

COME ALIVE COURSE WORKBOOK



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L I F E C O N S U L T I N G



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WELCOME



**It takes courage to start a journey like this one!
We are cheering for you.
Thank you for extending your trust to us!**

**Love,
Sammi + Spencer and the A&F Team**

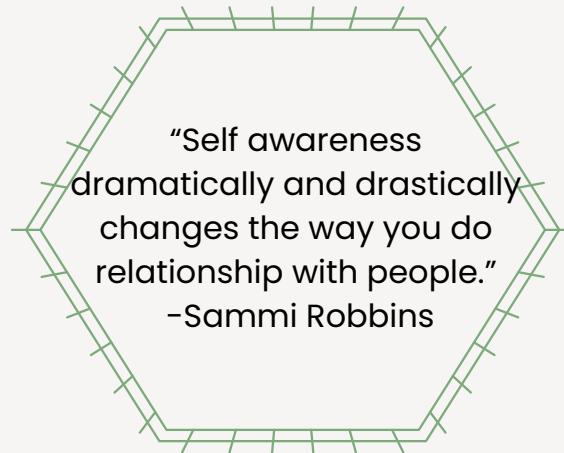


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TOPIC 1: Foundations

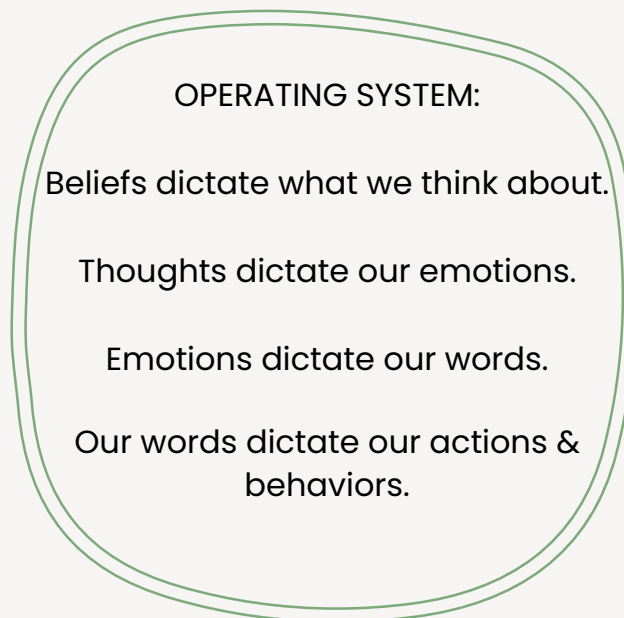
Curiosity is key!

The Cambridge Dictionary definition is:
an eager wish to know or learn about something



Self Awareness: Becoming aware and being a curious observer of YOU, without judgment, bias, or conclusion.

Introspection: Looking for all the different things that could be wrong with you.



The Prover part of our brain is looking for evidence that lines up with the belief systems that we created in childhood.



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TOPIC 1: Foundations

**"You are not a problem, not broken. You are not a mess, and you do not need to be fixed."
-Spencer Robbins**

What are your beliefs about MEN?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

What are your beliefs about WOMEN?

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TOPIC 1: Foundations

What are your beliefs about MONEY?

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How do your beliefs play out in relationships?

[illegible]

"You repeat what you don't repair."
-Mary Beth Keane



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TOPIC 1: Foundations

Encountering *love* and *compassion* at the root of where belief systems were first developed will cause a healing domino effect of your thoughts, feelings, words and actions.

Being as honest as you can with yourself, how do you feel about having needs?

"Intimate relationships trigger familial wounds that need healing"

- *Sammi Robbins*

TRUE SELF vs. TRIGGERED SELF

The beauty of your triggered self coming to the surface is it exposes the things that are dictating your life.
Use your pain and turn it into purpose



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TOPIC 1: Foundations

Being as honest as possible with yourself, how do you feel about having emotions?

**Emotions are like
kids...
you don't want
them in the trunk,
but you can't let
them drive either!
(Unknown)**

What was it like to have Sammi & Spencer walk you through connecting to a recent trigger and connecting with your heart?

