

Dancing
with
Our Selves
WORKBOOK



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ABOUT THIS WORKBOOK

Welcome to the companion workbook for *Dancing with Our Selves* by Brittany Hopkins Switlick. This workbook is designed to support you on your journey of self-discovery, personal growth, and mindful living. Inside, you'll find all the practices from the book organized into a clear, easy-to-use format to help you deepen your understanding and apply what you've learned in real, tangible ways.

Each practice is thoughtfully crafted to guide you through reflection, awareness, and intentional action. Whether you're journaling about your ego's gifts, exploring the dance of competency, or committing to the seven-day self-care challenge, this workbook provides a dedicated space for you to engage with the exercises at your own pace.

HOW TO USE THIS WORKBOOK:

- **Pair it with the Book:** As you read *Dancing with Our Selves*, use this workbook to dive deeper into the practices. Each exercise corresponds to the chapters and tools discussed in the book.
- **Stand-Alone Resource:** Even if you aren't actively reading the book, this workbook serves as a powerful standalone tool for reflection and growth.
- **Your Journey, Your Pace:** There's no right or wrong way to work through the exercises. Take your time, revisit sections, and give yourself grace as you explore.

This workbook is not about perfection—it's about progress, curiosity, and compassion. Use it to embrace your ego, connect with your higher self, and build the habits that will help you lead with intention and purpose. Thank you for embarking on this journey. May this workbook be a trusted companion as you continue to dance with your ego and higher self, step by step, breath by breath.

in love and gratitude,
Brittany Hopkins Switlick

1 PRACTICE NAME YOUR EGO

For the purpose of the ego work we're doing in this book, we are combining Illusionism (referring to oneself in the third person) with Internal Family Systems (IFS), also known as Parts Work. Then, by giving your ego self a name you'll be able to create **Cognitive Defusion**.

The idea is to step back and observe ourselves from a more detached and objective perspective. This approach allows us to discuss and reflect on some of the more challenging aspects of our behavior and thoughts in a way that feels a bit lighter and less personal. By doing this, we can more easily recognize and admit how we're showing up in the world, which is the first step toward making meaningful changes.

Think of it as putting on a pair of glasses that lets you see yourself from the outside looking in. This little bit of distance can make all the difference in how we approach self-reflection and growth.

Over the years of sharing this practice, I've noticed that most of the people tend to give their ego self a name that starts with the same letter as their first name—but not always.

Sometimes it's a nickname people called you when you were a kid.

And other times it's completely random.

EXERCISE

Without thinking too hard, what is your ego's name?

2 PRACTICE ACKNOWLEDGE HOW YOU'RE FEELING

Name it to Tame it” is a tool I’ve been using for years, even before I knew that Dr. Siegel was spreading the good news about it. By simply naming my emotions—“I feel mad,” “I feel frustrated,” “I feel sad”—I can take the reins back from Brandi and tap into my higher self. This practice helps me create space for those emotions to flow through, rather than letting them control me.

1 Take a deep breath in and out and check in with yourself physically.

2 Fill in the blank with one or two words,
“Right now, physically I feel _____.”
(relaxed, tired, tense, tight, soft, etc.)

3 Then, take another deep breath in and out and check in with yourself mentally and emotionally.

Fill in the blank with one or two words,
“Right now, mentally, I feel _____.”
(clear, foggy, focused, spacey, etc.)

“Right now, emotionally, I feel _____.”
(motivated, happy, sad, afraid, silly, etc.)

Notice if there is any resistance to how you’re feeling. If you feel tired, but also mad about feeling tired, notice that, and we will circle back to that in the next chapter.

3 PRACTICE I'M BREATHING IN. I'M BREATHING OUT. MEDITATION

You can practice this independently, sitting on a chair with a throw pillow behind your lower back. I also have a recorded version on my website at: www.brittanyhopkins.com/breathing.

SET UP

Sit on a chair with a pillow behind your lower back, so your spine is straight, your chest can be open, and your shoulders relaxed.

