



Love and Treasure This Moment of Introspection: What To Do When The Journey Has Been Rough and Where To Go From Here.

Do this activity after you read [What To Do When The Journey Has Been Rough and Where To Go From Here.](#) .

Perhaps in no other time in history have the stakes been so high for everything and for all of us.

Just like the issues of one person and of one country can affect us all, our thoughts, worries, tensions and the repetitive cycle of these concerns affects us individually... much more than we know.

So, as the blog said, let's stop sweeping our biggest concern under the rug and clean it up. At the very least, let's have that intention for ourselves and a plan to clean this issue up when we're ready.

1) Print this PDF.

2) What is that one issue that you have swept under the rug again and again? Spell it out. Literally.

3) Write 4 adjectives that describe how this issue makes you feel. As you do so, feel the emotions that you feel throughout your body. The tensions. The "stuckness."

4) How long has this issue been affecting you? Or perhaps the more accurate question is... in what year did this deal start to become a big deal?

5) How many times has this issue surfaced all the way to the top of your pile of worries in your life? Count them. I know it's scary to go down this dark and painful memory lane.... and actually notice (perhaps for the first time) that you most likely have experienced this issue more times than you thought.

6) Now that were gathering the courage to see this issue in the light, ask yourself:

"Is this issue the same issue that your partner is experiencing?" _____

If so, how many times have they experienced it? _____

And just to be clear, the type of issues that I'm talking about here is the type of issues that come to mind when we hear or when we say "For better or for worse," in our wedding vows. In other words, we're talking about the hard times you've had that have affected both of you.

7) Add those two numbers together. Or if it's just your issue, feel the weight of that number. (Even if it's one, it still is very heavy).

8) Now do what's almost impossible.... take that total number of times this has happened in. Gulp... and swallow it. It's yours. Own it. Resist the urge to block it, deny it, regurgitate it, forget about it, convince yourself it didn't happen, distract yourself from it or sweep it under the rug one.more.time.

9) Does taking this number in mean that you chose what you did? Maybe, maybe not.

10) Does taking this number in mean you were dealt this card? Maybe, maybe not. It doesn't matter so much for this exercise how this issue got here, only that it did. So let's stick the present to fully process the impact this issue has had and how it truly makes you feel.

11) If you feel mad...be mad. If you feel sad, be sad. Repeat "OMG!" or "I can't believe this!" as many times as you need to.

12) If this is an issue that involved hard times that you and your spouse have been through consider sharing your discovery with them (meaning the total number of times you've both been affected by it)...especially to acknowledge their pain. Word of warning, remember you're just sharing this with them. Don't expect any type of

positive response. Maybe they have a lot to say about this, maybe they don't. The point is to validate them, not for them to comfort you. Got it? Okay, good.

Or if you prefer to give them the opportunity to discover what issue has been sucking the life out of them for themselves, feel free to share this post with them. At the very least, if you've shared the same issue, you should feel a sense of a companionship. You've been through this together. You've survived it once or several times, so the chances of you surviving it again are high (as long as you're not harming each other in the process).

13) Realize that if you've been feeling down, worried, anxious, scared, out-of-it or at a loss it's normal, especially if the number of times you've experienced an issue is high.

14) Acknowledging your weakness makes you stronger.

15) It is a big deal.

16) Share it only with the people who can love you because of this not in spite of this. Make sure they have earned the right to hear your story, otherwise, as Brené Brown would say

17) "If you've been strong enough to endure it, you're strong enough to change it."

18) Have compassion for yourself. Be proud of yourself and your resilience. Congratulate yourself for knowing that you deserve better.

19) Is this issue in fact sooo big that you can't overcome it? _____
If you believe you can overcome it, what's on the other side of this hurt?

What is the one thing that you can do to start helping yourself?

20) Which of these statements describes you the best:

(a) The type that can figure what they can do to help themselves because at this point they feel really lost

(b) The type that needs help from others.

(c) The type that knows how they can help themselves and just needs to apply it.

21) Brainstorm 10 ways you can get out of this rut.

22) Read the list again, which of these 10 ideas would create the biggest positive change? Why?

23) Break this one idea into baby steps that will help you move forward.

24) Schedule them into your calendar. You would be surprised how just doing this one thing increases the likelihood that you'll accomplish these benchmarks.

Make sure that the dates you choose to complete the task are challenging and doable.

Want a little boost? Draw a checkmark next to each of these baby steps so that you're more incentivized to check them off.

25) If you're not ready to work on the solution for this issue, and you just want to sit with it for a while, and think about what the best course of action would be for you, **TOTALLY** do that. There's no shame whatsoever. You'll be ready to move forward precisely when you're ready. The events going on in the world can make the time that it takes for you to be ready a little longer than usual or shorter, depending on how in need you are for positive change.

26) "Part of the beauty about solving an issue, isn't about eradicating the problem. It's about gaining the conviction about what you are and aren't willing to stand for."

27) There is always a solution for a better tomorrow. Remember that without loosing sight of the blessings you have today.

28) The issue you're facing is not more important than the important people in your life... so dedicate time to them, too.

29) Have realistic expectations for what life will be like after this problem is gone. There will be other challenges.

30) So as much as possible, learn to show Life that you “get” the lesson in that issue of yours so that you can “pass,” have some worry-free “free-time” for a little bit, and have the confidence in yourself to overcome the challenges that you later face.

31) As they say, if it's true that the hard times are there to help you appreciate the blessings you have... then focus on the good things in life, and maybe, just maybe the challenges will see that you're busy enjoying life and will leave you alone for a little while longer.

32) Remember that what you resist persists... so view the challenge as what it is... as something that you're being invited to resolve. As a level to pass. As a lesson to learn.

33) “The challenge that you have now is not the enemy. It is here to mold you into the person you're meant to be to enjoy the good things in life that are yet to come.”