



# WARRIOR GODDESS

# Anti-Resolution Challenge

## Day 4

### ***Reflection: Exploring the Inner Bully, Manipulator, and Muck-maker***

What would people who love you say about the shadow side of your strategy? Don't look through the eyes of an enemy or someone currently upset at you: you don't want to use this exercise to punish or hurt yourself.

Try to be objective and pick a kind person who can help you reflect on your shadow side. What traits do you have that at times hurt or hide? Imagine someone you love standing next to you, looking at the underlying pain that leaks out through your strategy.



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Do you go towards bullying others, manipulating when you don't get your way, or creating drama? Do you shut down and make others wrong, or blame yourself for all things? Are you a martyr or a saint? Do you blame others and want them to fix the hurt or do you feel ashamed constantly and try to pretend nothing is wrong? Again, imagine someone you love is sharing with you what they see through the eyes of acceptance, so you can also hold these hurt and scared parts of yourself with love.