

Week 19 Practice

If last week's exercise was extremely difficult, the good news is, you're not alone. We're all limping a little. It was courageous to write a letter—perhaps even *give* a letter—about your loneliness to someone you love. It takes guts to take that kind of responsibility for your relationships. Probably, you experienced intense inner resistance to doing so, or a vulnerability hangover afterward. This week, we are going to begin working through your resistance to revealing who you are. Even though you have begun to embrace your worthiness and want to reveal it, there are some very real habits to reverse as you do so.

First, find two sheets of paper and a pencil. On the first sheet, draw two lines down it, dividing the sheet into three columns. At the top of Column 1 write "Hide." At the top of Column 2, "Attack." At the top of column three, "Elevate." You are going to make a categorized list of the ways you limp. Your Hide column might contain things like "Staying quiet" or "People pleasing" or "Adopting everyone else's interests." Your Attack column might include things like "Anger" or "Gossip" or "Criticism." And your Elevate column might include things like "Judgment" or "Wearing designer clothing" or "Not associating with certain people." Write down whatever comes to mind, even if it stings a little to admit it.

Next, on the second sheet of paper, make three columns once again. At the top of the first column write "Limp," at the top of the second column write "Heal," at the top of the third column write, "Not Sure." Now, list everyone in your life and place them into three columns. In the Limp column, list the people you are most likely to limp around, those you feel most defensive around, those who feel least safe. In the Heal column, list those people with whom you'd feel most comfortable trying to "walk normally." Remember, these may not be the people you typically feel most comfortable around; yet, these are the people you will feel most comfortable around when you become atypically vulnerable. In other words, these are the people you feel will be most willing to receive the revelation about who you truly are—in all your worthiness and all your messiness. These are the people who can be grace to you. Then, of course, list the people you are unsure of in the last column.

That is enough for one week. Indeed, that is *more* than enough. Just like you.