



AM I DEALING WITH AN EMOTIONAL ISSUE BNE CAN HELP ME WITH?

Do you feel overwhelmed by a specific issue or situation? Are you easily triggered by it? Would you like help to see things more clearly and approach it from a different angle?

Understanding that this is not happening to you, but for you is the first step to moving forward with your life. Anything that triggers us, overwhelms us and prompts us to react, rather than act, is a sign that our unconscious mind is running most of the show. That unconscious information needs to be brought to awareness, so you can start acting coherently.

Everything has its purposes, and our issues are our best teachers. A BNE session will help you connect the dots, so you can own your power and decide how to move forward!

Now I invite you to grab a pen or hit that keyboard and allow yourself the time to answer the three following questions. They will help you gain clarity around your issue and how it is affecting your life.

1. What is the overwhelming issue or stressful situation you are dealing with right now? (Try to be as specific and descriptive as possible).

2. How is this affecting you practically in your day to day life?

3. How is this making you feel on a day to day basis? How is it preventing you from showing up as your best self or living your ideal life, right now?