SET A TIMER

Set a timer for at least 5 minutes.

PHYSICAL CHECK-IN

Without judgment, notice any tight or tense places in your body.

MENTAL AND EMOTIONAL CHECK-IN

Without judgment, name how you're feeling.
(e.g., happy, sad, clear, cloudy, etc.)

FOCUS ON BREATH

For the remainder of the time, give your mind the task of following your breath.

- As you breathe in, say to yourself, "I'm breathing in."
- As you breathe out, say to yourself, "I'm breathing out."

CLOSING CHECK-IN

Once the timer goes off, put one hand on top of the other against your sternum:

- Without judgment, notice how your body is feeling now.
- Without judgment, name how you're feeling mentally and emotionally now.

DIFFERENT OPTIONS FOR FINISHING YOUR MEDITATION:

- Offer Gratitude to yourself for committing to the practice.
- Say any blessing you like silently or aloud. This is my favorite: *"May all beings everywhere be blessed with happiness and freedom. May the thoughts, words, and actions of my own life contribute to that happiness and freedom for all."* (Sanskrit Translation: Lokah Samastah Sukhino Bhavantu लोकाः समस्ताः सुखिनो भवन्तु)
- Set the intention to carry the calm or clarity from your meditation into the rest of your day.



4 PRACTICE LETTER TO YOUR EGO SELF

See sample letter in Chapter 2.

Dear _____,
(ego self name)

Thank you for _____

What you've given me _____

What you've cost me _____

The plan moving forward _____

WHAT TO DO AFTER WRITING YOUR LETTER

Writing this letter can be a powerful and emotional experience.

After you finish, there are a few things you could do next:

- **Read It Aloud:** Find a quiet spot and read your letter out loud to yourself. Hearing your voice say the words helps you connect with what you've written and gives you a sense of acknowledgment and release.
- **Reflect and Revisit:** Keep your letter somewhere safe, like in your journal, so that you can look back on it later. It's a great way to see how you're growing and strengthening your relationship with your ego self.
- **Burn or Destroy the Letter:** After reading the letter aloud, if it feels right, you might want to burn it or tear it up as a symbolic way of letting go of the past and moving forward.
- **Share with a Trusted Person:** Consider sharing your letter with a close friend or therapist if you're comfortable. Talking it out with someone else can provide extra support and clarity.



5 PRACTICE IT MAKES SENSE THAT YOU FEEL...

As you continue to build a healthier relationship with your ego self, it's important to practice **acknowledging your feelings in the moment**, rather than resisting them. This next exercise is an expansion of the Name it to Tame it Practice in Chapter 1. It is designed to help you to give yourself permission to feel whatever you're feeling as it comes up.

1 Take a deep breath in and out and check in with yourself physically. Fill in the blank with one or two words, "Right now, physically I feel _____."
(relaxed, tired, tense, tight, soft, etc.)

2 Then, notice if you feel any resistance to your feelings. If there is resistance, fill in the blank, "It makes sense that you feel _____ because _____."

Example: It makes sense that you feel tired because you have been working extra hard on the project at work.

3 Take another deep breath in and out and check in with yourself mentally and emotionally. Fill in the blank with one or two words, "Right now, mentally, and emotionally I feel _____."
(open, anxious, sad, happy, brave, afraid, silly, etc.)

4 Then, notice if you feel any resistance to your feelings. If there is resistance, fill in the blank, "It makes sense that you feel _____ because _____."

Example 1: It makes sense that you're overwhelmed because being a parent and a full-time employee is a lot.

Example 2: It makes sense that you are anxious about your partner being distant when they get home from work. Your habit of keeping us safe is to depend on other people for your well-being and if they are distant your warning sirens go off. But I've got us. They can be however they need to be. If I need to request a change of behavior, I am capable of doing that. But if they are simply tired and need some space to land after work, we can give them that without feeling like the world is going to end.

5 PRACTICE CONTINUATION

IT MAKES SENSE THAT YOU FEEL...



