

RAISE YOUR WORTH — OPEN TO RECEIVING Process Work

1. Recognising Resistance

- Recall a situation where something good was available to you
- Notice how you responded

Where did I hold back, minimise, or move away from receiving?

2. Body Awareness

- Bring awareness to your body in moments of receiving
- Notice tension, hesitation, or contraction

What happens in my body when something good comes toward me?

3. Control vs Allowing

- Identify where you try to control outcomes

What am I trying to secure... instead of allowing?

4. Desire as Direction

- Connect to something you truly want to experience

What do I actually wish to experience... beyond pressure or expectation?

5. Expanding Safety

- Choose one area where receiving feels unfamiliar

What would it look like to allow this to feel safe?

6. Practising Receiving

- Allow one simple form of receiving:
 - accept help
 - stay present with something good
 - allow appreciation or support

Can I stay with this... without pulling away?

7. Integration

- After receiving something, reflect:
 - What did I notice in my body?
 - What felt different?

What am I learning about my capacity to receive?



EMPOWERED FREEDOM

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