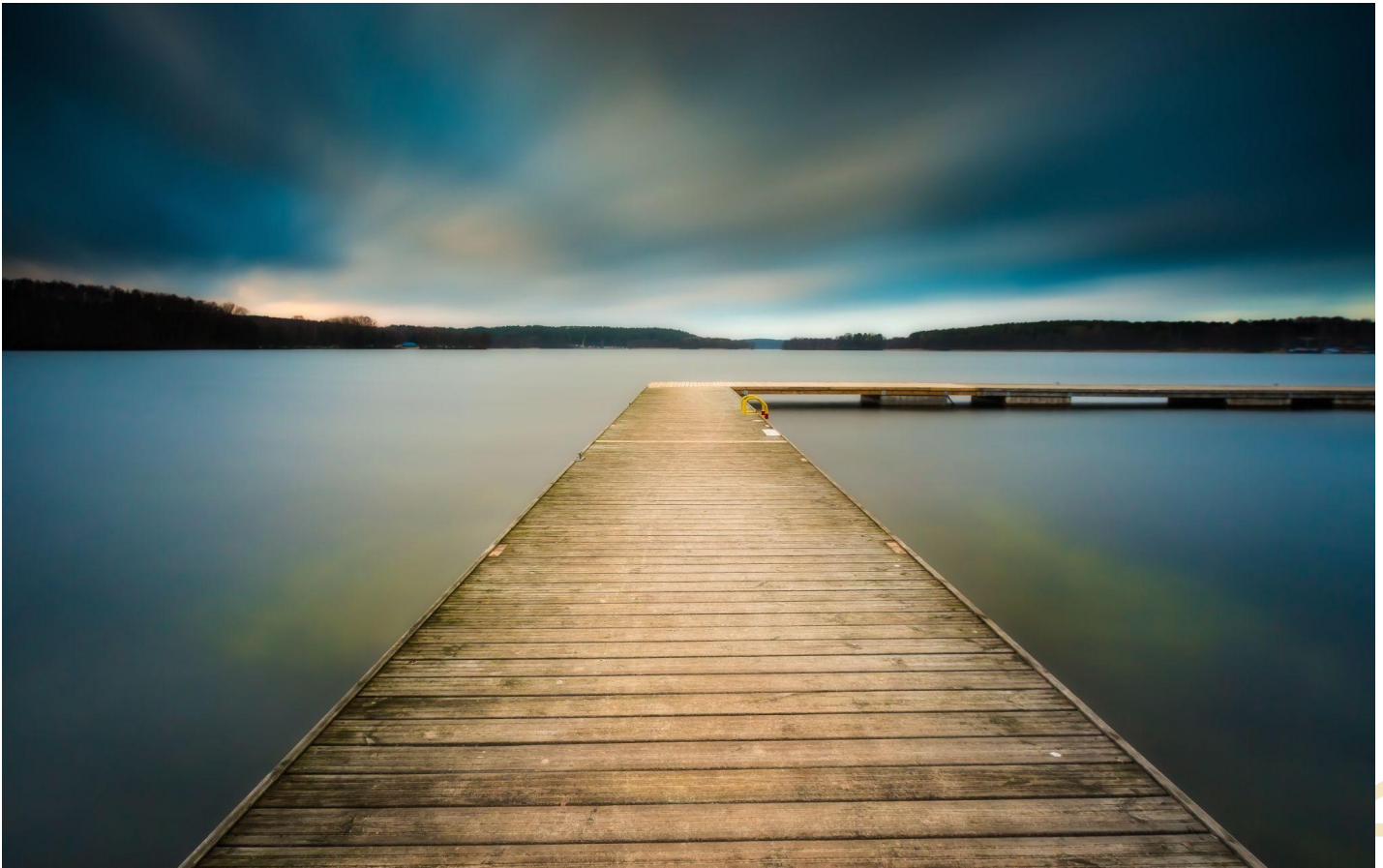


THE
ELEMENTAL
BEING



Homecoming Elemental Practice

We unite to gain strength, inspiration and direction. ◀

Worksheet for Homecoming



What you need: a pen and paper.

When you're ready to open up to someone, whether it's yourself, your partner or friend, start by asking, "When is a good time for you?"

How do you feel about this first step? What thoughts and feelings arise as you think about opening up? Explore your current thoughts and feelings, but also be mindful of any past feelings emerging.

One way to begin the conversation is by first saying you have something to open up about or that you would like to share something. Say this in a moment where both parties are in a calm and awake state.

What would you like to open up about or share? Explore the feelings that arise as you think about this step.

If you or your conversation partner are not ready for this step yet, explore the feelings that arise from this.



Additionally, you can ask when would be a good time for the other person to be able to receive, listen and essentially hold the room. When I say hold the room, it means to not make it about them, just listen, which allows you and them to express.

Open up about how you feel and not how they made you feel. It's important to know when your feelings come up. Perhaps you'd be able to recognize them as feelings that have come up from your past history and patterns.

It's helpful to know what you need to move forwards before the conversation. Or what you think you need and what past event or pattern is limiting you.

What allows you to hold room for yourself or someone else?

What prevents you from holding room for yourself or someone else?

What do you need to be able to hold room for yourself or someone else? How can you find what you need?

How To Continue?

If you can both hold the room, allow each other to share your soft truths and hard truths. Open up about your feelings without taking each other's on.

You will observe that we are all humans, living life through our own lenses. Without someone sharing what they are seeing, feeling, and wanting, it can be challenging to be a good partner to anyone.

I believe it is important for us to make the first courageous and vulnerable step to open up, and share our truths. A wholesome life is a life where you can be open and free to express your feelings in a conscious and loving way, and grow forward with the ones you love, yourself and your community.

This worksheet is just one of many steps to get comfortable with courageous conversations with yourself and people you love.

Follow [The Elemental Being](#) on Instagram for more tips and insights, join one of my Cocooning events, or message me with any ponderings or questions.

Love, Brandy

