

Witnessing Prompts

Spring 2022

Here is a list of Witnessing Prompts if you're having a hard time talking out loud and need some help getting started. These are not meant to be done in order or all together, just choose the prompts that feel helpful to you in the moment.

You'll find that when you get choked up, or strong emotion comes up, the thing you just said is leading you toward the thing that's bothering you. It's like detective work in this way. Look at the emotion as indicating to you that you're on the right track.

The whole point of this work is to figure out the stories we are telling ourselves about what's happening, where we are withholding love from ourselves, and meet ourselves with more kindness and ultimately more unconditional love.

For working through a trigger or figuring out what you're feeling:

- What am I feeling in my body right now? (*You can start with a sensation*) A knot in my chest? A lump in my throat? What is that about? Why might I be feeling that?
- What just happened?
- How am I feeling now? What emotions are coming up?
- What about what just happened is bringing up these strong emotions?
- What am I believing about myself as I feel this emotion? That I'm not enough? That I'm stupid? Not cool? Weird? Dramatic? What am I believing about myself?
- Is what I'm believing about myself true? And if I think the answer is yes, then according to who? Who gets to decide these things?
- Is this belief or judgment or thought about myself loving?
- If an Angel were to appear in front of me and offer me perfect support for this situation, what would that look like? Would I want a hug? To hear I'm not crazy? To hear, "I'm so sorry, this is so hard" and just get a hug? What am I needing? (*then offer that support to yourself if you can*)

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If you're having a hard time getting into appreciation of yourself:

- What's something I did today that I could give myself some credit for?
- What are the ways that I'm showing up for myself, where I wasn't showing up before?
- What are some things I had awareness around today that were new for me?
- What's something about me that I've never liked that I'm willing to begin to look at through the lens of Love or my Higher Guidance who are always holding me in Love?
- Where am I showing up with courage and trying new things?
- Where am I showing up with a full heart or great intentions?
- Where is my Human doing their very best regardless of the outcome?