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“We often want to blame the person in front of us for the pain and emotion we’re experiencing...but they’re just surfacing a pain and emotion that’s been there for a long time.”

-Sammi & Spencer Robbins



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TOPIC 1: Foundations

"Your heart and body are wanting to heal all of the time."

-Sammi Robbins

What is your current and most honest view of the human heart?

What do you believe it's there for?

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HOMework:

Start actively observing yourself.

Get very curious about YOU!

In your personal journal, start taking note of your thoughts, your feelings, your words, your actions. Jot down patterns you see – not making conclusions about yourself – but asking yourself curious questions:

Why am I feeling like this?

When did I start feeling that way?

Where did that thought come from?

Why do I tend to choose into relationships with this kind of person?

Why have I attracted/chosen this type of person?

You're looking for patterns and asking, *where did this come from in my childhood?*

You're NOT making assessments! Just asking questions and practicing curiosity.

Like Ted Lasso said, "Be curious, not judgmental!"



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TOPIC 1: Foundations



TOPIC 1: Foundations



TOPIC 2: Facing Yourself

Questions you can use to check in with yourself as you watch the program content:

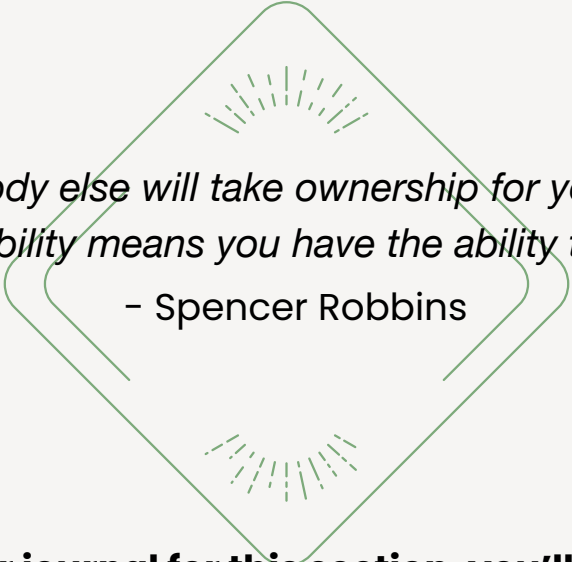
Why am I shutting down?

Why am I checking out?

Is there something they said that triggered me?

Is there something I can feel that is coming up to the surface that I don't want to face?

Continue to practice observing yourself.



*"Nobody else will take ownership for your life.
Responsibility means you have the ability to respond
- Spencer Robbins*

NOTE: Grab your journal for this section, you'll do the following part of the homework along WITH the video. Sammi & Spencer will lead you.

Feel free to pause the video as needed!

GETTING CONNECTED TO YOUR STORY

Create a timeline of your life; pivotal moments and events. Include core memories, times you moved, facts, general ideas, emotions, etc.

Creating a timeline will inspire your heart to release more memories and share more information with you. You can use the next page to draft it, and your own paper if you need more space.



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MY LIFE

TOPIC 2: Facing Yourself



TOPIC 2: Facing Yourself

Keep in mind -

What did each of those events teach you about life? - Not from your logical brain, but how your heart feels about those experiences. What does your heart honestly believe? The goal of this is to create awareness around what you've experienced..



TOPIC 2: Facing Yourself

PARENT IMPACT

What do I believe about my dad? What did he show me through his actions? What did I start believing about men because of the way he showed up or didn't show up in relationship with me and others?

-Heart, what do you believe about Dad?

[illegible]

TOPIC 2: Facing Yourself

What do I believe about my mom? What did she show me through her actions? What did I start believing about women because of the way she showed up or didn't show up in relationship with me and others?

-Heart, what do you believe about Mom?

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TOPIC 2: Facing Yourself

GOD IMPACT, RELIGION IMPACT

What are your beliefs about God? What did you first start believing about God? What do you believe about God based on a pastor or spiritual mentor you've had? What are your logical beliefs of what you've been told about God? What have been your personal experiences with God?

If you're a Christian: What do I believe about the Father?

What do I believe about Jesus?

What do I believe about Holy Spirit?

