

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Write down some of the things that in the past have kept you from feeling connected to others, to nature, to the divine (or your concept of “perfection”), and to your own True Self. Try to think of at least three.

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_
- 6. \_\_\_\_\_
- 7. \_\_\_\_\_
- 8. \_\_\_\_\_
- 9. \_\_\_\_\_
- 10. \_\_\_\_\_
- 11. \_\_\_\_\_
- 12. \_\_\_\_\_
- 13. \_\_\_\_\_
- 14. \_\_\_\_\_
- 15. \_\_\_\_\_

Now that you’ve completed your list, look at it again. Of all the things you’ve listed, how many of those things on your list have to do with barriers within yourself? How many of them have to do with barriers from other people? How many of them have to do with barriers due to your circumstances or the environment in which you live?

What would it take to remove those barriers? Remember, you can’t change others, you can only change yourself. So focus on things that would involve activities and actions that are within your power to change about yourself. For example, you may have a person in your life who has a talent for making you angry. This anger keeps you from feeling connected to this person. Since you can’t change the other person, is there something you could change about yourself that would make dealing with this person easier and less stressful?

Brainstorm a number of solutions to removing the barriers you’ve listed above. If the answers are too difficult for now, don’t be discouraged. Set this list aside and come back to it when you’ve completed this entire section of the handbook.