**Henderson-Marni-exercise-FRA-module9.docx**

**One of the ways your client can exit the Infinite Loop of Loss, is with the following short exercise, your client must:**

* **Find the fear. Locate it in the body, inside the invisible waiting room, wherever it is.**

I feel it in my heart. It is a thick armor I keep to prevent myself from feeling deep pain again.

* **Label the fear. Name it.**

I am afraid that if I feel the pain of others grief, I will lose myself again to deep grief. Loss is extremely painful and I don’t want to lose myself or others I love.

* **Question the fear. Help your client find the proof that it is not real.**

Talk to me about feeling others pain, give me an example of an experience recently. How have you handled loss since the impact? Talk to me about a time you connected with someone and what happened after. WHEN you do lose someone you love, what will you do differently now that you have experienced such deep grief, what have you learned about yourself? Next time you experience pain in relationship to connection, what can you do to take care of yourself and not lose yourself into the deep grief and loss?

* **Flip the fear/reframe**

I have worked hard to intentionally live and work with my grief. I have the strength and wisdom to observe and empathize with grief and also remain present in my reality. I am rooted in the wisdom of truth.

* **Create an affirmation.**

I am the strength and wisdom to walk in the reality of life.

* **Repeat the affirmation.**

I am the strength and wisdom to walk in the reality of life.