

Finding The One Call Synopsis



Jan

Write

Meditation daily and will keep it up.

Filled out the dating yourself forms.

I've been doing gratitude every night and every morning and talking to myself in the mirror and I get to dance on Wednesdays

I was cleaning out the drawers and I threw it all in the garbage.

I took myself off of plenty of fish.

Shelly

I feel like I'm drifting with it.

Noticing a pattern that you're doing it but not moved by it.

Some questions like: Dating Yourself worksheet.

How do you want to be treated in a marriage.

Shown up for and can you transcend these into what I can do for myself.

Every day, tell myself "I love your Shelly"

I want to feel like someone is showing up for myself and showing up for myself. . .

Giving yourself gifts or traits or traits.

I struggled with things outside of my comfort zone.

I thought I could read more and snooze and read more. I could check out HBO and Netflix.

Call a friend I like speaking to.

Make 3 calls to people outside of program.

I trust the process!!

Finding The One Call Synopsis



Being adult is the harder part and getting on top of things. I hate financial stuff. I didn't want

I wasn't honest about how I really felt.
I didn't end it with you because I was afraid to alone.

Not knowing how to really look after my needs. Lonely.

What didn't work in the relationship.

1. I couldn't see my future with you

2. Stagnant, (not going anywhere) not at peace, confused, second guessing, asking others, looking to others for validation, needing other people to validate, insecure, not serene, not true to myself, not trusting myself, wanted to check out others, not serene, not true to myself, not in integrity. FEAR!!! Lying to myself. Stuck, frustrating!! Wanted to be saved. Lonely. Settling. Didn't respect enough. Not enough. Not inspired.

3. Peaceful, like I'm with the right one. Excited to build a future with that person!!! Proud to go out with them. Respecting and inspired by them. Peace in my heart this is the right one. Knowing. Happy, connected!! Alive! Proud to with him. Won the lottery!!! I can't believe it. . .

4. The type of relationship that I'm looking for--a deep commitment that will make me want to show up. . .

1. I wasn't honest with you about my feelings

Finding The One Call Synopsis



2. How it made me feel to be with someone I wasn't honest with about my feelings.

Zully

Celebrating: I was a lot more vulnerable than I ever was.

I was feeling nostalgic and I feel that I would have just kept that to myself.

I'm shared it. And I was vulnerable and I allowed them to be there for me.

My roommates stayed with me for the whole seder. It was very special! We all sat down to watch the 10 commandments to say how I felt and for receiving their attention and their love!!

I feel that I understand things intellectually. After that dream, when I woke up and feeling overwhelm like when I was a teenager! I'm here with you and you're safe! I knew it in my head and it hit me that I have my back. I'm taking care of myself and I love myself.

I'm free!

What I need to work on is letting go and letting go of any resentment to my mom and and after those exercises. They took so many years and that's making them responsible.

My mom called me and I didn't want to pick up the phone.

She takes my energy down and that takes my energy down.

I feel forced to listen to her out of respect. I feel I have listen out of respect.

BOUNDARIES WITH MOM.

Finding The One Call Synopsis



IVE DONE WORK ON MYSELF AND MY FUTURE AND VISION. . AND IM
EXCITED ABOUT IT. . WHAT I WANT TO DO IS CREATE A DIFFERENT
RELATIONSHIP. . . I WANT A NEW RELATIONSHIP.

I am asking to not speaking anything negative.
I don't want to that in our space.
Let's talk about positive things that are working. . .

I love you, but I can't hear this. . . it takes me down. I don't want to feel that
way.

If she gets manipulative. . . .
That's not healthy and that's trying to make me wrong.
Don't compare me to my sister.

I'm not them!!

There's something wrong with me!

There's nothing wrong with me.

I choose to forgive!!!

Tamara

This week I'm celebrating that I've creating boundaries and I stood up for
myself.

Claudia

Finding The One Call Synopsis



Esther

Away with family! Rented a house a few siblings. . .