

BELLA YOGA

"Yoga of the mat: motivating clients to surrender to discomfort" by Eve Eliot

Please be assured that your answers will be kept confidential unless you choose otherwise. Please read all questions first, then answer.

QUIZ

After rereading this article, what are two areas of your life that you too might get "hooked by the story"? For example, setting big goals and trying to achieve too much at once...

When things happen as they do, what are some of the poor coping mechanisms that you act on or "your triggers" in that area? For example, when I feel trapped by my inability to make a parent feel better, I sometimes get trapped in the past and feel like a little girl all over again. I might then overspend or eat too much- wanting for someone else to be happy.

Do you then feel badly for having taken the hook? Or can you see with mindfulness how you might be acting out and utilize this witness or observer to come out of your reactive patterns sooner?

How does your mindfulness, or gentle loving kindness practice bring you out of these “myths of limitation”? What are better self-coping tools that you employ to help you let go. How might yoga practice help you to reframe your reactivity and provide you with greater faith?

How might your range of choices be expanded by your new thinking and consequently to make better choices for yourself. In the same example above, I might remember something really wonderful and loving about this relationship and instead of eating the entire ice cream, put it back and shift my focus to tangible action steps that I would like to make, like putting my color brochure around town, or writing a heartfelt thank you card without any people pleasing connection to it. Be honest.

What are four additional action steps you would like to employ during/after this training for those two key areas where you slip up and judge your processes and that would provide further support?