

Feeling Stuck and Spring Cleaning is NOT Cutting It

By Emma K Viglucci, LMFT



Deconstruct and Reconstruct Yourself to
Unleash the Radiance Within

A decluttered home, a detoxed body, and upgraded habits can only take us so far to experience a full refresh to create newness in our life...

You might feel like you are trying all the things to improve how you feel, your relationship and your life, but yet not much is happening...

You might have given decluttering a try. Going on a diet. Doing a detox. Changing your routines. Starting new habits. Fighting and making up with your partner.

You are considering changing jobs, and even a career move.

You are not sure what needs to give.

You keep adding things to your life to make it better, then you feel overwhelmed by the cramped style...

Everything and everyone get on your nerves. Specially your partner...

Do you know why your partner is always the “problem”?
Because you are... And they are the closest (intimate mirror) to you... You keep pointing fingers, projecting, and waiting for them to change...

When all along, the answers and everything you need are all inside you...

Your feelings, your relationship and your life won't change unless you do...

It's time to stop giving your power away and unleash the radiance inside you.



Emma K Viglucci



**EXPERIENCE A
DEEP AND
EMPOWERING
REFRESH AND
UNLEASH THE
RADIANCE
WITHIN**



THIS MASTERCLASS HELPS YOU:

A ~ Appreciate and Accept All of You

Appreciate who you are, what makes you unique and special, and understand what about you is keeping you stuck, how it plays out in your life

B ~ Address and Remove the Shackles Holding You Back

Address the limiting beliefs, fears, and shadows (disowned parts of your self) sabotaging and holding you back from being your best self, and creating the relationship and life you desire

C ~ Align and Integrate the New You

Align with your new self and integrate an empowering personal-relational approach to your lifestyle to create what you desire

~~ IMPORTANT ~~

Block time off to dedicate to get started on your transformational processes. For your dedicated time, create a cozy and inspiring space to help you get in the mood and support your work. Turn off all distractions and sequester yourself (LOL)

Have the following handy as well:

- Candle or diffuser, aromatherapy oils
- Zen music or nature sounds
- Water or tea
- Journal and/or Working Notebook
- Pens, color pens, highlighters, stickers and other supplies that you would enjoy
- Calendar



APPRECIATE AND ACCEPT ALL OF YOU

~ A ~

APPRECIATE AND ACCEPT ALL OF YOU

Appreciate who you are, what makes you unique and special, and understand what about you is keeping you stuck, how it plays out in your life

Who we understand ourselves to be it's actually only the tip of the iceberg of what makes up who we are.

Our conscious mind and our brain's frontal lobe executive prowess, where we understand who we are, make up but a fraction of what goes on in our experience. This is the tip of the iceberg.

Most of what makes up our identify, how we understand the world, what we make sense of things, how we show up, how we respond, what we feel, what we pursue, our habits, our routines and all the rest of it is driven by what's beneath the tip of the iceberg...

Our experience and who we are is informed by our unconscious mind and embodied-brain, our subconscious mind and sense of self, and our essence...

Therefore, when we try to make changes in our life at the conscious level and through will power and discipline alone, it feels like we are trying to move a boulder up a mountain. Even if the effort is at 100% at this level, it can't make enough of an impact as this area runs a very small amount of what goes on.

When we try to make changes at the conscious level alone, it's like we are washing clothes in dirty water... No matter how much we try, the clothes won't get clean!

THE KEY HERE IS FOR US TO LEARN OURSELVES BETTER, TO UNDERSTAND HOW WE ARE OPERATING AND WHAT IS DRIVING US...



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We'll start uncovering and owning the parts of our self that we are not so familiar with that are running the show and sabotaging our efforts at creating our Best Self, Best Relationship and Best Life.

Process 1: Expanding Your Awareness

1) Start by narrating the story of your life... Grab the highlights of incidents, experiences, challenges, troubles, hoops you jumped through, disappointments, heartbreaks, losses, milestones and transitions...





