

Healing Betrayal Worksheet

Ethical Influence	Unethical Influence
Real about success principles – financial principles, relationship skills	Magical success principles – tithing and prayer as the main components of success
Encourages Independence	Encourages subtle dependence on the institution
Encourages multiple perspectives, challenge & criticism	One true way perspective, resists challenge or criticism
Values the intelligence & voice of the group	Cannot question leadership
Prime directive – development & growth	Prime directive – safety & security
Protects those who are suffering	Manipulates and exploits those who are suffering
Progressive, forward thinking	Traditional, always seeking the past
Empowers the people	Causes the people to feel persecuted and paranoid
Collaboration is the key to knowledge	Obedience is the key to knowledge
Uses vision and inclusion as a valid way to get others to behave morally	Uses fear, and obligation as a valid way to get others to behave morally

Reclaiming Your Authority Exercise:

Below, list, by name, as many people as you can think, of whom you have give your authority to:
 (Include, teachers, doctors, lawyers, church leaders, spouses, children, parents, friends, whomever you have given your power of decision over to)

Take Back Your Power Ceremony

After making the list of people you have given authority over to, repeat the words:

_____ (name of the person) Please forgive me for making you my authority and giving my power over to you. I am sorry I made you responsible for extra energy that was not yours to manage. Thank you for your input, your ideas, your information, and opinions. I imagine your intentions were always good and that you always wanted the best for me, however, I am now ready to lead my own life, and make my own choices based on the things I have researched, studied, reasoned, and felt are true for me. I apologize for any discomfort this may bring to you. You are now set free, untangled, cut off, severed, dismissed from any further authoritative administrative services in my affairs, forevermore.

Thank you, dear soul, for our lessons together. I leave you in purest love and appreciation.

Note: Do this as many times as you possibly can to pull energetic cords from anyone you have given your power away to. Imagine plugging back into yourself and cleaning up and toxic bonds with these healing words.

Differentiation: When we can see other patterns of differentiation in our life we can be a witness to this essential part of the divine evolutionary force working through us all. Becoming a wise witness allows us to be compassionate to others as they experience the differentiation process, especially if we are participants, ie: parents, spouses, siblings, children. Use the space below to recollect any other differentiation moments in your life or in the life of your loved ones that did not have to do with faith crisis: (financial practices, medical practices, healing practices, political ideas, educational ideas) Notice, though these times may have felt like conflict, they were a cry for the inner soul to know its right to grow independently from the tribal codes. As we teach our children moral conduct and values, we can then fully expect them to differentiate rather than try and prevent them from doing so. Rather than meeting them with resistance we can teach them to trust themselves. We can express why we may not agree with their choices but remind them that it is more important for them to trust in themselves than it is for them to make you their authority or to try and please you when their soul is calling them a different direction.

Affirmations

I am learning to trust myself

I value my souls need to grow and develop

I value myself and know what is best for me

I am free to choose what is best for me

I am thankful for the past and ready to create a bright future

I am the sovereign authority in my life

I will not allow others fear to adjust my conscience

I am safe to trust what I feel is right for me