



## SEA ANEMONE

*SENSITIVITY. SKILLFUL EXPOSURE. ADJUST INTUITIVELY.*

### WRITING PROMPTS

When do you find yourself isolating or withdrawing in order to distract yourself for comfort vs. use the alone time to rest, sit quietly and get in touch with your own inner wisdom? Conversely, when do you find yourself sharing a stressful or confusing event with others, instead of making the effort to sit with it and see what arises from within you?

What parts of yourself do you rarely, if ever, share with others? Is there anyone you're ready to share with? What could the outcome of this newfound intimacy be?

Are there any situations, ideas, or relationships that you are currently over-protective of? How could they benefit from less tension/holding on?

In which situations do you find yourself sharing 'too much, too quickly?' Why?

Has it ever backfired when you shared too much of yourself too early in a relationship? Alternatively, could you deepen in some of your relationships by being a little more vulnerable?

Take a moment each day, or even a set time once a week, to reflect on how you're feeling, right now. It can be just one or two words!

Carving out time for reflection, even just a minute each day, is important self-care and can help us follow our growth with flower elixirs.

WEEK 1						
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WEEK 2						
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WEEK 3						
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WEEK 4						
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### EXQUISITE PRACTICES

**Next time you walk into a room with other people, take a moment to observe everything around you before engaging.** What are you able to intuit about the dynamics in your environment?

**When you find yourself about to share intimate details, pause and ask yourself:** “Has this person earned the right to the vulnerable and tender aspects of my experience?” Alternatively, when you find yourself holding back with another, ask if they have earned the right to you know you intimately. It may be time to share

**Practice the opposite of your norm when engaging with others:** When you’d typically speak up/share, pause and listen. When you’d typically stay silent (even though you have something to contribute), try sharing.