

WRITING PROMPTS FOR FURTHER INTEGRATION

I invite you take even just a half of an hour, set aside quiet time alone, make tea, light a candle, and open your listening toward your own heart, writing from the tenderness of your own knowing.

Choose one or a few (or all!) that speak to you, and just let yourself free write for 15 minutes or so. Ideally, write until you feel emptied and clear, and then sit in silence for a moment to receive what comes.

The archetype that most speaks to me is.....
In what ways?

The archetype that feels most foreign to me is.....

My deepest unmet longing is.....

I yearn to know myself more as (fill in an archetype). I believe this would bring me....

Is it helpful for me to know what archetypes really resonate with me?

I imagine I could best share my needs with my partner by.....

If I share my sacred needs and they are not received, the worst that can happen is.....

If I share my sacred needs and give my partner (or life) time to meet them, the best that could happen would be.....

I feel ashamed about my lack of.....

The most exquisite moment of intimacy I can remember is.....

I feel honored when.....

I can fully trust and relax into a lover when.....

What turns me on the most is.....

Am I willing to honor my own sacred needs?

My core limiting beliefs about being a woman of sexual desire in this world are.....

I love and respect myself. And here are three specific reasons why: