

Book Discussion & Journaling Guide

Beyond the Good-Girl Jail: When You Dare to Live from Your True Self

by Sandra Felt

available at TrueSelfMatters.com

Chapter 1: The Many Names of Self

What do you call your inner true self? How and when have you experienced her? How do you know when you have left her or lost that connection? Did anyone really listen to you as a child or give you permission to do things differently? How have you been a good girl?

Chapter 2: Daring to Listen to Our Self

What awakening moments have you experienced? Are you listening to your awakening moments? Do you remember sometimes sitting at the juncture of the Y in the road, unable to move forward? What are your usual patterns of shutting down at the Y in the road? Do you know now that listening to your true self is a genuine option?

Chapter 3: Listening Through the Fog of Fear

When did you quit asking for what you need? Is your point of reference internal or external? How do you know? What has fear stopped you from doing that you really wanted to do? When have you experienced fear simply because you were entering new territory? Do you feel equal in value to the other members of your family? What are you afraid might happen if you come fully alive?

Chapter 4: Creating Our Own Safety

What internal clues tell you that you are safe? Or that you are not safe? Where do you feel safest? What time of day do you feel safest? What helps you feel safe when you go to sleep at night? What do you do when you need to feel safer? What is your primary “safety pattern”?

Chapter 5: Hearing Our Physical Body

What body sensations are you experiencing right now? How do you know if you are “in” your body? What helps you stay in your body when you feel uncomfortable? Is your body trying to tell you something today? Are you listening? Are you scared of your body sensations? What pleasurable body sensations do you experience?

Chapter 6: Engaging Our Feelings

What are you feeling right now? Which feelings are you most comfortable with? Which feelings are the most uncomfortable for you? Are there any particular feelings you need help with? How do you distinguish feelings from thoughts? How do you temporarily calm your feelings when the time or place is not appropriate to release them? Do you go back to release those feeling later?

Chapter 7: Emphasizing Choices

Have you ever reached your absolute personal limit regarding something, hearing “NO MORE” from within? Did you honor it? Have you sometimes made the same decision over and over but then repeatedly been unable to follow through? Why do you think you didn’t follow through? What or who can help you generate more options when you can only see one or two?

Chapter 8: Cherishing Time Alone

What clues tell you when you need more time alone? Are you comfortable when you are home alone? Why or why not? What would help you feel safer when you are alone? What do you hear when you listen inside when you are alone? What activities nourish you when you are alone? What do you feel like doing today?

Chapter 9: Updating Core Beliefs

What were you never supposed to do or always supposed to do as a child? Why? What did your family say about you? What did you conclude about yourself as a result? Do you still say these things to yourself now as an adult? Are they true? What would be more true now?

Chapter 10: Claiming What Fits Me

How are you different from the others in your birth family? Can you claim these differences without fear or judgment? What else do you need to claim about yourself? Is there some basic truth about you that you return to whenever you need to feel solid? How could you make that even stronger for yourself? Do you know yet that simply being you is enough? Can you completely let go of judging both yourself and others?

Chapter 11: Letting Go What is Not Me

What do you need to let go of? How do you know you need to let that go? Are you ready and willing to let it go? What would help you let it go? What are you afraid might happen if you let it go? Can you let it go just for today? If you are already letting something go, what new things are coming into the openness you have created?

Chapter 12: Honoring Our Own Boundaries

When can you feel that line between you and others? In what ways do you continue to focus on other people and external demands in ways that no longer fit your true self? Are there roles you have adopted that no longer fit you? Are you ready to resign from those roles? How do you want to do it? What would make saying “no” easier for you? What do you need to remember that you are powerless over?

Chapter 13: Standing in Our Truth

When has it been difficult for you to stay with your own truth? Were you able to do so? Could you feel the “paradigm shift” inside you when you did? Are you experiencing anything now that you need to courageously “stand in your truth” about? Have you ever experienced ARE YOU SURE? Do you ever just need a “control break”? What do you do at those times?

Chapter 14: Uncorking Our Voice

How is the voice of your true self emerging? What do you really, really care about or need to do? Where is your passion? What are you no longer willing to shut down? Are you letting in the goodness in your life? Can you allow yourself to play, create, and love? If not, what stops you? What do you really want to do today?

Chapter 15: Dancing in Daffodils

Do you choose to go on with your life? What helps you stay with yourself and your truth again when you slip back into the Good-Girl Jail, trying to be in control or socially acceptable to others? What else might be possible for you if you could let go absolutely with no holding back? How can you let yourself feel even more alive just for today?