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2) Review your narrative and identify:

a. Running scripts and stories, what you tell yourself about yourself and others, what are you afraid of

b. Health and emotional symptoms, feelings/emotions (go as vulnerable as you can)

c. How do you cope to manage your life, when you don't feel well or when you are triggered? Identify your habits and defense mechanisms...



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d. What do your habits and defense mechanisms accomplish? What do they do for you? What impact do they have? What patterns do you manifest...?

e. What do your habits and defense mechanisms accomplish? What do they do for you? What impact do they have? What patterns do you manifest...?



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3) There are a lot of different parts of ourselves and different ways to look at our life... Capture what has been awesome in your life, what are you proud of, what strengths have you demonstrated, what skills, talents and gifts do you have, what have you conquered, what codes have you cracked, how far have you come...



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Process 2: Opening Up to Possibilities...

1) If you had no fears or any other hang-up, what do you think you'd be able to create? How would you be different, how would your relationship be different, how would your life be different...?



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2) Give yourself understanding for having operated the way you did as that's all you knew and were able to do. You took care of yourself the best you could that allowed you to have gotten to this point in your life. Give yourself compassion and appreciation for having taken care of yourself the best you could. Forgive yourself any defenses that caused you additional pain, and appreciate how that served its purpose at the time- how it's completely understandable that you had to protect yourself in those ways...

A romantic couple is seen from behind, standing in a vast field of blooming lavender. The woman, on the left, has long brown hair and is wearing a white lace top. The man, on the right, is wearing a blue patterned t-shirt. They are both holding a large, round, woven straw hat over their heads, partially obscuring their faces. The scene is bathed in warm, golden light, suggesting late afternoon or early morning.

ADDRESS AND REMOVE THE SHACKLES HOLDING YOU BACK

~ B ~

ADDRESS AND REMOVE THE SHACKLES HOLDING YOU BACK

Address the limiting beliefs, fears, and shadows (disowned parts of your self) sabotaging and holding you back from being your best self, and creating the relationship and life you desire

Having awareness into our programming, what is driving us and how it plays out is not enough. The next step is to proactively reprogram ourselves...

Our Conscious Mind and the executive part of our brain do only but so much for us. They are our computing center but are limited to how we take in input with our physical senses and our physical health. When we depend on this for creating our life, we are indeed operating with limited resources...

It is imperative that we intentionally take charge of ourselves to holistically come online for a more rewarding human experience...

Our Unconscious Mind and our embodied-brain is where information is stored in our biology, in our body. This can be equated to being the hardware of our existence. We can see the history and trauma of our life in our brain functioning, and in the health/ease and illness/disease of our body. We wire/fire the neurons/neurotransmitters of our embodied-brain, creating its structure and functioning, with our experiences, interactions, and thought patterns...

We can't directly access the messages encoded here but we can infer them and still address them... Consistent different outcomes to our experiences than our historical outcomes assist us with restructuring and enhancing functioning. Also, bodywork is a superb way to assist us release what's stuck and unprocessed in our embodied-brain and body...