Once you've finished the practice, take a moment to:

- **Pause and Breathe:** After journaling, take a few deep breaths and give yourself time to simply be with whatever feelings came up. Sometimes, just sitting with your emotions without judgment can be incredibly grounding.
- **Integrate Your Insights:** Reflect on what you've learned from this practice. How could you carry this awareness with you throughout your day? Setting timers in your phone with labels to remind you to check in with yourself and offer, "It makes sense that you feel..." can empower you to navigate challenging emotions with grace and control.
- **Practice Self-Compassion:** If you uncover any resistance or challenging feelings, remember to offer yourself some kindness. Place a hand on your chest and say something like, "I'm doing my best, and it's okay to feel this way."
- **Move Your Body:** Sometimes, emotions feel stuck in the body, so consider going for a walk or doing some gentle stretching. Gentle stretching can help release any tension or stress that might have come up during the practice, improving your physical and emotional well-being. I have a few practices you can use for free on my website. www.brittanyhopkins.com/move
- **Revisit:** Over time, you might notice patterns in how you respond to certain feelings. This can be a powerful tool to deepen your self-awareness and continue to build a healthier relationship with your ego self. Stay committed to this journey of self-improvement.



6 PRACTICE | 1 OF 3

IDENTIFY YOUR LIMITING BELIEFS, OR LIES

As I've said before, I truly believe in the power of yoga, which includes mindful movement, intentional breathing, meditation, and self-inquiry. These practices have been transformative for me, but I also want to emphasize that they don't replace the incredible support that comes from working with a licensed therapist when you're diving into deeper emotional work. This exercise is a powerful way to begin uncovering and challenging the beliefs that might be holding you back.

PART 1: GET PRESENT

- 1 **Check in physically:** Take a deep breath in and out. Notice how you feel physically, and write down your observations.
If you need to, you can add the phrase, "It makes sense that you feel that way."
- 2 **Check in mentally/emotionally:** Take another deep breath in and out. Write down how you're feeling mentally and emotionally.
Again, if it resonates, add, "It makes sense that you feel that way."
- 3 **Speak to your ego self:** Fill in the blank with your ego's name, and say the following:
"_____, we're about to do an exercise that is meant to be supportive. You might get triggered and want to react, but I'm here for us. You're not being punished, and you don't have to go anywhere. I've got us. We're just going to become aware of some habits that we can shift so we feel better in our day-to-day lives."
If that statement doesn't feel right, feel free to adjust it to something that feels supportive for you.

PART 2: IDENTIFY THE LIMITING BELIEFS

Think of a few moments recently where you found yourself reacting to a situation or person, instead of acting with intention.



Set a timer for **sixty seconds**, and use that time to list the limiting beliefs or words that come to mind when you think about the situation(s).

Example List:

- I'm not good enough
- I'm stupid
- I'm not important
- I'm alone
- I don't matter
- I'm not worthy/worthless
- I'm not lovable
- I'm bad



6 PRACTICE CONTINUATION | 2 OF 3

IDENTIFY YOUR LIMITING BELIEFS, OR LIES

PART 3: FOCUS ON ONE LIMITING BELIEF

Pick one belief from your list that stings the most when you think about it. Circle it or highlight it on the previous page so it stands out. Did you choose one?

Time travel list:

1 Last one to twelve months: Think about a time in the last year when this belief showed up. Can you recall a specific incident? Give it a title and have it be the first bullet point on your list.

2 Two to five years ago: Travel back in your mind two to five years. When did this belief show up in your life during that time? Add another bullet point with a title for the situation(s).

3 Ten-plus years ago: Go back ten or more years. When do you remember feeling this way? Write down another bullet point for that memory.

4 Childhood: Now travel to your childhood. Can you pinpoint the first time you remember feeling this way? How old were you? Write in as much or as little detail as you'd like about this experience.

PART 4: FACT VS. MEANING

In that childhood memory, can you separate the facts from the story your younger self made up?

