



MAEA

WORKBOOK

Taking Back Control

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Use the below spaces to take notes from the videos contained in this module. The below spaces can be written into digitally, simply click on the box and start typing. Alternatively you can print this workbook and take handwritten notes

Video One Insights

Stand In Your Mana

Video Two Insights

You Are What You Think

Video Three Insights

Letting Go Of The Past

WORKBOOK

Taking Back Control



This module is all about taking back control. Control over your thoughts, your emotions, your actions and ultimately your life. To do this we are going to explore how our current thinking impacts the way we are showing up in relationships today and how our past experiences are influencing our present and our future.

Below are two activities that you can complete to apply the know from the videos to you and your relationships.

Good luck!

ACTIVITY ONE

Taking back control starts with getting honest about the link between what has happened to you and how that is influencing your current life.

On the follow page you will find the below sentence structure.

BECAUSE.....**I NOW**.....

I invite you to focus specifically on your experiences and behaviours relating to relationships and complete the sentence for different aspects of your relationships. The beginning of the sentence allows you to identify ideas or past experiences that you hold in your mind and the second part allows you to identify the impact they have on how you show up in relationships today.

For example;

Because my father was an irresponsible parent I now can't rely on men to be dependable and reliable.

Once you have finished place what you have learnt into the model detailed in video two of this module to see how it is impacting your approach to relationships.

BECAUSE...

I NOW...

CIRCUMSTANCE (your because) -

THOUGHT (your 'I now') -

FEELING -

ACTION -

RESULT -

BECAUSE...

I NOW...

CIRCUMSTANCE (your because) -

THOUGHT (your 'I now') -

FEELING -

ACTION -

RESULT -

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ACTIVITY TWO

We all have a story, we all have trauma, we all have a past and the way we view this deeply effects how we show up in relationships today. Choosing the story we tell ourselves about our past is completely within our power, it can totally change the impact our past has on our present and our future.

Using the spaces below I invite you to reframe and re-write the story of your past.

STEP ONE

Start with your current story, the one you tell about why relationships are hard for you today.

What happened in your past, what has shaped how you approach relationships today, what are the reasons why you struggle with relationships today.

STEP TWO

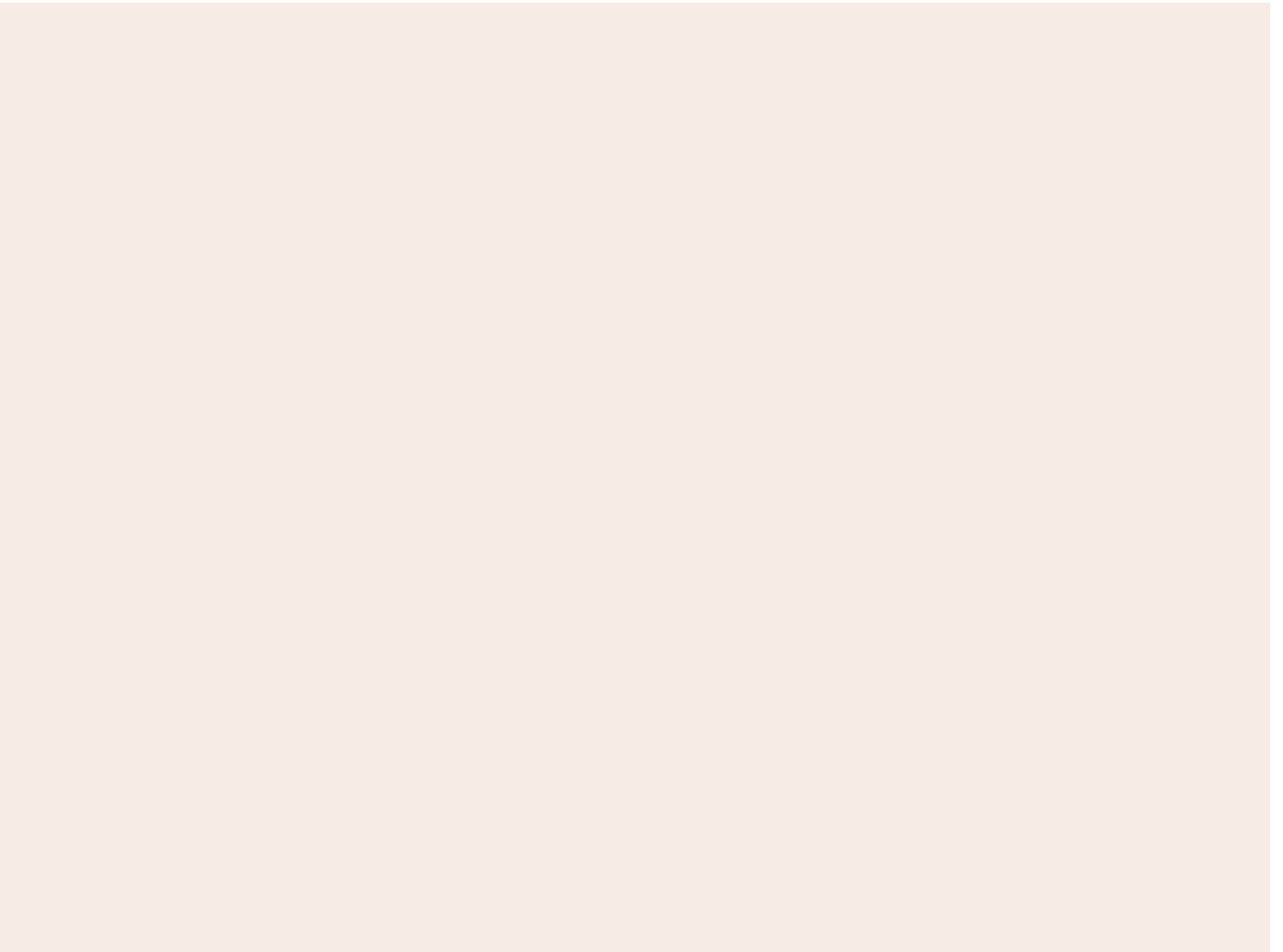
Once you are done use the second space provided to edit the story so you can tell it through an empowered lens.