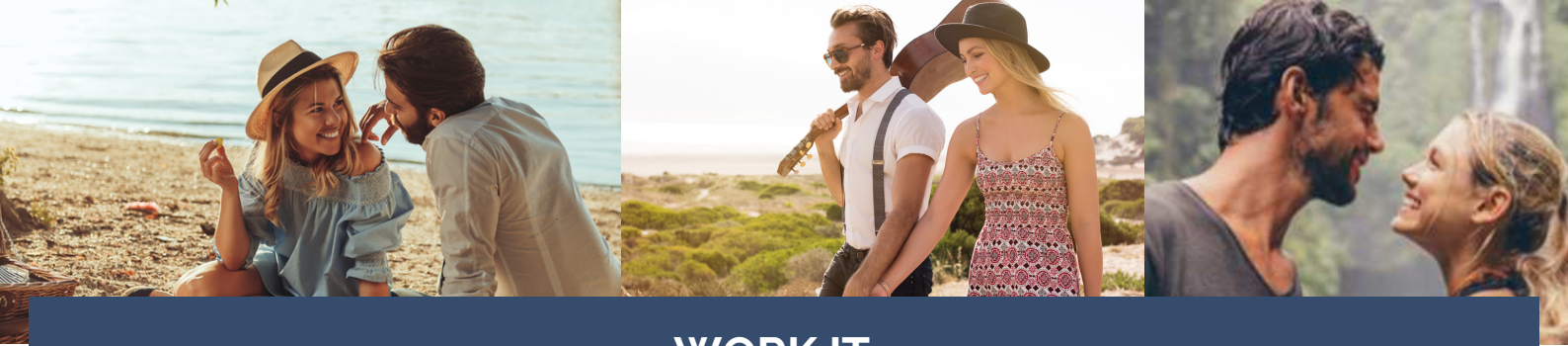
ADDRESS AND REMOVE THE SHACKLES HOLDING YOU BACK

Our Subconscious Mind is pretty much our operating system, the software of our life. This is the program that runs the show. This is where our mindset resides, our belief systems, our fears, our shadows (disowned/overcompensating parts of ourselves, shadow self), and our sense of self... Our habitual thought patterns become our belief systems and self-defining if they are about ourselves... This is good news as this allows us to reprogram ourselves, to install whatever new software we'd like!

We can directly access the encoding, messaging, and programming in our subconscious mind with targeted processes and intentional living...

Our Essence is our Master Mind... This is what we usually refer to as our Authentic Self, our Core Self, our Higher Self. This is the more esoteric side of ourselves- our spiritual nature. This is what gives us our Human Prime Directive... This is what drives our bigger picture in life, our Purpose, our Mission, our Vision...

We can access this part of ourselves through mindfulness and spiritual practices...



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Of the different Minds, the Subconscious Mind holds the most easily accessible material that when addressed has the most immediate impact on our overall wellbeing and empowerment. Therefore, we'll be focusing on reprogramming and shedding light into the Subconscious Mind in this Section.

Process 1: Reprogramming Belief Systems

Go back to Section A, to Process 1 -Step2, where you captured your programming. Focusing on Segment-a:

- a. Capture all the scripts and stories in your narrative you recognized you have running in the background in the left column below
- b. For each item in the left column, identify and capture the limiting beliefs driving those scripts and stories in the middle column below
- c. For each item in the middle column, identify the fear behind those beliefs in the right column
- d. In the last column, challenge the limiting beliefs and the fears with more logical explanations, exceptions and other information that disproves them

Left	Middle	Right	Last



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Process 2: Clarifying and Illuminating Your Shadow

Shadow Self

Lurking in our background	What we lead with
<ul style="list-style-type: none">• Lost Self - Unrecognized traits or characteristics• Denied Self - Repressed traits or characteristics• Disowned Self - Unclaimed traits or characteristics	<ul style="list-style-type: none">• Hidden Self - Hide from others• Presentational Self - Show to others

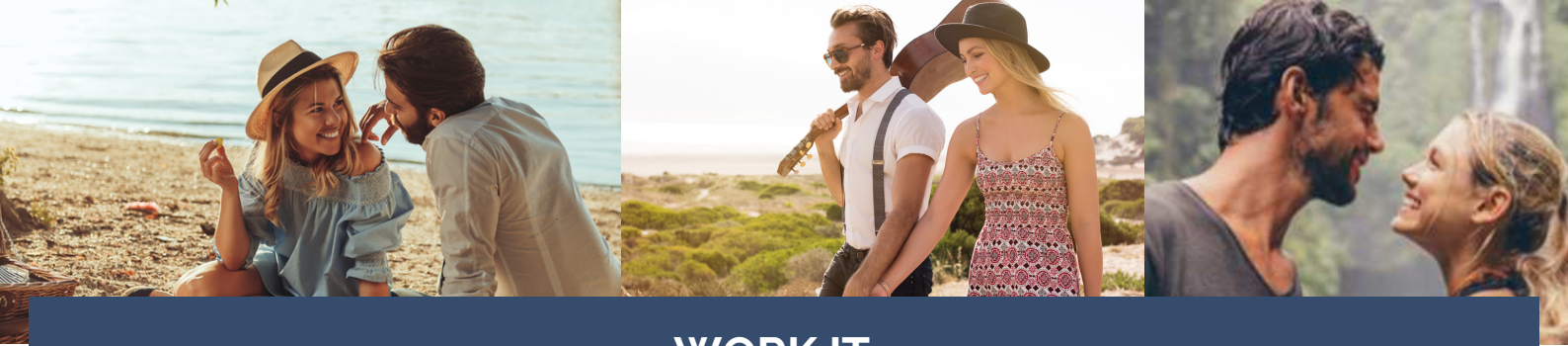
1) Using the work you did so far, and any further introspection you need (observe triggers, patterns, projections and judgements), let it inform how you fill in the blanks below

