

Start the art of

HONESTORYTELLING

WRITE YOUR HONEST STORY

Write down your brutal truth. Your real life's story. Everything that had hurt you. Use pen and paper, do not write it on a device. Start with birth, look at childhood, look at your teenager years, young adult years until now. The act of making heavy experiences and related feelings visible (just to yourself for now) already brings healing. The moment you acknowledge your feelings, the moment you heal. You might want to draw a timeline and mark the most impactful situations before you write the text. Your story is about how you felt when certain things happened and how this specific experience influenced you throughout your life.

EXTRACT THE CURE

Look at what you've learned from the experiences which created your story and how these skills serve you these days. You might wonder what growing up in a violent area or narcissistic mother has brought a person. Well, maybe this woman became a very good observer and leader, being able to take care of herself in a responsible way - because in order to be safe or be supported she had to do it for herself and maybe her brothers and sisters in the past. That caused a lot of pain - and skills. To realize this and identify the outcome of painful experiences is the act of extracting the cure.

START TELLING YOUR TRUTH

Tell your true story to trustworthy people first. Don't do tabula rasa. One step at a time is good enough. It will allow your body, mind and soul to grow into the direction you are meant to grow. Enjoy the relief, lightness and new, wonderful experiences with kind people who adore you the way you truly are.

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