If you're not a Christian: what do I believe about Unconditional Love?

Creator of the Universe? My higher power?

What do I believe about compassion?

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TOPIC 2: Facing Yourself

GOD IMPACT, RELIGION IMPACT CONTINUED

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TOPIC 2: Facing Yourself

YOU IMPACT

What do you believe about you?

What do you believe about yourself right now in your current season? (marital status, career, personal development/purpose)

What do you believe your current life circumstances mean/say about you?

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TOPIC 2: Facing Yourself

WOMEN IMPACT

What do you believe about women?

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MEN IMPACT

What do you believe about men?

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TOPIC 2: Facing Yourself

RELATIONSHIPS IMPACT

What do you believe about marriage?

What do you believe about romance?

What do you believe about intimacy?

What do you believe about dating?

What do you believe about friendships?

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TOPIC 2: Facing Yourself

WHY do we look at our past?

To allow the heart to go through the process of grief, forgiveness, and reconciliation – because the pain we don't deal with and heal will continue to dictate our lives. This internal work will allow you to heal so you can thrive in life and relationships.

What are the themes, pain points, and cycles you experience because of your pain?

Start to observe the beliefs surfacing in your everyday life. Observe with curiosity and not judgment.

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TOPIC 2: Facing Yourself

Say to your heart,
*"I give you permission to not do this right.
 I give you permission to mess up this process.
 I give you permission to take as long as you need.
 I give you permission to get 'wrong' answers.
 I give you permission to be curious."*

DISSOCIATION is a way we often cope with our pain

- intentional disconnection
- unintentional disconnection

This can look like staying perpetually busy, or it can look like mentally/emotionally “checking out”...

People even medicate their pain with spirituality, and use God/religion/scripture as a way to numb their pain instead of face their pain and invite God into it.

Have you every found yourself doing this?

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TOPIC 2: Facing Yourself

Identify Your Coping Mechanisms:

What am I using to avoid and escape my pain?

Fantasy, porn, sports, working out/eating healthy, social media, spending money/buying things, perfectionism, busyness, Netflix, work, being the funny person, etc...

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TOPIC 2: Facing Yourself

TRAUMA RESPONSES (we go into trauma responses as a way to cope with pain and protect ourselves)

Fight: responds to pain/threat with aggression/ feelings of intense anger

Flight: running away, numbing, busyness, productivity

Fawn: taking care of others - "if you're okay, then I can be okay"

Freeze: stuck, shut down/can't speak, checking out, lost in work, thinking all the time, numbing, dissociating

Which trauma responses do you recognize in your own life situations?

[illegible]

TOPIC 2: Facing Yourself

SEXUALITY is a core part of our identities and a core part of the human experience.

What do I believe about sex/sexuality/sexual intimacy?

What do I believe about my sexuality?

What do I believe about others' sexuality?

[illegible]

TOPIC 2: Facing Yourself

“Sexuality and emotions are intertwined and often influence each other.” –Sammi Robbins

SEXUAL TEMPLATES are past experiences that influence arousal and sexual preferences.

What do I believe about my genitals?

What do I believe about myself as a sexual person?

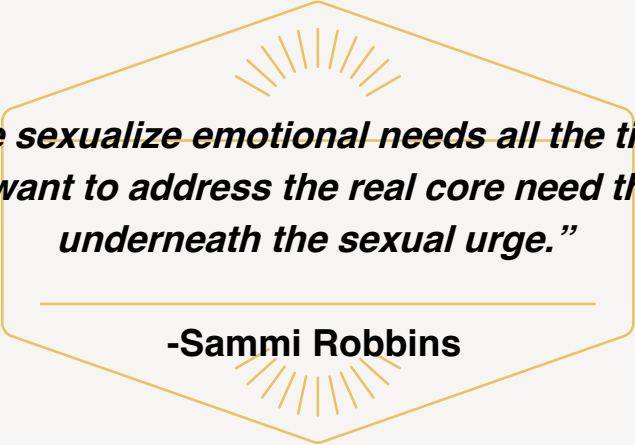
What do I believe about attraction?

