

A very effective and easy Shadow Work[®] tool that can help with working through the risks of any new behavior is to simply “work the risks.”

To do this, when you are trying out new behaviors and practices and feel some resistance here are the steps:

1. **Notice the resistance.** Perhaps you are making “excuses” for why you cannot do what you committed to doing or feel the fear in your stomach and are not taking action. Noticing and owning the resistance is powerful. From here, you have more choices.
2. Now that you notice the resistance, breathe into it and acknowledge it. Remind yourself that there was probably good reasons that you chose not to try this behavior before or good reasons for feeling the fear now. **Be kind and compassionate with yourself.** This will loosen up the energy and give you freedom.
3. Now ask yourself, **“What’s at risk if I try this behavior?”** In other words, what might happen if I do this different thing? Make a mental note of what might happen. Stay present with yourself; kind and compassionate.
4. Now ask yourself, **“What’s at risk if I DON’T try this new behavior?”** In other words, just let yourself be with not changing anything or risking anything new. See what that is like for you.
5. Now choose for yourself and validate whatever choice you make. To make a conscious choice about whether you want to risk the new behavior right now is also very powerful. You get to choose. Perhaps it is not the right time or you are not quite ready to risk. **Whatever you choose to do, be kind, loving and understanding with yourself.** This is perhaps the one most important behavior and practice to developing trust within yourself to continue to risk new behaviors.
6. **Bless and acknowledge your own courage and commitment to take the time to “work the risks.”** There is great freedom in loving ourselves and taking responsibility for whatever choices we make.