

BREAKING FREE . . . *a journey*

Workshop Feedback / March 5-7, 2010 (Participation - 6)

1. "Ah-ha" moments from the session:

- That there actually is a hurting self within me and it's not always about feeling sorry for myself.
- Too many to begin to list.
- Being able to place who I am, to see me, to know me, to love me. -Meeting my hurting self.
- My priorities were messed up and I am a controlling person.
- It's ok to be me. I have to set boundaries w/others. I am important.

2. One action I will take to change and empower my life is:

- I will express my needs and trust myself.
- Believing that I am all right just the way I am. Respect all of me.
- Trust God and myself. I am amazing.
- Continue with finding myself.
- Make me and God first, my husband and the kids second, simplify everything else.

3. This change will impact my life by:

- Can't wait to see.
- Giving myself validation.
- Hopefully gaining more self-esteem.
- Realizing what and why I feel and what I want to do about it.
- Allowing me to be free of the lies, allow all of me to come together, to express, love and nurture me.
- Wanting to get to know myself better.

4. Did. the workshop meet your needs?

- Yes, I learned a lot.
- Yes and more.
- Yes, I think everyone will benefit from this workshop.
- Yes, in fact it helped more than I ever had imagined. I don't feel so worthless and that's only the start.
- Yes.
- Oh my gosh, yes. Thank you.

5. Did. you learn any new skills?

- It's ok to have my feelings, thoughts, ideas, to allow all of me to come out, have boundaries, to accept and have courage to change.
- Yes, thanks
- Yes, learned to deal with emotions.
- Yes.
- Yes, how better to deal with my feelings.
- To love and validate myself, give me what I need.

6. What did you find most helpful?

- Your take on why I do what I do.
- Everything, the ending meditation.
- The three children in me.
- Seeing the process and how it evolved.
- Learning about the three parts of me. That helps me understand why I do what I do.
- That it's ok to have feelings.

7. What did you find least helpful?

- Nothing (5x)
- The six cups of good coffee kept me up the first night.

8. Please add any additional comments and/or suggestions that will make it better:

- This was amazing. I will use the tools I have learned to continue on my road of sobriety and keep learning more positive things about myself.
- Thank you so much for teaching us all the things you did. I feel a lot freer.
- This was wonderful!
- Thank you. I could never understand how to stop hurting so bad, how to bring it all together and be ok.
- Thank you (3x)