

# ALIGN WITH YOUR DIVINE DESIGN

Connect-Heal-RELEASE-Infuse-Activate



## “That was Then, This Is Now” Template

Download this template so you can keep it as a living, ongoing document.

**Intention:** To fully process, heal and release the past while consciously choosing and constantly reinforcing a new “Now.”

**Healing Focus: the feelings, beliefs, patterns and/or memories to heal**

### STEP ONE: “That was Then . . .”

**THEN I felt . . .**

**Rating** (how strongly do you feel this now?)

based on [memories]:

(rate how strongly you felt it *then*)

**THEN I believed . . .**

(rate the strength of the belief *then*)

based on [memories]:

**THEN I acted like (coping mechanisms) . . .** (how much do you still rely on these?)

based on [memories]: (how much did coping mechanisms affect you then?  
What were the benefits then? What are the costs now?)

## **STEP TWO: Validation and Self-Compassion**

**Put your hand on your heart, and say to yourself, “It makes sense that I would feel that way. Anyone in that situation is likely to feel that way.”** (If you’re Highly Sensitive, you can add: “especially if they’re Highly Sensitive.” Many Highly Sensitive People need to validate that although non-HSPs might not react that particular way, Highly Sensitive would, because of the way they’re wired.)

Allow yourself to really feel compassion for yourself. If this is too difficult, then imagine a very compassionate friend, or God, feeling compassion for you. (I love the verse from Psalm 103:13-14: “As a father has compassion on his children, so the LORD has compassion on those who fear him; for he knows how we are formed, he remembers that we are dust.”)

## **STEP THREE: Gratitude. What lessons were learned, skills developed, etc. I can give thanks for?**

**STEP FOUR: Truth Shift. What truth(s) might shift this issue? What evidence can you gather that the new Truth is in fact True?**

**STEP FIVE: Get in Touch with Your True Self Desires**

**Rating (1-10, how strong is each desire now?)**

NOW I desire to feel . . .

NOW I desire to believe . . .

NOW I desire to act like . . .

**STEP SIX: Flip the Switch**

**Recognizing that at every moment I possess the Privilege of Agency—the power to choose a new way—I now embrace the following. . . .**

**“This is NOW”**

**Rating (track this as you progress)**

NOW I choose to feel:

NOW I choose to believe:

NOW I choose to act like:

**STEP SEVEN: Heal and Support. Healing Code, Truth Focus, Love Picture(s), and/or Affirmations to support my NOW choices:**

Current Healing Code:

Truth Focus Statement(s):

Healing Image(s):

Affirmations: Why . . . ?

**STEP EIGHT: Next Inspired Steps I feel led to take to move toward what I want:**

<b>Date</b>	<b>Action</b>
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