It's not about denying what has happened, it's about taking back your power from those experiences by viewing how they impacted you through a different lens.

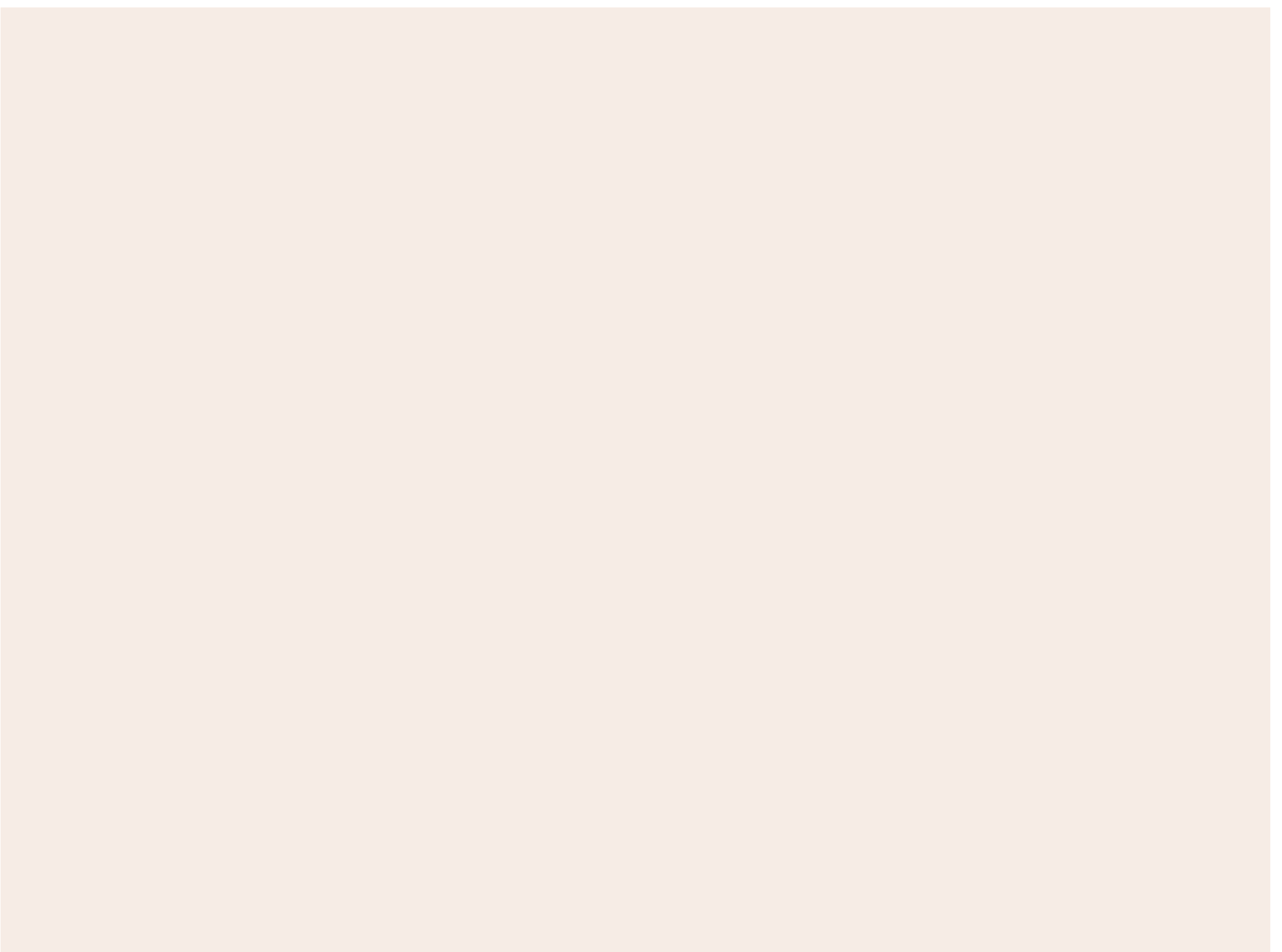
This is a powerful opportunity for you to choose a new story to weave into your present.

Good luck!

Current Story



Empowered Story



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