

Conquer The Crisis Mini Series Part Seven

Ok, more like cultivate a healthier relationship with stress
Let's begin by defining our terms...

Integration - bringing all your parts to your whole self

Connection - a secure point of contact and/or view - often begins on purpose and can become a state of being

Disconnection - a detached point of contact and/or view - often begins unintentionally as a reaction and can become a state of being

3 Steps to Conquer The Crisis - or more specifically, your *relationship* with stress
The questions are a guide - they'll lead to more questions and specific answers

1. Recognize you have a *CHOICE*

How do you see yourself? As a whole person? Certain parts ok? Others not so much?

What parts of you need to be kept separate?

What would you like to integrate?

2. Identify the BELIEF that jacks with your CHOICE

What “hooks” have you now noticed?

What parts of you do you - highlight and downplay?

Ready to “set your table” with your parts as place cards? When? What do you need?

3. CHOOSE Freely the state of being you *actually* desire - the one you’re created for

What state do you want to choose? Connection or disconnection?

What specific parts are you ready to connect and integrate?

What actions do you want to take with yourself? Others?

Remember to **INTEGRATE on purpose** - Notice and connect with what comes up