

## A power-truth® exercise



# Renegotiating what's OKAY

What have you learned to make OK -  
what's your "ok-barometer"?  
Do you know?



**power-truth®**  
*by amy-noelle*

# Renegotiating what's OKAY

What have you learned to make OK - what's your "ok-barometer"? Do you know?

It starts at the micro-level: What you had to make ok in your early childhood years to survive. You didn't have a choice. You didn't know better. You didn't have a better way.

For example:

- ☉ "I made it ok not to have love."
- ☉ "I made it ok to say everything is okay when things were far from it."
- ☉ "I made it ok not to have needs. I had to be strong."

## Key point:

When we are still making false ways of being ok, we are essentially telling ourselves a lie; we are withholding love from ourselves. When we withhold love from ourselves, we are in self-loathing. The act of withholding is a denial of self - and self-destructive - yet we have made this ok.

When we stop this pattern, we renegotiate life itself. We acknowledge that our new life may entail overwriting traumatic memories, redefining and revamping values, and that's OKAY.

We only need to choose to see ourselves and align with the truth of who we are while shedding false ways of being - your false self - that was never okay.

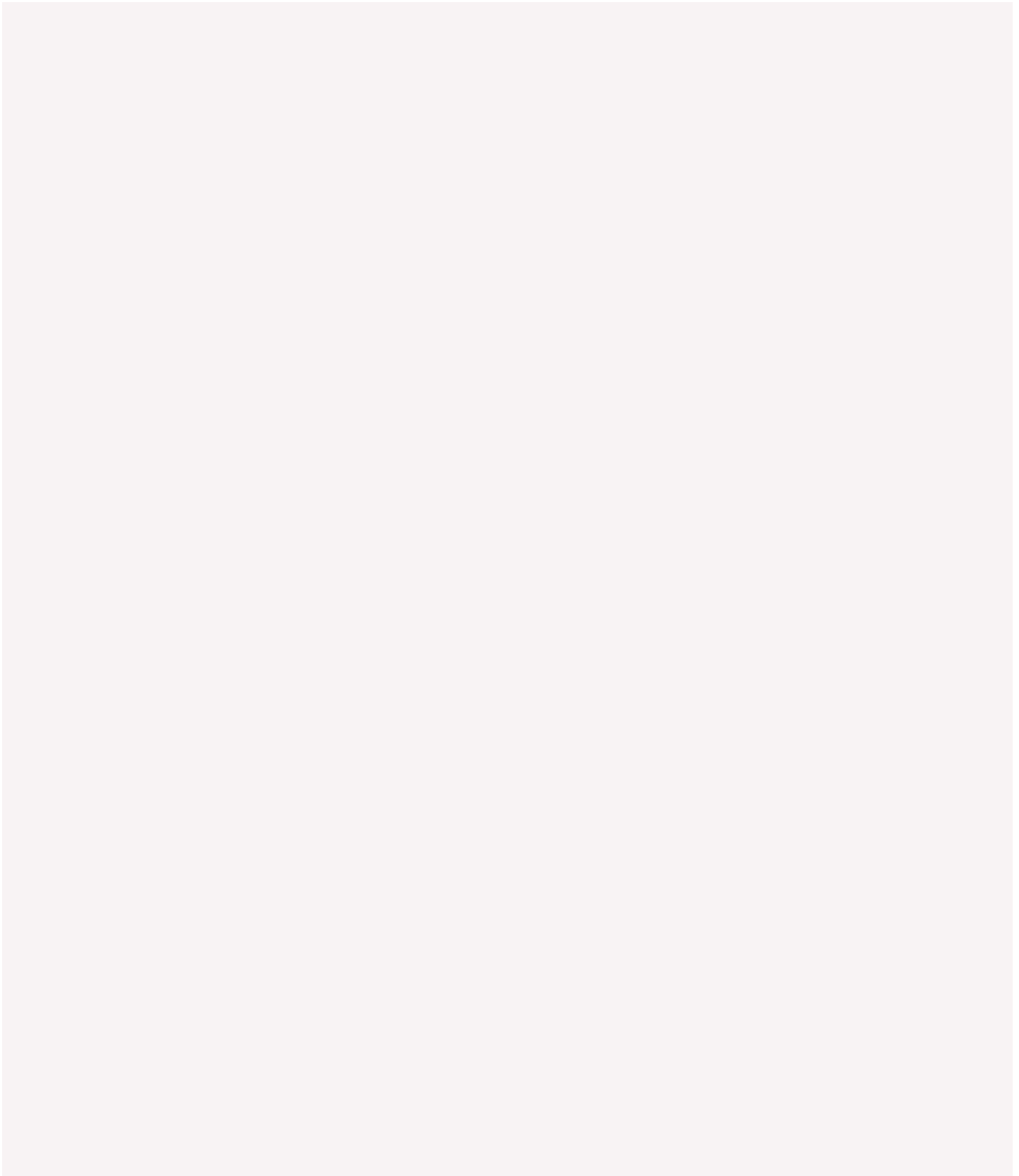


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### **The practice:**

Try this exercise to help renegotiate what you learned to make OK.

#### **Step One - Write down what you learned to make OK:**



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**Step Two - Now write down the story you constructed when you made it ok.**

**For example:** "Emotion and feelings are weak." "I will never be good enough."  
"I'm unworthy of love."

**Your story:**

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### **Step Three - Now write down a truer story - not a "construct."**

Truer stories can be felt when you move into your body, drop into your heart space and have a feeling of you.

