



THE
ELEMENTAL
BEING



Five-Step Elemental Practice

We unite to gain strength, inspiration and direction. ▲

Worksheet for The Five-Step Elemental Practice



What you need: a pen and paper

Remember, there is no limit to how many archetypes reside within you and you can use this worksheet to gradually apply this practice to all of them. The key of this practice is time and repetition.

1. Accepting

Ask yourself: Who else resides within you? Can you accept all that you are?

You can do a quick online search for sabotaging archetypes, shadow archetypes, victim archetypes, and so on. Find the archetypes that best describe what you're experiencing.

Here are some examples: abuser, settler, addict, coward, villain, pauper, hermit, puppet, bully, miser.

My archetypes are:

As you finalize your search, claim your sabotaging archetype. Close your eyes, take a deep breath and exhale as you relax your body. Say to yourself (loudly, if you can): **I accept that deep within me, resides NAME OF YOUR ARCHETYPE, my self-sabotaging inner abuser.**

2. Naming

Then it's time to name your sabotaging archetype to befriend and build a relationship with them. Some examples are: Abusive Arnold, Settling Sally, Clare the Coward.

My inner abuser/s is/are called:

3. Befriending

Befriending your archetype is being mindful and engaging in a conversation with them. “Sit down” with your archetype and follow these steps to encourage a conversation. More questions might emerge.

Insert your inner abusers name in the blank spaces.

I am aware that _____ is guiding me.

I listen to _____.

I ask _____ to share where I first started a relationship with him/her.

I accept that he/she exists and I compassionately communicate with him/her.

I ask, “Why do you exist?”

I understand that he/she is showing me love and support in the best way he/she knows how.

I hear that _____ is here for me.

4. Creating Boundaries

As you finish the conversation with your archetype, create boundaries to protect yourself and move on.

Insert your inner abusers name in the blank spaces.

Say to your inner abuser:

_____, I need alone time.

_____, I am not open to your feedback.

_____, I am safe and don't need you to protect me anymore.

_____, please step aside as I step forward.

5. Tuning In Daily

This practice takes time and repetition. Revisit The Elemental Practices and work on your relationship with your inner abusers. The goal is to eventually let go of each other.

Every day tune in with your archetype. Ask him/her: How can I help you feel safe? How can I help you feel loved?

The answers will arrive from within. Take action to create that safety and love.