



## What to Do When You Don't Know What to Do: Finding Gold in Crappy Situations

We all have situations where we feel frustrated, angry, confused or uncertain about what to do. It's really easy to think that if only that person acted differently (if they cooperated instead of making everything so much harder!) or if only this one thing changed (like you had more money), then everything would be fine. That might change this particular situation, but there's something deeper going on.

We're here in this life for our soul's expansion. We're here to *experience* ourselves as bigger, clearer, more powerful and more loving than we see ourselves as now. The experience you're having *right now* is an opportunity for you to experience this. The gold that's here is the gold of who you are that's beyond your emotions, your thoughts and your ideas of who you are and what your limitations are.

This may seem far-fetched to you. Your situation (or *shituation* as a friend calls them) may seem so intense and hopeless that you don't see any possible good in it. This tool is like a treasure map pointing you to the gold. All you need to do is to be open to the *possibility* that there's something here to find, and follow the map step-by-step. What if it's possible that you can find your power and your expansion in *this* situation?

### **Describe the situation.**

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### **Does it *directly* affect you? \_\_\_\_\_**

If your answer is "no", you can still use this tool to gain a new perspective of what's going on and why you get triggered by it. Feeling stuck in it shows that you're emotionally invested, and completing this sheet will help you shift that.

If your answer is “yes”, double-check the way you described it. Are you most focused on how someone else needs to change, or how a situation needs to change? Just keep in mind that trying to control someone else or Life is a pathway to resentment, anger and hurt. If your situation is something along the lines of, “My teenager isn’t doing their homework”, let’s dive in a bit deeper.

Describe the situation again putting yourself in the driver’s seat. Starting with “I need to or I want to \_\_\_\_\_ (because \_\_\_\_\_)”, can help you focus this way. [ex: I want to support my child in learning to be responsible with homework so that they’ll develop good work ethics and be able to get and keep jobs.]

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**When I think about this situation, I feel – *not* I feel like – I feel \_\_\_\_\_**

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[ex: confused, betrayed, wounded, frustrated, lost, angry, compassionate, hopeless, hopeful, scared, excited, empowered, resentful]

**When I think about this situation and focus on my body, I notice \_\_\_\_\_**

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[ex: my breathing is shallow, my stomach feels tight, my shoulders tense, my head hurts, my jaw clenches, my eyes get teary, my heart pounds, my stomach feels hollow]

**Put your hands on your heart center and let yourself feel your feelings.** If you feel like crying, cry. Try to stay present with the emotion without holding onto it. If an emotion feels like it’s too strong for you, imagine a dial and use it to turn down the volume or intensity. Be a witness to the emotion. This isn’t who you are, it’s what you’re experiencing. While the emotion may intensify briefly, it will dissipate because you’re paying attention to it. It’ll move on and you’ll feel lighter.

**Put your hands on your heart center and breathe into your belly.** Let your stomach expand with each breath. Imagine that your breath is moving through the area(s) you

just wrote about. You're not trying to change the sensations, you're just letting the air and energy move through them.

**If there were a gift (or gifts) for me in this situation, what might it (or they) be?**  
What might this be an opportunity for?

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**Who do I choose to be in this situation?** I want to be someone who...

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**How do I choose to feel?**

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**What next step am I going to take?**

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### Deep Integration

Now, do the Hands-On-Heart pose and read your responses to the last three questions, letting them really soak in. See if you can *feel* them in your body and in your emotions.

Still in the Hands-On-Heart pose, read these aloud, adding any others you'd like to include. Remember that you're simply being open to the possibility.

- What if it's possible that this can happen.
- What if it's possible that I'm big enough for this.
- What if it's possible that I'm good enough for this.
- What if it's possible that I'm worthy of this.
- What if it's possible that I can do this.
- What if it's possible that it's safe for me to do this.
- What if it's possible that it's okay for me to do this.
- What if it's possible that I really can do this, me, just as I am.