



## Exercise: Relaxing & Practicing Surrender

Surrender is giving yourself fully to something and letting go without resistance.

In what ways has surrender been difficult for you?

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Has there been a time when you surrendered in an unhealthy way? If so, what happened?

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What are your barriers to having a love relationship?

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Walk yourself through the letting go process below to let go of any patterns you have around surrender. Go through the questions until you feel a shift in how you feel.

1. What belief or pattern do you have about surrendering?

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2. What's that belief or pattern keeping you from?

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3. What's the desire or need at the heart of my belief?

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4. Is it okay to let yourself \_\_\_\_\_?

5. By not letting yourself \_\_\_\_\_ how do you feel?

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6. Feel into that feeling as vibrantly as you can.

7. What do you need to let this go?

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8. Can you give \_\_\_\_\_ to yourself?



How have I sabotaged myself in relationships in the past?

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In what ways could I surrender more in love and my relationships?

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