

Exercise for level of judgment, frustration, resentment - especially at someone

Example: Loving the dark stuff

What do I hate, shun, judge, dislike, or make wrong about others?

What do I hate, shun, judge, dislike, or make wrong about myself?

Be HONEST with yourself because what you hold against others are also the same things you hold against yourself. Be truthful with yourself so that you can be more loving with yourself, and be free.

Write their name

Examples:

Person 1: Intense, bully

Person 2: Self-righteous, arrogant

Person 3: Asshole, uncaring

Person 4: Victim, insecure

Person 5: Inauthentic, self-centered

Person 6: Confrontative, bitchy

What do I hate, shun, judge, dislike, or make wrong about myself?

Example: I own that at times I'm intense, a Bully, a victim, insecure, self-righteous, bitchy, arrogant, inauthentic, self-centered, confrontative, an asshole, uncaring,

LAF (love, accept, forgive) these parts of yourself by taking the focus off of others, and by bringing your focus into these parts of yourself that you hate, shun, judge, dislike, or make wrong.

ACCEPTANCE

Accept that these "things" you shun are a part of you

I accept that I can be intense, a bully, a victim, insecure, self-righteous, arrogant, inauthentic, self-centered, confrontative, bitchy, an asshole, uncaring.

FORGIVENESS

Forgive yourself for judging and shunning these parts of you

I forgive myself for judging the part of me that is intense (or a bully, or a victim, insecure, self-righteous, arrogant, inauthentic, self-centered, confrontative, bitchy, an asshole, uncaring)

LOVING

Love these parts of yourself as part of lovable you. The loving will come present as you accept that these are parts of yourself and as you forgive yourself for judging those parts as bad or wrong. Then, you can honestly, sincerely, and lovingly say to yourself...

Intense, LOVABLE me, self-righteous LOVABLE me, Insecure LOVABLE me, Arrogant LOVABLE me, Inauthentic LOVABLE me, Self-centered LOVABLE me, Confrontative LOVABLE me, bitchy LOVABLE me, asshole LOVABLE me, Bully LOVABLE me, Uncaring LOVABLE me, fake LOVABLE me, wishy-washy LOVABLE me, etc. (I think you get the idea)

Remember: these "lovable parts" of you are just part of you that you have judged and shunned. Once you bring them into yourself and receive them as part of you, you will enter into loving them as lovable parts of you; and you will see, feel, and

experience, the light and loving that is within these “dark” places that you’ve created and judged as unlovable, bad, and wrong. The truth is, when you accept that they are a part of you and that they deserve the same love, acceptance, and attention you give the loving, kindness, and wonderful parts of you, then you will be free...”The truth will set you free”

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I accept that I can be intense, a bully, a victim, insecure, self-righteous, arrogant, inauthentic, self-centered, confrontative, bitchy, an asshole, uncaring.

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I forgive myself for judging the part of me that is intense (or a bully, or a victim, insecure, self-righteous, arrogant, inauthentic, self-centered, confrontative, bitchy, an asshole, uncaring)

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