

EXERCISE

1. Take two of the core memories that you unearthed in the last chapter and reinterpret them using compassion and love. Ask yourself, “How can I look at this memory through a different lens?” Remember, the new interpretation doesn’t need to be the truth—you’re just changing the way you view the memory. If you’re attached to your original interpretation of the memory, you might need the help of an imaginative friend to offer you some rose-colored glasses to soften the focus. Write down the memory and reinterpretation.

ORIGINAL MEMORY	REINTERPRETED MEMORY

2. How does this new perception make you feel? Are you more at ease? Do you feel less triggered by the memory?

3. Forgive yourself for your misinterpretation and anyone else in this memory that upset you. They most likely didn't realize how strongly the event registered with you.