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TOPIC 2: Facing Yourself

“You’re not broken or bad for whatever appetites or attractions that you have, but it is important to ask questions, because there are unmet needs underneath those attractions.”

-Spencer Robbins

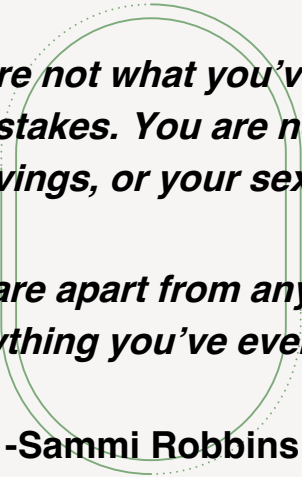


“We sexualize emotional needs all the time. We want to address the real core need that’s underneath the sexual urge.”

-Sammi Robbins

“There’s a way to get your internal needs met without relying on external things for fulfillment.”

-Sammi Robbins



“You are not what you’ve done. You are not your mistakes. You are not your messes. You are not your cravings, or your sexual preferences.

You are who you are apart from any of your behaviors and anything you’ve ever done.”

-Sammi Robbins



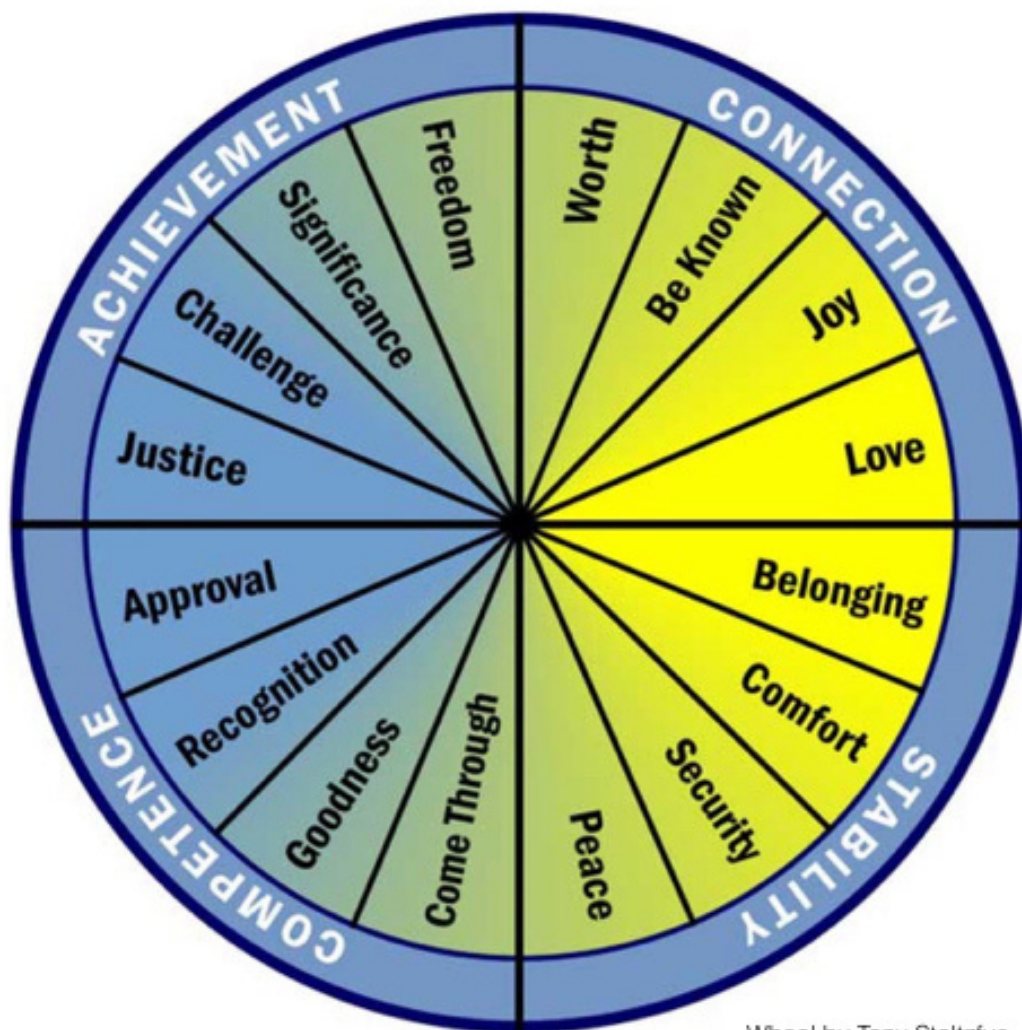
TOPIC 2: Facing Yourself

On the journey,
Awareness & Acceptance is not an end in and of itself...

