

MODULE
Surrender
FIVE

Module 5

EMPOWERED SURRENDER

Module Introduction

Ironically, the most powerful part of relationship transformation comes from letting go. Once you're in a practice of doing shadow work, acknowledging your triggers and taking responsibility for them, and you get clear on what you will and will no longer tolerate, you get into a place of feminine flow.

We as women too often feel we have to have control over everything, do everything and make sure it all gets done. Our way and in our own timing.

These are great qualities to have, but in relationship, it wreaks havoc. Manage your meals, kids, finances, home, but in relationship, learn to let go. Surrender.

I know as a woman who gets shit done, this has been a struggle for me. I've struggled trusting my husband will have my back, even when he tells me he does. I want to do it all for him, but then get angry, burnt out and resentful in the process.

Surrender is a practice. A daily and even moment-to-moment decision. I'll guide you there, even if it's scary. Approach this with trust. I've got your back.



5.1 WHAT IS SURRENDER

What are 5 things that you can do to let go? Let loose? Think of things that create an experience of surrender in your body.

Example: Letting your hair down, relaxing into prayer/meditation, yoga, bath

Make a list of 5 -10 things that you trust in your life.

What are the areas in your relationship that you feel you can't fall back into and let go?

5.2: RELEASE CONTROL



INSTRUCTIONS: Reflect on all the areas that you need to be right, in control, manage everything, do it your way. These can be very sneaky. First make a list and then reflect on how you could release that control. You could also reflect how releasing it would feel.

WHAT ARE THE WAYS YOU TAKE CONTROL, MICROMANAGE, NEED TO KNOW AND BE RIGHT? MAKE A BULLET POINT LIST.

HOW COULD YOU RELEASE EACH ONE OF THOSE THINGS?

5.3: TRANSFORM WEAKNESS



INSTRUCTIONS: Reflect on the ways that you allow yourself to be a pushover without boundaries and don't feel the ability to live your own life? In what ways do you not have a voice? In what ways do you give away your power and keep your truth silent?

WHAT ARE THE WAYS YOU'VE BEEN A PUSHOVER, HAVING YOUR LIFE LIVED FOR YOU, NOT HAVING AN OPINION OR BEING CONTROLLED?

HOW CAN YOU TRANSFORM EACH ONE OF THOSE THINGS FROM SELF-SABOTAGE INTO EMPOWERED SURRENDER?

5.4: WHAT THE MASCULINE NEEDS



INSTRUCTIONS: Review the diagram below. An empowered masculine man needs you to be, do, embody and practice all the qualities in the big hexagon. When you are, he can be a pillar of support for you. (The star in the middle.) These qualities within you allow and even encourage him to be more empowered. The empowered masculine is extremely supportive and generous. When you do the ground work on yourself first, you are able to receive the version of him you've always desired.

Put a star on those qualities you are strong in and circle the ones you are committed to working at.