Example

- **Fact:** "My dance teacher said, 'It's sweet how much she loves to dance. Too bad she'll never go anywhere with it.'"
- **What I made it mean:** "I'm not good enough."

Take a moment to reflect: **Can you see how your younger self turned ego self has been holding on to this story, whispering it in your ear all your life?**



6 PRACTICE CONTINUATION | 3 OF 3

IDENTIFY YOUR LIMITING BELIEFS, OR LIES

PART 5: PROVING IT RIGHT OR WRONG

Ways my ego tried to prove the limiting belief, or lie, **“right.”**

Ways my ego tried to prove the limiting belief, or lie, **“wrong.”**

Example

Ways Brandi **tried to prove** the limiting belief, or lie, “I’m not good enough,” right:

Ways Brandi **tried to prove** the limiting belief, or lie, “I’m not good enough,” wrong:

Right

Stayed in a relationship where I wasn’t authentic for sixteen years.

Wrong

- Worked hard to get straight A’s.
- Graduated with honors.
- Worked hard at dancing.
- Started a business.

We will reframe the lies—the limiting beliefs—later in the chapter.

In the meantime, take a moment to reflect on the letter you wrote to your ego self in Chapter 2. Remember, while your ego has cost you some things, it has also given you certain strengths. Recognizing both can help you move forward with compassion.

Notice how these beliefs show up in your day-to-day life.

As you continue to witness, you may discover new limiting beliefs that surface. When that happens, you can revisit this process to allow your higher self to take the lead with compassion.



PRACTICE | 1 OF 2

IDENTIFY YOUR EGO STATEMENTS



This practice is adapted from an exercise in *The Book of Forgiving* by Desmond Tutu.

DIRECTIONS

Find a relatively, or completely, smooth rock that will comfortably fit in the palm of your hand. It shouldn't be so big that you can't use your hand to pick something light up, but also not so small that you'll easily lose it.

Identify the limiting belief, or lie, you worked with in the last practice and have the rock represent that limiting belief, or lie.

Now, to the "fun" part, which will lead you to identify your ego statements.

1

Choose a day or time to hold the rock in your nondominant hand for six hours.

- First notice what you thought when you read the last sentence. It may be your first clue to one of your ego statements.
- If you really want to get the most out of this exercise, don't set the rock down for any reason for the entire six hours.
- Write down in your journal, or your notes app, the "charged" phrase(s) that come up for you over the six hours. Write it down, even if it happens multiple times. Those statements will be important to recognize.

Examples: "This is stupid." "I don't need this."

2

After you've held the rock in your nondominant hand for six hours, journal with the following prompts:

- When did you notice the limiting belief or ego statements the most?
- In what ways did the limiting belief or ego statements limit you throughout the six hours?
- Was the limiting belief or were the ego statements ever useful?
- How does this six-hour exercise parallel the impact of your limiting beliefs on your life as a whole?
- Can you see the possibility of more ego statements presenting themselves moving forward?



7

PRACTICE | 2 OF 2

IDENTIFY YOUR EGO STATEMENTS

This practice is adapted from an exercise in *The Book of Forgiving* by Desmond Tutu.

WHAT TO DO WITH YOUR DISCOVERIES

Now that you've identified some of your ego statements, it's important to understand how they influence your behavior and how you can begin to shift them.

Awareness

Acknowledge your ego statements when they arise in your daily life. Simply being aware of them is the first step toward change. Notice when they pop up and how they make you feel.

Pause and Reflect

When you catch yourself in a moment where an ego statement surfaces, pause. Take a deep breath, and instead of reacting immediately, take a walk or journal to reflect on whether this statement is serving you or reinforcing the limiting belief, or lie. Is it helpful to say to yourself, "It makes sense that you feel...?"

Practice Compassion

Remember that these ego statements are your ego's way of trying to protect you, even if they're not always helpful. Offer yourself compassion and understanding, recognizing that these patterns developed for a reason, but you now have the tools to change them.

