



## FINDING BREAKTHROUGHS

In every “breakdown” we experience, there is an incredible opportunity for a lesson or breakthrough. Our pain can be the gateway to our freedom, if we allow it to be. Today’s exercise is all about looking into a major breakdown we’ve experienced in life, in order to uncover the breakthrough.

It’s our belief that the Wounded Self likes to stay victim to the pain, in order to validate it’s feelings of unworthiness. Today, we’re going to see our pain from our Higher Self, and find the incredible lesson that lies within it.

**Complete the prompts below:**

**1. Describe a painful experience that occurred in your life.** Ex: My parents divorced when I was 15.

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**2. How has this experience held you back in life?** Ex: All of my relationships are very surface. I don’t let people get close so I don’t get hurt.

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**3. In what way could you take responsibility for your experience of this?** Ex: I never spoke about how the divorce made me feel. I never asked either of my parents for the full story. I still blame my mom for causing it.

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**4. What gifts or lessons lie within this experience?** Ex: I am able to see my parents as two human beings who did their best with what they had. It gave me a whole different perspective of them. It showed me what I didn't want for my future marriage; and placed importance on communication and compassion.

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No matter how painful a situation may be, there is always a lesson there for us—a breakthrough—if we're willing to look at it. This simple exercise can be used to help heal old wounds, and move forward powerfully with insights that grow us as a human being. Life may not always be "easy," but it's always beautiful when we choose to see it with eyes of empathy and compassion for the unfolding of the human experience.

**YOUR STEP OF GREATNESS:** Take this exercise and move through another painful experience you've had until you're able to find the breakthrough.