**“What you do matters,
but who you are matters more.” -Laura Duncan**

HOMEWORK: daily check ins with yourself (at least once/day)

1. Put your hand on your heart and say, *“Heart, what are you feeling today?”*
2. *“Heart, what’s one thing that you need from me?”* or *“Heart what’s one need you want God to meet for you today?”*



Wheel by Tony Stoltzfus



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The cure for pain
is in the pain.

—Rumi



TOPIC 2: Facing Yourself

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TOPIC 3: Triggers, Validation & Attunement

**"The love that we give ourselves
is often the love we give others."
– Sammi & Spencer Robbins**



**"You can't give something to someone that you
haven't first received yourself."
– Sammi & Spencer Robbins**

**"Often the way that we've been parented
is the way we parent ourselves,
and parent our children...
unless we repair."
– Spencer Robbins**



TOPIC 3: Triggers, Validation, & Attunement

**"If we don't get compassion into those wounds,
it will keep bleeding out into all areas of your life."**

-Laura Duncan

COMPASSION PHRASES from Laura Duncan:

- I can see that you're hurting.
- Even if you make a mess, I'll still be with you.
- You can hurt, you can be sad, you can be angry, you can be as frustrated as you need to, for as long as you need to.
- I'm not going anywhere.
- I can see that you're trying really, really hard.
- I am proud of you.
- You are so brave.
- I will sit with you until you feel safe.
- You're worth being with, even when you're hurting.
- I want to help you feel better.
- I see your kind heart.
- You don't have to be the adult here.
- You're allowed to just be a kid.
- You're accepted.
- I value you.
- You are so wanted.
- You are delightful!
- I like being with you.
- I am right here with you.
- Everything is going to be okay.

**Compassion in Latin
means**

"to suffer with."

It means

**being with another
in their pain.**

It's about presence.



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TOPIC 3: Triggers, Validation, & Attunement

TRIGGERS

The Triggered Self = Wounded Child

The Wonder Child - the you before pain came in (playful, imaginative, dreaming, creative, hopeful, alive, trusting)

Arrested Development/Emotional Stuntedness - when our wounded child is running the show, despite all the knowledge we have...

Compassion work is what allows you to mature in these areas and move forward

The lie is that loving yourself at your worst will condone the unwanted behavior; but that is actually the voice of shame! Shame is what causes repetition. Compassion is what soothes what's underneath destructive patterns and behaviors. It's about healing *at the root*.

What is your relationship with the word "process"?

How do you feel about growing in emotional health as a process rather than expecting it to happen suddenly?

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TOPIC 3: Triggers, Validation, & Attunement

Make YOU your focal point
in this season.

Giving it away to others
will come naturally after that.



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TOPIC 3: Triggers, Validation, & Attunement

ATTUNEMENT

Attunement is awareness of what is needed in a moment. This doesn't mean you need to meet all the needs of everyone around you...but meeting needs is a way of creating safety, especially for yourself.

Start tuning into what you're needing.

What are my emotional needs?

How can I meet those for myself?

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**"Your goal is not to be a good person, wife, husband, etc.
Your goal should be to be fully alive,
and have the capacity to care for others from a full cup."
-Spencer Robbins**



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TOPIC 3: Triggers, Validation, & Attunement

VALIDATION

Validation is letting someone know that their pain, emotions, and what's going on in their heart is valid and matters.

We don't have to validate someone's narrative...but you can validate their feelings.

Validation in a simplified definition is: "your feelings matter."

We can validate without taking blame (if there is no fault to take ownership for). Put yourself in the other person's shoes and try communicating you care by saying...

