

Unmute Your Soul Toolkit

#6 Comfort Zones

These self-inquiry questions and exercises will support you going through your comfort zones.

- Do you want to be free to express yourself freely in this life?
- Ask yourself, hand on your heart. Go deeper. Ask your heart.
- How ready are you to honour your voice, your truth and your soul?
- How ready are you to say no if something doesn't fit 100 percent?
- How ready are you to risk that someone will not like you if you express your desires and needs?
- How ready are you to share your feelings without blaming someone else for them?
- How ready are you to stop compromising and to start speaking and living your truth?

Here are some exercises if you're afraid about what might happen if you speak your truth, wondering what someone might do, say or think. It all takes place on a subtle level.

- Write a letter to the person or the people and tell them everything you feel. Don't send it!
- If there's a lot of emotion, move the energy through exercise or singing, dancing, walking, or yelling if you really need it. Unexpressed truth can feel like anger.
- Notice whether you need to set a boundary, request a need, or simply be heard.

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- Take responsibility for your part. Let go of any blame on the other person or on your past and forgive. This will reduce any judgement, projection, blame, or the likelihood that they will get defensive or reactive when you next speak to the person.