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**A truer story is an \*experience\* of you-  
a feeling of you without any construct.**

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For example, the truer story “Emotions and feelings are weak” is:

- ☉ I wasn't allowed to feel my feelings.
- ☉ I had no one to help me process pain.
- ☉ I had to push it down deep inside of me.
- ☉ My pain had nowhere to go.
- ☉ I put it into sports;
- ☉ I put into staying busy;
- ☉ I put into “denial.”

Now when I become angry and rageful, I know that I am in the 15-year-old part of myself that had to abandon my pain and make it ok to turn away from myself by finding a way to disconnect from what I deeply needed.



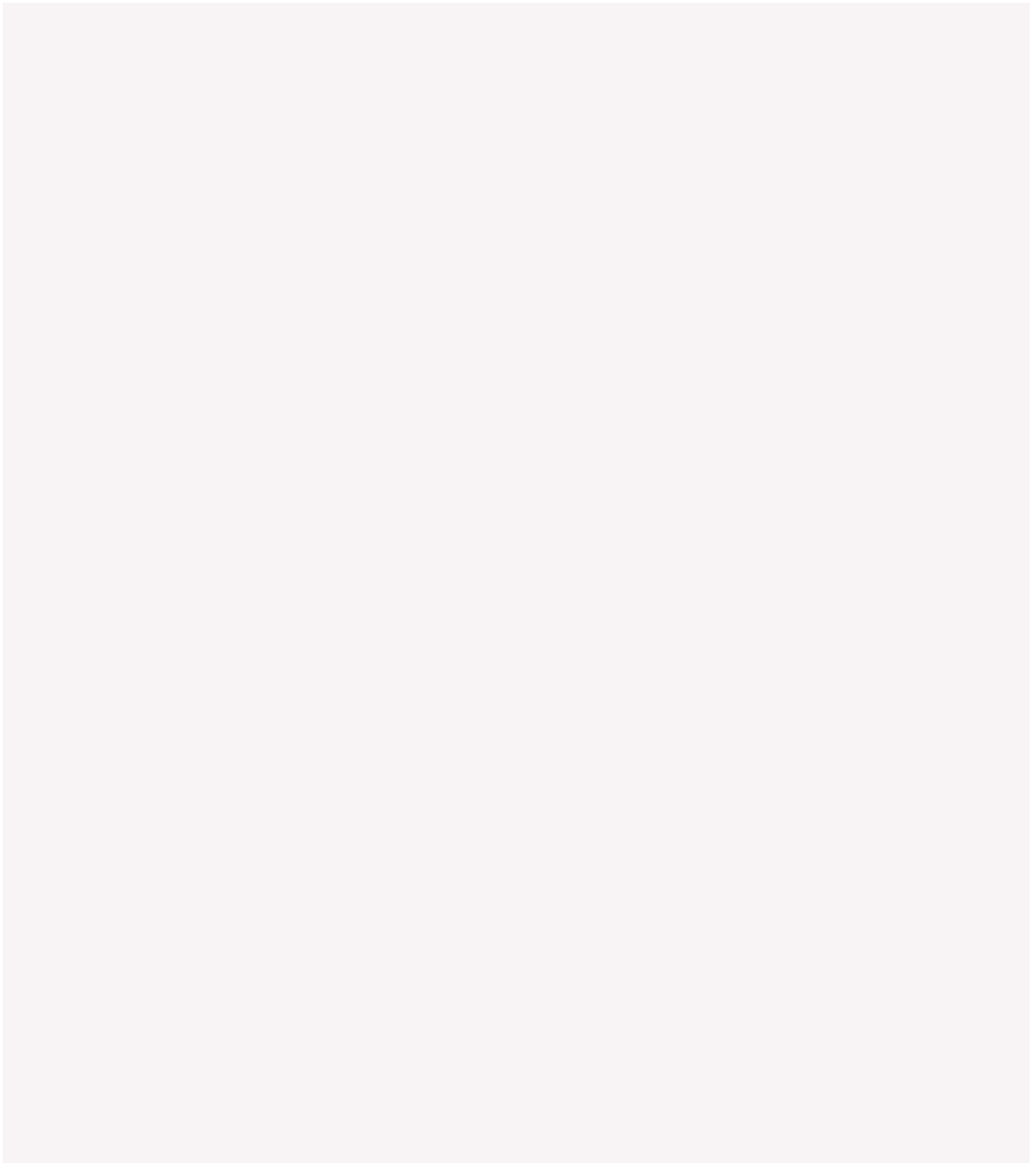
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**Tell your truer story**



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**Step Four - Now write down what you needed to hear or  
what you needed and did not receive:**



When you speak your truer story, you are practicing self-love, self-compassion,  
and overwriting traumatic experiences.

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## Your daily practice:

### Become an observer.

- 🌀 Notice when you are making false ways of being ok.
- 🌀 Notice what happens when you do this. How do you feel inside?
- 🌀 Notice the story you tell yourself.
- 🌀 Practice seeing it. And then *renegotiate, rewrite, realign* using the steps you practiced in this exercise.

**Find - feel - your new okay each day!**

love,

*amy-noelle*

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