



# 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?