

## **Spirit Level Success™ System - Six Secrets of Self-Esteem**

### **Secret #2 SPIRIT – Week 5**

#### **S.H.I.N.E.™ - Emotions (part 2)**

Last time you started to explore your relationship to shame and guilt, and this week you are going to experience a powerful way of being able to change your relationship to those early shaming experiences. Before you start, refresh your memory about the specific situation(s) you recalled last week where you felt a sense of shame or guilt. Pick one to work with.

Please can you find a cherished item which represents the you of today in all your wonderfulness (I realise *you* may not see yourself that way, but you really are wonderful). Something which lets you know how much you are loved. A smaller item is better if you can find one such as a small framed picture, a key ring, a stone or piece of jewellery. **Now make some time for reflection. Make yourself comfortable, and sit down in a calm, relaxing place where you feel warm and safe.**

**Then close your eyes and imagine that you are walking into a movie theatre, and as you sit down Act 1 of the film begins to play. Hold on to the item that you have with you, and let that act as a constant connection with who you are today, loved and cherished, in the present. Watch the film unfold of the situation that you have just described above. Don't edit or change anything at this stage, just watch it through, and accept that you will likely feel some discomfort as you see the younger you manage your way through the situation as it unfolds. Use your cherished item to keep you grounded in reality, and to remind you of how much you are loved today.**

**When you reach the end of the film and it has fully unfolded, pause for a moment to reflect on how you feel. Find the words if you can to describe your emotions and note them here;**

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**Then stand up, shake it off (literally), step outside for some fresh air and deep breathing, then when you're ready come to back for Act 2 of the film.**

**For Act 2, you are invited to watch again but this time be more proactive and pay close attention to two specific points. Firstly,**

**consciously and deliberately recognise (as you watch) that you were only a child at the time, with limited life experience and available resources. Secondly, feel compassion towards the other person involved and look for the positive intention behind their behaviour. So, even though they went about things the wrong way at the time, what was the *good* that they were trying to bring about?**

**Notice how placing these filters over your viewing of Act 2 makes it a different experience. What was different for you this time?**

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**How did you feel after watching Act 2 compared to Act 1?**

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**What insights did you gain into why the adult or parent-figure involved might have acted the way they did?**

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**What other possible reasons might the adult or parent-figure have had for behaving the way they did?**

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However they spoke or behaved towards you at that time, please know that their response was all about them and what was going on in their world. It was not about you. It was likely a simple over-reaction. You know that people sometimes over-react, because it's human nature. You do it yourself sometimes. We all do.

You may never know what was going on for them on that specific day. What challenges they were facing, what unexpected issues had been presented to them. They may have been ill, or been in pain or discomfort that day which impacted on their usual patience or calm. They may have had a series of challenges that day, and whatever happened in your situation was just the final straw for them and so they inappropriately vented their anger or frustration in your direction.

They may also have spent a lifetime in regret and remorse about how they reacted on that day. And you are now in a position with your learning and insights to forgive them and show them some compassion. Take a moment to think about that other person and feel a strong sense of love and compassion towards them, to whatever extent you feel able to. I understand this may be difficult or uncomfortable for you at first. Be mindful that compassion allows you to forgive, and when you can forgive and let it go, you can find peace. So the more you can practise compassion towards that person, the better you will feel about everything.

You may never know what was going on for them that day. But knowing that there is even a possibility that *any one* of the above explanations may have been true lets you have a different relationship to that memory, and helps you to move forward and shed the skin of shame.

You have nothing to feel ashamed about. So make a decision today, right now, that you are going to let that emotion go. It's now your time. Any further investment of energy into feeling shame is wasted. Totally wasted. And is not conducive to you having a solid, robust self-esteem or sense of self-worth and living your best life.

Nobody else can judge you in a way that counts unless you give them permission first. So withdraw that permission right now.

And nobody else can *make you* feel anything. No-one. You are always at a point of choice. So whilst you can't influence how someone else speaks or behaves, you can always choose how you react to and internalise it.

**It is really important that you take time during this week to repeat the work covered so far in this Secret.**

**Value yourself enough and really connect with your motivation, so you can prioritise this and spend *sufficient* time on it, ensuring you make a meaningful emotional connection with each step you take.**

**This is your time now, and you matter.**