a. Attitudes and behaviors from others that you consider mean:

b. Characteristics, attitudes, beliefs, feelings and behaviors that trigger you:

c. Feelings and emotions you believe are better avoided:

d. Traits and characteristics that your caregiver disapproved, discouraged, judged, mocked, punished you for:



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e. Traits and characteristics that your caregivers had and/or valued growing up:

f. Things you are afraid of in your life because of authority figures:

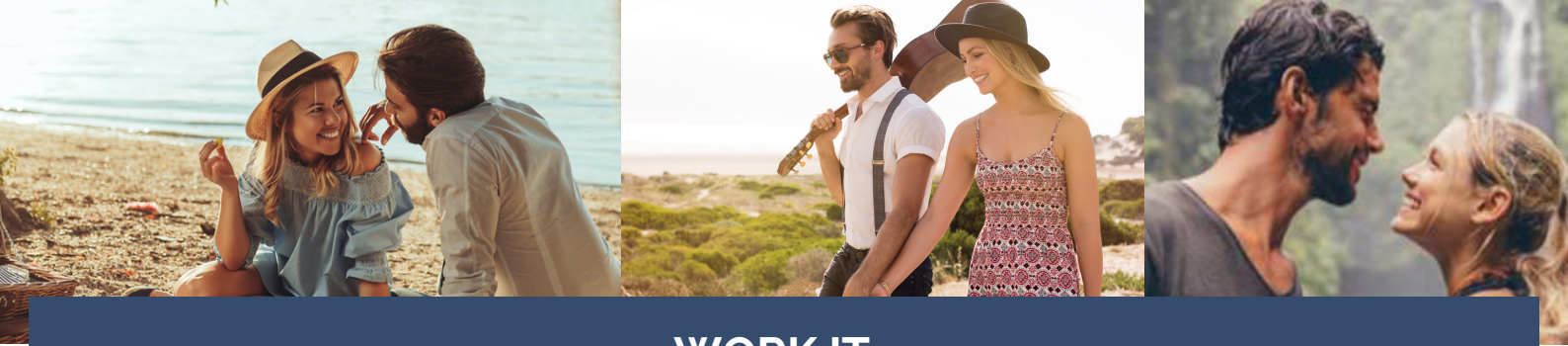
g. Characteristics, traits and/or features about others you despise or dislike or that scare you:

h. Characteristics, traits and/or features you despise, dislike, are scary or you want to improve or change in yourself:

i. Characteristics, attitudes, beliefs, feelings and behaviors that embarrass you

j. Characteristics, traits and/or features about others you admire:

k. Characteristics, traits and/or features about others you admire:



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2) Capture your answers given above sorting them into different possible categories, i.e.:

- i. World at large, authority, rules, trust, boundaries, respect
- ii. Money, abundance, allowing, receiving, giving, generosity, charity
- iii. Food, body, looks, appearance
- iv. Personal characteristics, personality, strengths, weakness, talents, gifts
- v. Feelings, intelligence, sensitivity, demeanor
- vi. Other/s:



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3) Take a moment to give these parts some attention, without judgement lest you continue to promote the shadow...

Imagine your heart shining light on them with acknowledgement, understanding, acceptance and compassion- even love...

4) Which of the categories you identified seems to have the strongest hold over you- the content in this category seems to influence you no matter how hard you try otherwise:

5) This part of your shadow is very influential and can use lightening up... Meaning- being seen, brought to light, shown some understanding, and consciously integrated into yourself...

