

## A power-truth® exercise



# Renegotiating What's OKAY

What have you learned to make OKAY—  
What's your “okay-barometer”?  
Do you know?



**power-truth®**  
*by amy-noelle*

# Renegotiating What's OKAY

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

It starts at the micro-level: What you had to make okay 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 okay not to have love."
- 🌀 "I made it okay to say everything is okay when things were far from it."
- 🌀 "I made it okay not to have needs. I had to be strong."

## Key point:

When we are still making false ways of being okay, 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 okay.

When we stop this pattern, we renegotiate life itself. We acknowledge that our new life may entail re-storying our trauma narrative 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 Okay.

### Step One – Write down what you learned to make Okay:

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**Step Two – Now write down the story you constructed when you made it Okay.**

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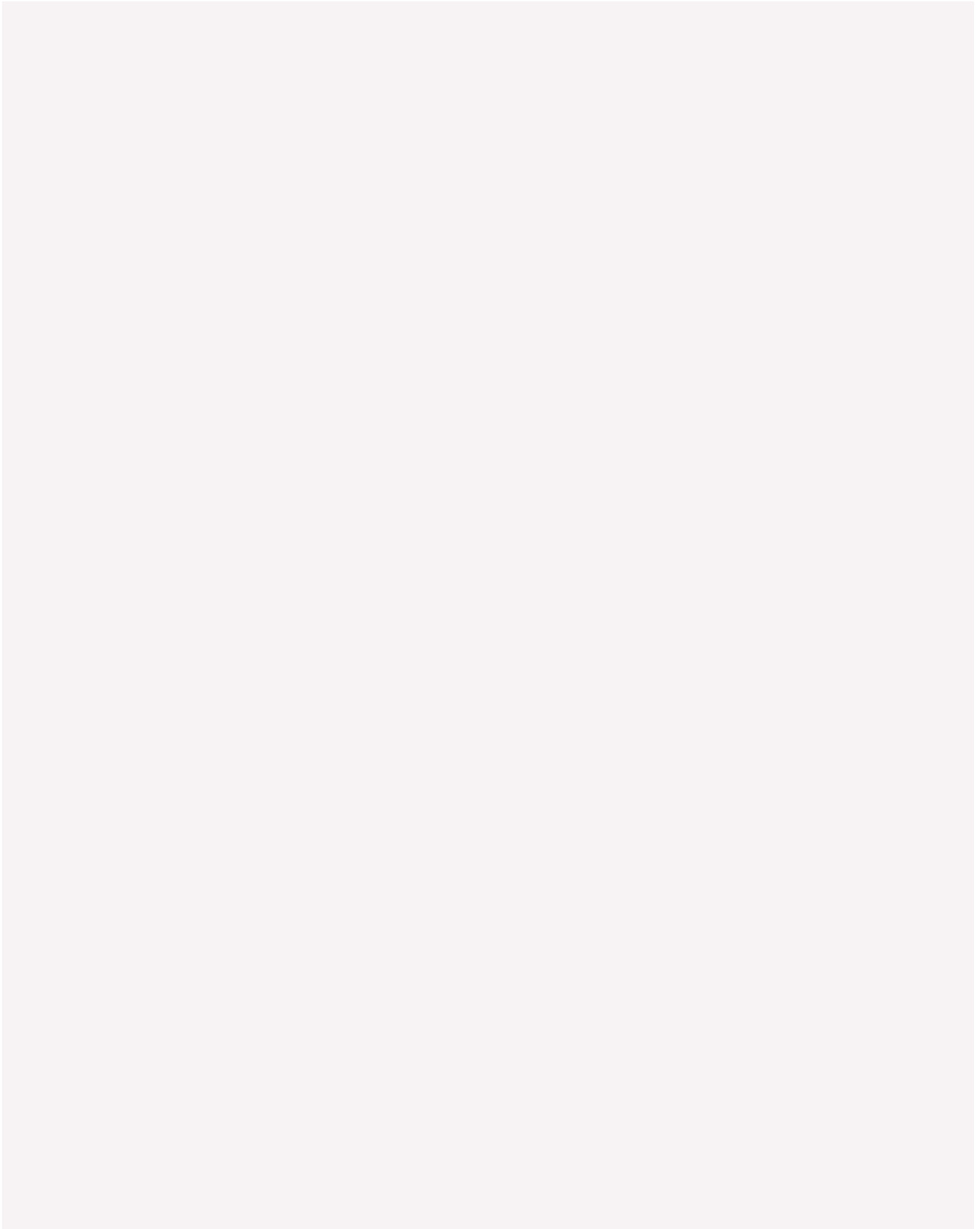
For example, the truer story “emotions and feelings are weak” is:

- 🌀 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 channeled my emotions into my work.

When I lack emotional control, I know that I am in the fifteen-year-old part of myself that had to abandon my pain and make it okay to turn away from myself by finding a way to disconnect from what I deeply needed.



## **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 re-authoring your life narrative.

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## Your daily practice:

### Become an observer.

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

Find and feel your new okay each day!

Much love,

*amy-noelle*