

Uncover Your Flow Stoppers

Flow-Stopper 1: Self-Pity

When was the last time you felt sorry for yourself?

What triggers self-pity for you?

What benefit do you receive by feeling self-pity?

How do you think self-pity interferes with your power to consciously create?

Flow-Stopper 2: Doubt

When was the last time you felt doubt – fleeting or persistent?

If doubt is an issue for you, ask yourself if you hold any of these beliefs:

- It is impossible to consciously create your own reality.
- Conscious reality creation is impossible for me.
- It is impossible to create my own reality.
- I am not “smart enough” – “strong enough” “xxxxx” to create my own reality.

What benefit do you receive by feeling doubt?

How do you think doubt interferes with your power to consciously create?

Flow-Stopper 3: FEAR

When was the last time you felt afraid?

What brings up fear for you?

Do you have beliefs that might be causing your fear?

What benefit do you receive by feeling fearful?

How do you think fear interferes with your power to consciously create?

Flow-Stopper 4: Martyrdom

When was the last time you felt overburdened, unappreciated, or like you gave too much?

What or who triggers your feelings of martyrdom?

What benefit do you receive by feeling martyred or self-sacrificing?

How does martyr energy interfere with your power to consciously create?

Flow-Stopper 5: Control

When was the last time you felt like you needed to control someone, something, or a situation?

Are there certain areas of your life where you are more likely to try to control?

Do you hold any of these beliefs?

- I must control my reality in order to be safe.
- I must control others in order to be safe.
- I have to control to get what I want.
- If I do not control, I will be controlled.

How do you think the need to control interferes with your power to consciously create?

Sometimes it is not the “adult you” who is afraid of what will happen if you lose control, but rather “your child”, “your adolescent”, or “young self”.

They may feel the need to control because they are afraid, they will not be able to “do it right.” What do your younger selves have to say about control?

Flow-Stopper 6: Impatience

When was the last time you felt impatient?

What triggers impatience for you?

Do any beliefs underlie your impatience? For example, “I may never get what I really want.”

Do any fears underlie your impatience? Can you trace these fears to a belief?

Flow-Stopper 7: Judgement

When was the last time you judged a person, situation, or thing?

What triggers judgement for you?

Judgement often comes from a fear-based need to “be right” or “safe from wrong”.

How do you think judgement energy interferes with your ability to consciously create?

Flow-Stopper 8: Disappointment

When was the last time you felt disappointed?

What triggers disappointment for you?

Think about a recent disappointment. Ask yourself these questions:

- Did I give myself enough time to create what I wanted?
- Do I have a belief that says, “I can’t have that?”
- Do I have a belief that says, “I don’t deserve that?”
- Did I let my child or adolescent self take over and push away the thing I wanted?

Flow-Stopper 9: Blame

When was the last time you assigned blame to someone or something?

What triggers blame for you?

How does blaming interfere with your power to consciously create?

Blaming other people, things, or situations for your reality.

Flow-Stopper 10: Entitlement

When was the last time you felt entitled?

What triggers a sense of entitlement for you?

Do you hold any beliefs which trigger entitlement, such as “XXXX” owes me?”

Flow-Stopper 11: Guilt

When was the last time you felt guilty?

What triggers a sense of guilt for you?

What beliefs are at the root of your guilt?

Flow-Stopper 12: Jealousy

When was the last time you felt jealous?

What triggers jealousy for you?

What beliefs underpin your jealousy?

Flow-Stopper 13: Shame

When was the last time you felt shame?

What triggers shame for you?

Guilt and Shame are not the same, although they often show up together. Tune in to your inner wisdom to get to the core of these flow-stopping energies and tap into your ability to create your reality.

What beliefs have you taken on from those who have shamed you?