Our unacknowledged parts get inherently larger when judged, dismissed, and such creating larger shadows, influencing who we are more and more, driving who we become... It is important to own all parts of ourselves integrating them for a more comprehensive and wholistic self, with acceptance and compassion. This is part of becoming more and more who we are and what makes for a better Human Experience.

Taking a look at your selected category, how can you embrace its contents into how you see yourself, the thoughts you allow yourself to entertain, how you manage your feelings, how you operate, how you show up to interactions, and how you pursue your life compassionately knowing and accepting all of you as you play:



ALIGN AND INTEGRATE THE NEW YOU

~ C ~

ALIGN AND INTEGRATE THE NEW YOU

Align with your new self and integrate an empowering personal-relational approach to your lifestyle to create what you desire

Though awareness is huge, it is but the first step in our personal development and in the process of creating the changes we want in ourselves, our relationship, and our life. Once we gain awareness and a deeper understanding, the next step is to work with what we learn to create the necessary internal shifts. We started this in the two prior sections.

The next is the crucial step of establishing external practices to help us better assimilate and ingrain the shifts we made integrating them into our world for the transformation we seek.

IMPORTANT: Note, that the prior two sections might have shaken you up a bit along with unleashing pent up stagnant and stuck energy... So be prepared to feel a bit wobbly, unsteady, being hyper vigilant and hyper sensitive, cycling between high and low moods, and questioning everything in your current life as you experience the internal rearrangement and defragmentation... This is GOOD!

Not only have you constructed a New You, but you have generated Energy for Newness...

Let's put all that to work with new practices to help you reconcile your new internal world with your external one. Embrace You 2.0 to create your radiant and successful relationship and meaningful life...



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We don't want all the hard work we did in the prior two sections to get lost in translation... We are creatures of habit and if we don't actively integrate what we learned and use the shifts we've made, our old you habit will continue to reign. We now have to own and implement some changes for the shifts we made to take...

Process 1: New Identity, New You

1) Utilizing the takeaways from SectionB-Process1-LastColumn and SectionB-Process2-Item5, write a blurb to capture your New Identity...

2) How do you feel about your New Identity? How does it feel owning the once less desirable parts? Note the needs behind these and stay attuned to meeting them in healthy ways...



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3) What (range of) feelings is your New Identity able to generate?

4) Name one immediate change You 2.0 will make in your relationship or in your life in general:

What is the first actionable step?

When will you take it?

Who will you share your action with:



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Process 2: Cultivate You 2.0

1) What are some of the new characteristics, attitudes, beliefs, feelings, and behaviors you identified in the New You?

2) Select one from above to truly embrace and embody that you believe will have the most impact in your life:

3) Design and implement a new practice, establish or tweak your routine or incorporate a new habit, create or sign-up for a new activity, or set up a new set of experiences that will help you explore, integrate and fully own your selection above:



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Process 3: Attunement and Joy

1) Get into the habit of checking in with yourself ongoingly... Keep tabs on the running commentary in your mind, how you speak to yourself, how you feel, what feelings come up, what you need, how to meet that need, catch yourself going into old ways, habits, and patterns.

Gently and lovingly course correct as you go, and treat yourself well...

Keep a nightly log in your Journal about how you managed the above for the day. No judgements, just awareness, and lots of compassion.

Each day is a new day to try anew and to keep becoming more You...

2) Now, this last treasure for this work is truly magical as we are usually not great at doing this on our own for ourselves... This one has to do with allowing more joy and pleasure into your life...

Integrate experiencing joy and pleasure into your Self-Love Practice... Make a list of *The Little Things* that give you *Joy & Pleasure* (this can range from having fresh flowers in your home office to self-pleasuring with your favorite adult toy...)

1-	8-	16-	24-
2-	9-	17-	25-
3-	10-	18-	26-
4-	11-	19-	27-
5-	12-	20-	28-
6-	13-	21-	29-
7-	14-	22-	30-
	15-	23-	

Now add a Joy & Pleasure Habit into your daily routine for which you can draw from your list above... When in your day is this habit to take place:

Here is to Your Becoming You 2.0!



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