Regular Reflection

Notice if new ego statements show up or if old ones start to lose their power. Notice if there are certain times or situations that typically trigger these thoughts. (*We will dive deeper into this awareness later in the book.*)

You can take the insights gained from this practice and turn them into meaningful change in your life. Over time, as you become more aware of your ego statements and learn to reframe them, you'll find yourself responding to challenges with greater calm and clarity, allowing your higher self to take the lead.



8

PRACTICE | 1 OF 2

CREATE YOUR EMPOWERED STATEMENTS

Recall a moment in the past few days when you felt uneasy or dissatisfied. Maybe your ego self was activated, and you were unconsciously reacting rather than taking action.

1 Write out a short description of the scenario.

2 Speaking to your ego self, fill in the blanks: I see and acknowledge that you felt

(Insert the limiting belief.)

Examples

- I acknowledge that you felt like you didn't matter.
- I acknowledge that you felt stupid.
- I see that you felt like a failure.
- I see that you felt unlovable and worthless.

3 That is a story, a lie, that you made up when I was _____ years old.

4 Complete the following sentence:

I choose to create myself as _____

(Insert how you want to feel or be; perhaps it's the literal opposite of the limiting belief, or something else.)

Examples

- Right now, I create myself as more than enough.
- Right now, I create myself as capable and strong.
- Right now, I create myself as worthy.



PRACTICE CONTINUATION | 2 OF 2

CREATE YOUR EMPOWERED STATEMENTS

After you've created your empowered statement, take a moment to let it sink in.

How does it feel to choose this new way of being? You may want to write it down somewhere visible, repeat it to yourself daily, or use it as an affirmation you repeat during meditation.

One way to reframe the limiting belief is to write it out with your empowered statement FOUR times. This exercise falls within the Neurolinguistic Programming (NLP) therapy world; I've also adapted some pieces from motivational speaker, Lisa Nichols's, exercise called Expose the Lies.

Limiting Belief

Empowered Statement

<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

Example

- I'm not good enough. I'm capable and strong.
- I'm not good enough. I'm capable and strong.
- I'm not good enough. I'm capable and strong.
- I'm not good enough. I'm capable and strong.

Set timers in your phone to read the list four times a day, for two days.

Then on the third day, erase or cross out the limiting belief and read just the empowered statement four times in a row four times that day.

Examples

- I'm capable and strong.
- I'm capable and strong.
- I'm capable and strong.
- I'm capable and strong.

It's fascinating to watch what begins to happen in the brain when you do this final part of the process.

The more you practice affirming your new belief, the more it will become integrated into your life. Over time, you'll notice a shift in how you respond to situations that once triggered your ego. By consistently using your empowered statement, you're letting your higher self take the lead and guide your life in a direction that feels authentic and aligned with your true self.



9 PRACTICE WHAT DOES YOUR EGO TEND TO SAY IN DRAMA?

1 Make a list of things you tend to hear yourself say when you aren't feeling peaceful in a situation.

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Examples

"I don't have enough time."	"You should know better."	"It's not fair."	"You can do it!"
"There's nothing I can do."	"It's all your fault."	"I don't care."	"I've got this."
"It's all on me; I have to."	"Poor you. I can help."	"I can do it."	"It's too hard."
"Let's just have fun."	"You're doing it wrong."	"I'm so stupid."	"I'll make it right."

2 Put your ego statements under The Drama Triangle roles they match.

VICTIM	PERSECUTOR	RESCUER
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

3 After looking at the things you say, which role(s) in The Drama Triangle do you default play? (Circle one)

VICTIM	PERSECUTOR
RESCUER	

Use caution here:

- If you tend to play the "Victim" or "Rescuer," you may drift further into the drama because you feel shame about being in the drama.
- If you tend to play the "Persecutor," you may drift further as you defend or try to be logical about it.
- Be gentle with yourself—it can get pretty sad and funny at times to witness the shame/should spirals.



10 PRACTICE | 1 OF 9 GETTING OUT OF THE DRAMA



There are 9 parts to this exercise.



