

Task - Journaling

1. Identify one main judgement that you realise drains your energy.
2. journal who you were judging, when the event first happened and who else you may have repeated this pattern with

Example: This judgment you’ve identified, did it first happen with a childhood friend? or a sibling? Have you been re-creating the same issue in your adult life? Are you attracting the same people to play out the same issues that leave you feeling drained?