

MAKING OUR HOUSE INTO A HOME - IDENTIFYING AND HONORING EMOTIONS

Quote

You must bless every grief you've ever encountered on your exquisite and treacherous courtship of Self, for they've made you the slow diamond that you are.

~Excerpt from "Belonging: Remembering Ourselves Home" by Toko-pa Turner

SELF-REFLECTION PROMPT

Take a few moments to examine the Feelings Wheel and consider the following questions:

What emotions have you felt this week?

Which emotions have you eagerly invited into your home?

Which emotions have you invited into your house, but are wary to include as part of your home?

Week 2 Prompt

ACTIVITY

Find a place in your house that feels like home. Or a place in nature that feels welcoming and grounding to you. Set aside some time for yourself to be in this space and to set it up as you would if you were inviting a close friend over for a visit. Settle yourself in, and visualize inviting in one of your emotions that you feel uncomfortable with to visit with you in this place. Welcome them to the table one by one and know that you are safe and all is well. And then ask them to share with you - what they have to show you about your experience with abortion? What they have to share with you about your deepest fears and desires? What they know about your strengths and your wisdom?