

RECONCILIATION PROCESS

FROM THE DESK OF KIRK DUNCAN ©

Instructions:

This process is a guide for you in reviewing and analyzing a past experience that you want to move beyond or bring some closure to. Past experiences that are not reconciled can still disturb us for years. Until the past experience is expressed and reviewed it can remain emotionally active and influential in your everyday choices and actions. Unresolved past experiences can drain your current levels of personal energy. Use the following questions on the next 4 pages to observe the past experience from different angles to sort through the confusion and come to a more fresh and healthy conclusion. You can learn from your past experiences. Some benefits of reconciling your past are: feel better, learn, improve, become wiser, feel more balanced and complete, better relationships, higher performance, less fear and more confidence. Above all else, there can be an increase of love inside of you.

The direction you are headed with this process is to:

1. Honestly and fully express your thoughts and feelings.
2. Look back on your past experiences with your current day maturity to find understanding.
3. Help your younger inner self find mercy and forgiveness towards self & others in the past.
4. Find the lessons learned.
5. Apply the lessons learned from your past to your actions today to create progress.
6. Where possible, share your lessons learned with others.
7. Live each day with more peace of mind & heart.

Use this document as a template to follow. To make this process flow more easily for you, write your answers to the questions on other papers. If at any time you need to take a break to give your mind or heart a rest, please do so. There is no rush. You have a lot of courage to address your life and to care for your mind, body, and soul. This is important work that impacts ALL that goes on in your life. Take it one step at a time. Discover yourself...you are an incredible creation that is worth caring for.

The Journey

There is a past experience that keeps coming to your mind and you are not settled with what happened. This "past experience" could have happened anywhere from earlier today to back when you were born. For some reason, you are shocked, bothered, offended, confused or hurt over what happened. Because this past experience is incomplete in your mind it will continue to be on your mind until you review it again and attempt to make sense of it in some way. Your mind could also keep bringing it to you because it is negatively affecting your health, your mind, and your relationships. Your mind wants to reconcile this. When you do this work, tell the story in ALL it's detail, how you saw it, how you felt, your part, their part, include all the people that were involved. Use additional paper to write your answers.

What happened in this past experience?

How long ago did this happen?

In what ways has this past experience still been affecting you?

Where in your life today is this past experience still affecting you?

What feelings/emotions do you notice that you experienced the most in this situation?

Where in your body do you still feel these emotions?

What do you wish you didn't do?

What do you wish you had done?

What do you wish they didn't do?

What do you wish they would have done?

What impact did this past experience have on you?

What did this past experience show you, teach you, about others?

What did this past experience show you, teach you, about yourself?

If you could warn someone else of what to watch out for or what to do differently to avoid this from happening in their life, what would you tell them? What advice would you give them?

How would this advice benefit them?

What are you learning from this past experience?

Is there anything you need to do to bring more closure to this past experience?

Write a letter to yourself to begin forgiving your “past younger self” for what happened.

I forgive myself for...

I want to forgive myself because...

I want to heal from this because...

I want my life to be better because...

Write a letter to the other person(s) who was involved in this experience and begin to forgive them for what happened.

(name), I forgive you for...

I want to forgive you because...

I want to heal from this because...

I hope you heal from this because...

The New Me

Starting today, my new fresh way of seeing myself is...

I can move on in my life now because...

I can respect myself more because...

I am more aware now because...

I am more pleased with myself because...

This experience has made me stronger because...

It is ok for me to continue healing from this because...

I am important because...

I have value because...

I matter because...

New Guiding Principles (application of lessons learned)

After this discovery about your past experience, you have learned a great amount about yourself, your actions and your reactions. What new guiding principles have you gained from your new-found understanding? Applying what you have learned to the current day will bring you confidence. Acting from an "I have learned", "I have more understanding" point of view is humbling, refreshing and empowering. Gather your thoughts and form 3 - 5 new guiding principles that will keep you safer and ensure a better journey from this point on in your life.

- 1.
- 2.
- 3.
- 4.
- 5.