PART 1: IDENTIFY YOUR DRAMA

1 Take some time to reflect on a current situation in your life where you're not feeling at peace. It could be related to work, a relationship, your health, or any other area that feels unsettled.

2 Identify Your Role(s) in The Drama Triangle.

Are you playing the role of...?

Victim

If so, what thoughts or statements are coming up that indicate you're in a "victim" mindset?

"This always happens to me," or "There's nothing I can do about it."

Persecutor

If so, what are you saying or thinking that places blame on others or the situation?

"They're the ones at fault," or "Why can't they just do their job right?" or "I should have known better."

Rescuer

If so, what actions or thoughts suggest you're stepping in to fix things for others, even when it's not your responsibility?

"I have to step in or everything will fall apart," or "It's my job to keep everyone happy," or "I'm fine. Everything's fine."

3 Identify the Drama Triangle Roles of Others or Events

Who do you see as the "victim" in this situation?

Why do you think they feel powerless or are acting from a place of helplessness?

"My coworker keeps saying they can't do anything right," or "She just doesn't have enough time."

Who, or what, do you view as the "persecutor"?

Is it a person, event, or circumstance (such as an illness, financial stress, etc.) that you feel is causing harm or adding to the problem?

"The pandemic ruined everything," or "This illness is the reason I can't move forward."

Is there anyone or anything acting as the "rescuer" in the situation?

This could be a person, an activity, or even a substance that's providing temporary relief.

"I turn to food to comfort myself when things go wrong," or "They're constantly looking to their partner to fix the situation."

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PRACTICE | 2-3 OF 9

GETTING OUT OF THE DRAMA

There are 9 parts to this exercise.

1

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PART 2: EXAGGERATE YOUR CURRENT ATTITUDE

To get some clarity, it's time to have a little fun with this and dive into the drama with full force. **Take your current situation and exaggerate in a way that a theater teacher might coach someone to play a part bigger, better, and bolder—really go for it!**

If you're talking it out with a friend, use dramatic gestures, intensify your voice, and don't be afraid to get over-the-top. If you are writing it out in your journal, bold or italicize your words. Make it big so you can see just how much drama is there.

PART 3: WHAT IF...

This exercise helps you explore the consequences of staying in the drama and imagine what your life would feel like if nothing changes.



Set a timer for **two minutes**.

Using the same situation from the previous practice where you weren't feeling at peace, answer the following questions, in writing or out loud, repeatedly until the timer goes off.

- **What if nothing changes in your situation? What would life look like and feel like? What would you be left with?**

Don't hold back — really let yourself explore what it would mean if things stayed exactly as they are, without any movement or resolution. This practice can be eye-opening as you get a sense of the stagnation or discomfort that could remain. It helps you see the cost of staying stuck in the drama and invites a shift toward more empowering actions.

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PRACTICE | 4-5 OF 9

GETTING OUT OF THE DRAMA

There are 9 parts to this exercise.



PART 4: DRASTICALLY CHANGE YOUR POSTURE AND BREATHE ON PURPOSE

1.

If you're sitting, sit up tall and pull your shoulders back. Even better, stand up tall with your shoulders back.

2.

Take a deep breath in and exhale fully. Notice the difference in how deeply you can breathe.

3.

Bonus: Set the book down, and take five more deep breaths while maintaining this posture.

PART 5: HEART-CENTERED GRATITUDE

Find a recording of this practice on my website at www.brittanyhopkins.com/heart.



You can do this practice seated or lying down.

First, read through the practice and have a timer set for **two minutes**.

1. Place one hand flat against your chest and close your eyes.
2. Imagine that you could breathe into your heart. Take a few breaths, imagining you are sending the air to the heart space.
3. When you are settled into breathing, bring to mind an experience that you've had that filled you with happiness or joy.
4. In your mind, time travel back to that experience and allow yourself to be fully immersed in it again. What do you see and hear? Is there anyone with you? Etc.
5. Stay in the feelings of that experience until the timer goes off. If you have the time and want to stay longer, feel free to do so.

