different strategy at work.

Then imagine you are witnessing yourself in your strategy. From a distance what do you see? Can you bring in compassion for the wounding and reactions of this being trying to control, distract, isolate, or please to stay safe?