

Inspired Action Guide

Companion guide to the book *Right Sperm Wrong Guy* by Sarah Aderson

In this guide, you'll learn proven techniques to move from blame to bliss.

Bliss /blis/: supreme happiness; utter joy or contentment.

Fear Face-Off

If I felt totally loved, safe, and supported, then I would:

I'm afraid of losing the following if I take this action:

What action step will take me closer to my dreams and desires?

Time to Process

List the feelings and emotions that come up for you when you think of your ex.

What ideals and hopes do I need to release in order to move forward?

Non-negotiables

List your values eg. Truth, justice, compassion, etc. Circle your non-negotiables.

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Look Through the Situation

Take a few moments to imagine who you'll be when you come out on the other side of this. How will you feel and behave? What will you look like and do?

The Road Back to You

B _____

A _____

G _____

S _____

Unpack my B.A.G.S.

Write down events in the past that you keep re-playing in your mind and the people involved.

EVENTS

PEOPLE INVOLVED

Write down 1 quality/trait you don't like/love about yourself.

Write down 3 ways that quality/trait serves you.

Write down 1 person you dislike/disapprove of. List their qualities, behaviors, and personality traits.

Spark my Bliss

Write down 1 person you admire/envy. List their qualities, behaviors, talents, and personality traits.

The Truth of You

You are a truly amazing woman! Due to past programming, that was no fault of your own, unfortunately you've forgotten the truth of who you are.

Grab a separate piece of paper and fill it up with every good/great/wonderful thing you've ever done, said, & accomplished. Write down the big and small things. Oh, and in the exercise above you just described yourself. The qualities you admire in others exist within you.

Intuition Tune-up

Your heart knows what's best for you. Repeat the word "Yes" and record your physical responses. Repeat the word "No" and record your physical responses. Notice where you feel tension or lightness.

YES!!!

No.

Test Your Intuition

Now, ask yourself a simple Yes or No question and compare your physical responses to those recorded above. For example, Is my name (insert your actual name)? Is my name (insert someone else's name)?

Reverse Engineer Your Ex

List everything you dislike about your ex. Now, brainstorm reasons, events, and situations that justify his actions and behaviors. Be objective!!!

Happiness

Your happiness is priority #1. Ask yourself the following questions:

Am I happy?

Am I expecting someone else to make me happy?

What actions can I take to increase my happiness?

If my partner stays exactly as he is, can I fully accept and love him?

Reflections

What lessons can I learn from this relationship? What have I discovered about myself, values, etc.?

My Inspired Action Step

What one action step can you take that will help you to love yourself totally and unconditionally?

I, _____, will _____

_____ starting today, _____!

Signature