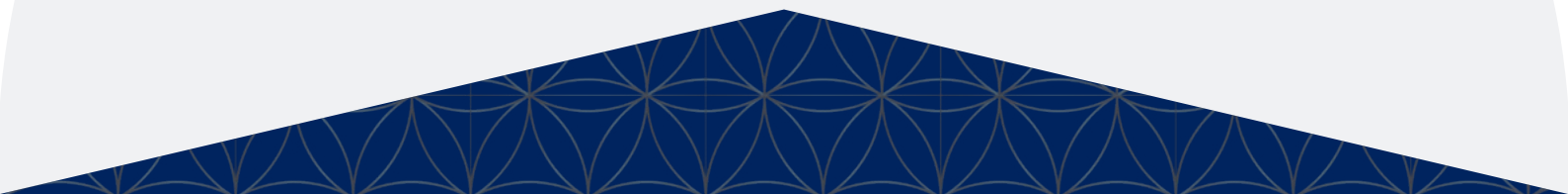


AWAKENING COLLECTIVE

WORKSHEET

FEBRUARY 2021

**SURVIVAL vs. LOVE:
THE FIVE MASKS**





After watching the video please inquire into these questions:

1. After watching the video, write down in your journal what you heard and saw about the two main masks that you have been living in and from in your life.

Go deep within this and journal about how these behaviours show up in your life, big and small.

2. Drop Deeper. Write in your journal, what is at the root of these behaviours and survival strategies for you. Try to dig deep into what your central fear is – i.e. humiliation, abandonment etc.

Share both task 1 & task 2 answers and insights in the group so you can receive love and support and be seen.

3. Practice the **Inner Child Guided Meditation** to bring love and compassion and care to this central core fear and feed yourself with healing.
4. What is your relationship with **LOVE**? Are you ready and willing to be open to more **LOVE** in your life after this work?
5. What choices and actions would you take and how could you live and be if you were to be open fully to **LOVE** and **LOSS** and **LIFE** and not led by **SURVIVAL**?

Share tasks 4 & 5 in the group so you can be supported, witnessed and loved for who you truly are.