Afterward, check in to see how you feel physically, mentally, and emotionally. How has this practice shifted your state of being?

Is there anything else you can authentically feel grateful for at this moment? It doesn't have to be about the drama situation you're working on. You can start small, like being grateful for the basic comforts around you (a roof over your head, nature, electricity), and work your way up to more meaningful things like friends, family, or your health. And if there's something about the drama situation you can be grateful for, go for it!

10 PRACTICE | 6-7 OF 9

GETTING OUT OF THE DRAMA

There are 9 parts to this exercise.



PART 6: GET CURIOUS

Starting a sentence with “I wonder” can open up possibilities in a way that rigid statements like “What were they thinking?” cannot. When we say, “What were they thinking?” we focus on frustration and judgment. But if we shift to “I wonder what they were thinking,” it opens us to curiosity and, often, compassion.



Set a timer for **two minutes** and fill in the blank after “**I wonder...**” continuously until the timer goes off.

PART 7: CLAIM RESPONSIBILITY

Is there anything for you to take responsibility for in your situation? Can you call out your ego for its role in defending one of The Drama Triangle positions?

Maybe it started with a small mistake that snowballed into something bigger. Perhaps you’re not admitting something to yourself or others, and it’s holding you back. Maybe you saw the problem coming but didn’t feel brave enough to make the necessary changes or voice your needs. Or maybe there’s an uncomfortable feeling you’re not ready to accept—whether it’s sadness, anger, or fear.

Pro tip: A pillow can be an excellent tool to help process and release emotions. Talk to the pillow, cry into it, scream or yell into it, or even hit/throw it—no harm done to you or your surroundings

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PRACTICE | 8 OF 9

GETTING OUT OF THE DRAMA

There are 9 parts to this exercise.

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PART 8: LET GO

1

Set a timer for **two minutes** and repeatedly answer the following question until the timer goes off: **What are you holding on to about this situation?**



(It's important to use the entire two minutes, even if it's uncomfortable and you find yourself saying the same thing over and over again.)

2

Reset the timer for another two minutes and repeatedly answer: **What could life look and feel like if you let go of what you are holding on to?**

3

Answer the following question three times to see if you are clear.

Are you willing to let go of the things you're holding on to?

Yes, No, Maybe

Are you willing to let go of the things you're holding on to?

Yes, No, Maybe

Are you willing to let go of the things you're holding on to?

Yes, No, Maybe

4

If your answer was yes, say it out loud or write it out three times, filling in the blank with the same thing, or something new, each time:

Right now, I let go of...

Right now, I let go of...

Right now, I let go of...

If you answered no or maybe, pretend it was a yes and say it out loud or write it out three times:

Right now, I let go of...

Right now, I let go of...

Right now, I let go of...

5

Set the timer for another two minutes and fill in the blank repeatedly:

I'm present to the possibility of...

I'm present to the possibility of...

I'm present to the possibility of...

Hopefully, you were able to let go of some things.

Writing them down allows you to celebrate progress as you move forward.

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PRACTICE | 9 OF 9

GETTING OUT OF THE DRAMA

There are 9 parts to this exercise.

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PART 9: ACCOUNTABILITY

Can you do something with the awareness you've gained? If so, commit to the next step you can take and give yourself a firm deadline. Don't let this newfound clarity slip away—hold yourself to it.

ACCOUNTABILITY CARD

I will _____
(state your action step)

by _____
(set a specific calendar date)



12 PRACTICE | 1 OF 2

THE DANCE OF COMPETENCY

PART 1: COMPETENCY AWARENESS

1 Take a deep breath, and check in with yourself physically, mentally, and emotionally.
 “Right now, I feel _____.”
(relaxed, tired, energized, tense, calm, happy, etc.)

Then, notice if you feel any resistance to your feelings. If there’s resistance, fill in the blank. “It makes sense that you feel _____ because _____.”

2 What area(s) of your life do you find your **higher self** taking the lead more often because of feelings of more competence? Your ego may also be present, but it’s the higher self that has you spending more time in *action* rather than *reaction*.

