

Exile consciousness keeps us stuck repeating the same patterns over and over. Embracing the Wounded Inner Child and listening closely to the feelings with compassion (the Geulah parent) can open up new ways of thinking, feeling and behaving. Bringing in the awareness that you are loved and given whatever you need from your Nurturing Inner Parent (G-d), gets you through the exile (Golos) into redemption (Geulah). The easiest way to change your critical beliefs and thoughts is to take on a new behavior—a baby step. Doing something different changes the Golus pattern you are locked into. New Behavior can change thoughts and feelings.

Moving From Golus to Geulah Exercise

1) Start with an uncomfortable feeling or situation. Write that down here. **Golos Consciousness**

2) Write down the “story” your Inner Critical Parent is telling you about this situation or feeling.

You...

3) Write down the Golus feelings that get triggered from that inner critical voice (Wounded Inner Child)

I am...

4) Write down the challenging behavior that gets triggered by your Golus feelings (Inner Grandchild).

5) Ask yourself, “In an ideal world, what would I like to experience instead?” Fill out A, B, & C strengthen the **Geulah Consciousness**.

Write down what your thoughts, feelings and actions would be if you were experiencing what you truly want.

A. Nurturing Parent (Thoughts/Communication to yourself). (Imagine what a good friend or mentor would say)

You...

B. Protected Child Feelings: (In response to Nurturing Parent) I feel...

C. Grandchild Behavior: (Communication to Others & Actions You would Take):

6) Take one action this week from #5C. **Co-create a new world with your Loving Inner Parent**. Communication, Thought, Behavior

One Action I commit to this week

6) Commit to one action from #6 and take a baby step this week toward co-creating a new world with your Loving Inner Parent.

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Write down what your thoughts, feelings and actions would be if you were experiencing your ideal.

A. Nurturing Parent Voice (Thoughts/Communication to yourself). Look at the next page (Compassionate Inner Parent) to help you formulate the words that your Nurturing Inner Parent might say to you: "You...."

B. Protected Child Feelings:

A. Grandchild (Communication to others & Actions you would be taking):
