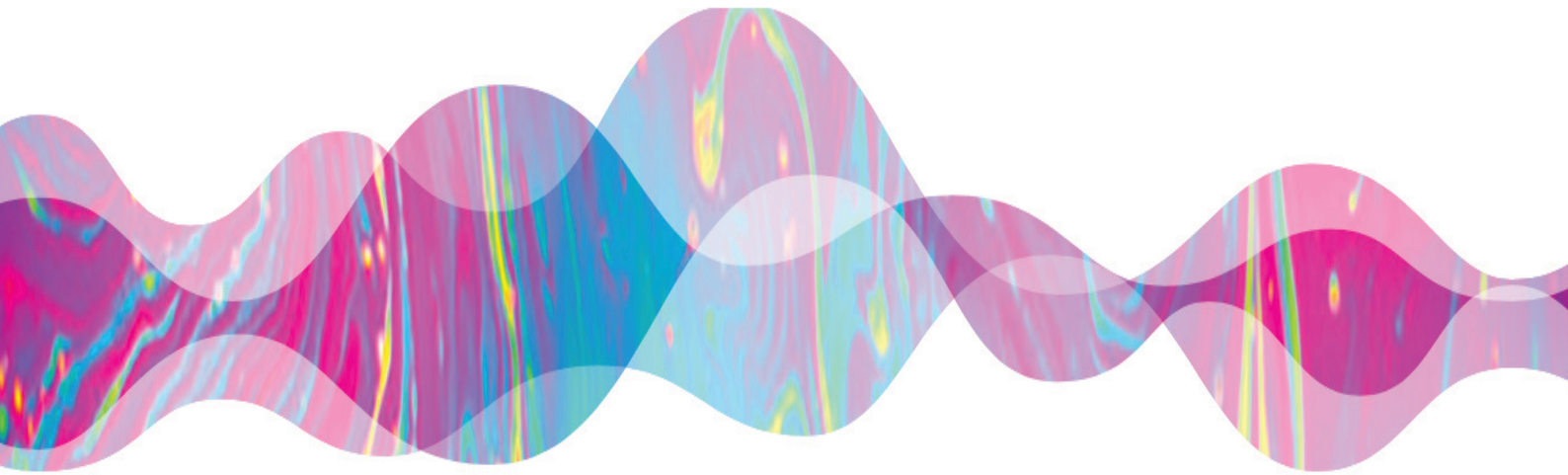


Barriers

Chapter 4



Trish Stewart
INTUITIVE CONVERSATIONS

Finding Your Magic

Barriers

As we progress through life we erect barriers and alter our boundaries in response to our experiences. Our barriers are often erected to protect us from repetition of past negative experiences. These experiences can be painful – feelings of humiliation, rejection, hurt, being unloved, unwanted and abandoned or not good enough. It is not surprising we have no desire for a repeat performance.

Our barriers are an automatic and unconscious act of self-preservation. Often when faced with situations we feel a need for fight for flight. We could experience many physical sensations or emotions and not understand why. It is because an action we have witnessed has triggered a memory from long ago and our brain is sending signals for protection.

These barriers can be so deep seated that you don't realise they are there. They can keep you trapped in your past by not allowing experiences to take place. They can prevent you from leaning to effectively take care of these issues, so that you may move forward in a positive manner. Barriers are an obstruction, inhibiting you from opening up, from expressing your true feelings and in turn enjoying your life in full.

Name 3 barriers you have. Examples, not allowing people in, keeping people out, giving a “yes” or “no” response and stopping conversation.

1. _____

2. _____

3.

After acknowledging these barriers you may feel tired or drained. This is because you have spent a great deal of energy protecting yourself from further hurt.

When the hurt and discomfort is revealed to you and you can take action, you no longer need the energy to push things down. When you are able to take action and improve your life through understanding your fears you may feel totally elated, as if a huge weight has been lifted from your shoulders.

Or you may experience a deep sense of emptiness, a feeling similar to when someone has died or moved out of your life. This is grief looking to express itself. You may be looking for something else to do, to fill the void. A question often asked is "Who am I really?"

Whatever you are experiencing, you now have space for improved wellbeing to enter and for more wonderful times to come to you.

Your barriers are there so you may learn. What have you learnt?

Affirmation:

Write this affirmation on a card and keep it with you or print it off and place it on the wall. Have it positioned so that you see it everyday and live into it. This helps you to step into your true self.



*“I learn
effective
behaviour
from my
barriers.”*