



Kelly's Challenge Your Thinking 6-9-20

1. **What is happening?** A guy I had 3 dates with cancelled.
2. **What are telling yourself about that:** Here we go again. This was the best prospect I had. There's nothing out there. Like clock work, the guy cancels when I'm interested. The universe is conspiring against me. Everyone else has what they want, love, family, here I am again with nothing. . .I'll be stagnant, without love, alone. . . it won't happen. It won't happen for me and nothing else will happen. . **There's something wrong with me. . . . -- A LIE. . .**
3. Low, depressed, unworthy, not hopeful, despondent and it feels like groundhog day...the same pattern. . (very low vibration)
4. **Challenge the Story with something reality based.** They're screwed up they way they parented. Maybe he really is busy at work and it was only 3 dates, if it's not the right one. I'm trying to have what I didn't have. . . I've been looking for my "enoughness" outside of my self. I don't want to be shipping my own crap, she got . . . The best is yet to come. . . They're probably not happy. I have health and family and friends and many respects -- great pay, great job. I have independence. . I keep getting myself My life is my journey. My parents were limited. Their modeling was awful. I got lost. I thought I wasn't enough. I believed it. Because I believed it. . . When I believe that I'm enough, I create people who will see me as not enough. I went to a state school, versus a private school.
I have to save myself. . .
I wanted to be saved. . .like a girl thinks. . .
5. It's empowering, I have to keep remembering. . .that I deserve. . .

THE HUMANE ECONOMY