

POST ABORTION PAIN

A WORKSHOP WITH AMANDA STAR KINGSLEY

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Expansive pain:

- Feels open in the body, softer, slower
- Opens room to learn more about yourself and the world
- Leads to clarification and growth

Restrictive pain:

- Feels tight in the body, heavy, fast
- Closes off outside connection and opportunity
- Leads to rumination and stuckness

ONLY YOU WILL KNOW WHAT KIND OF PAIN YOU ARE EXPERIENCING, BASED ON HOW SOMETHING FEELS IN YOUR BODY AND WHAT THOUGHT SPIRAL IT SENDS YOU ON.

THINK ABOUT YOUR EXPERIENCE (USE THE BACK OR MORE PAPER IF NEEDED):

What kinds of Restrictive pains are you experiencing or have you experienced?

What kinds of Expansive pain are you experiencing or have you experienced?

Are you able to shift the language in any of your thoughts to shift into more expansive growing pains, vs. tight rigid pain?