3 What area(s) of your life do you find your **ego self** taking the lead more often because of your feelings of incompetence in those areas? Your higher self may be present, but the ego self has you spending more time in *reaction* rather than *action*.



Pause to let your thoughts settle before you continue.



12 PRACTICE | 1 OF 2

THE DANCE OF COMPETENCY

PART 2: COMPETENCY AND LIMITING BELIEFS

1 Are there limiting beliefs that you aren't good enough, stupid, not worthy, or something else present in the area(s) of your life where you feel less competent? They may be actual words out loud, or they may be internal feelings.

2 In the area(s) you feel less competent, does your ego self use statements like: "You/I should know or be better," "This is stupid," "Screw you," or "Screw this!" "It doesn't even matter," or something else? They may be actual words out loud, or they may be internal feelings. If so, what are they?

3 What would be possible if you noticed the limiting beliefs and ego statements as they show up?

4 If limiting beliefs are present, say the following aloud or in your head.

- "I see and acknowledge that you feel [Insert the limiting belief]."
- "That is a story or lie you made up when I was _____ years old."
- "Right now, I choose to create myself as _____" [Insert how you want to feel/be. Could be the literal opposite of the limiting belief, or something else.]



Pause and take a moment to let these reframing thoughts sink in.



12 PRACTICE CONTINUATION | 2 OF 2

THE DANCE OF COMPETENCY

PART 3: NAVIGATING COMPETENCE USING THE DRAMA TRIANGLE AND THE EMPOWERMENT DYNAMIC

1 Does your ego feel like a victim, rescuer, or persecutor in the area(s) where you feel less competent?

2 What would be possible if you exaggerated your current reality, played the “What if” game, dramatically changed your posture, or practiced gratitude?

3 **Where can you claim responsibility for the incompetence?** Have you not studied enough, allowed time to practice a skill, or given yourself enough time to rest? Maybe you spend time doom-scrolling social media instead of going to bed.

4 Is there a way to set yourself up for success with goal setting or hiring support for accountability?



Take a deep breath, close your eyes, and allow everything you've worked through to integrate.



13 PRACTICE SEVEN-DAY SELF-CARE ROUTINE

Here's an outline of a simple seven-day self-care routine that I use in my own life to cultivate daily habits for well-being. If you're anything like me, it can bring you closer to leading your life as your higher self.

Be sure to visit www.brittanyhopkins.com/self-care for free videos that accompany this program.

What you'll need:

- Essentials: An open mind and a willing attitude.
- Optional: A yoga mat, straight-back chair, yoga blocks, and a journal or journaling app.

HOW TO BEGIN THE WEEK

- 1 Commit:** Dedicate seven days to this practice.
- 2 Morning Routine:**
 - Start each morning with a glass of water.
 - Journaling session (three to five minutes) using the following three prompts:
 - "Right now, I'm feeling..."
 - "I'm grateful for..."
 - "Today, I'm open to the possibility of feeling..."
- 3 Daily Meditation:** Set aside five minutes (preferably in the morning) for meditation using a timer, a meditation app, resources from my website, or YouTube.
- 4 Physical Practice:** Schedule a twenty-minute mindful movement practice each day—whether it's yoga, a walk, or any other activity that keeps you present.

HOW TO END THE WEEK

- 1 Morning Reflection:** Reflect on your week by writing three to five discoveries from your week of self-care practices.
- 2 Extended Meditation:** Complete a ten-minute meditation session.
- 3 Gentle Movement:** Allow your body to rest with gentle movement or a Yin Yoga session. Consider taking an intentional nap or enjoying restorative practices available on my website.

Remember: This is not a seven-day commitment to add to your to-do list. It's an intentional way of living your life. Some days, you may have more time to move your body or meditate. On the flip side, vacations, holidays, and illnesses will happen and can pull you out of your routine. Don't worry! You now understand how to dance with your ego, and can stop any shame spirals and simply begin again as soon as possible.