"I'm so sorry for the way I've impacted you..."

"It makes so much sense that you feel..."

"I don't want you to hurt, and I'm sorry for the way my actions impacted you."

The fruit of validation is safety and connection!

Who has been a validating person in your life?

How has that impacted you?

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TOPIC 3: Triggers, Validation, & Attunement

Do you validate others emotions?

Do you validate your own?

What areas have you invalidated yourself for a long time?

Where did you feel invalidated as a child?



TOPIC 3: Triggers, Validation, & Attunement

Have I felt more invalidated by mom, or dad?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Did I feel like I was able to have emotions?

Did I feel like I was able to have my own thoughts?

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TOPIC 3: Triggers, Validation, & Attunement

When we are triggered, our amygdala is hijacked.

Creating safety through validation allows a healthy processing of emotions:

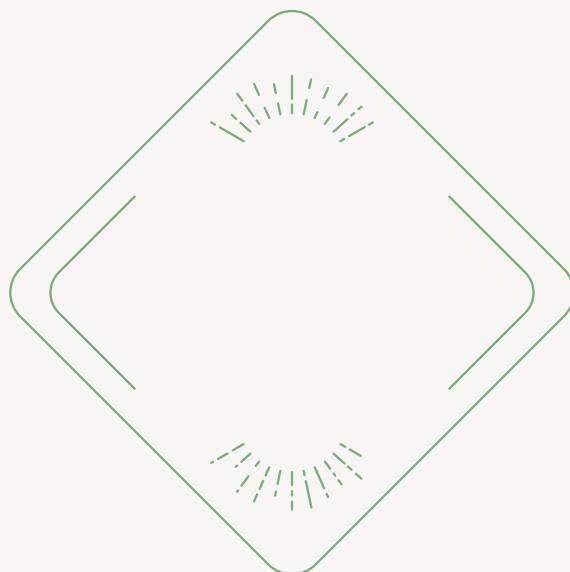
"I can see that there's pain here. That matters to me. I really care about this."

"You don't have to get this right for me."

"You're allowed to make mistakes."

Triggers are a check engine light.

Triggers are an invitation to heal unresolved pain. Allow triggered moments to be an opportunity to invite in God's love.



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TOPIC 3: Triggers, Validation, & Attunement

Questions to Ask Yourself in a Trigger

Feel free to copy these down or put them in your phone so you can access them on-the-go!

What does this remind me of?

How old do I feel?

What do I need in this moment?

How can I meet this need for myself OR God how do you want to meet this need for me?

Was there a person in your life that you felt like you wanted to be deeply seen, heard, and known by?

Have you been dismissive toward yourself?

Have you had harsh, rigid standards on yourself?

Do you withhold love from yourself if you get it wrong?

Do you feel like your thoughts & feelings have mattered your whole life?

Do you feel that YOU have mattered your whole life?

**(Remember! We offer programs on triggers specifically.
Let us know if you want to go deeper on this topic
with our resources.)**



TOPIC 3: Triggers, Validation, & Attunement

Most of us have been taught to neglect our emotions and only process logically...

But integrated processing goes like this:



*Do you give yourself room to process emotion in an integrated way?
If not, reflect on the way you process.*

[illegible]

TOPIC 3: Triggers, Validation, & Attunement

Ways To Create Safety:

Validating feelings & emotions

Giving compassion:
"I will be with you in this."

Attuning: checking in

Tuning into emotional needs and being part of carrying the weight for what's happening in someone

Seeking to understand: asking questions; giving someone else space to share

Bringing humility and childlikeness to relationships

Ways To Kill Safety:

Unsolicited advice

Immediately going into problem solving

Treating someone like they're a project

Ignoring

Dismissing

Invalidating

Creating assumptions or conclusions:

"Familiarity breeds contempt" -Bill Johnson

Contempt is assuming we know someone's motives; it is disrespecting someone's unique agency



TOPIC 3: Triggers, Validation, & Attunement

HOMEWORK:

How can you be your own advocate this week?

Write out compassion statements that resonate with you from above and practice saying them to your inner child.

Set an alarm on your phone and do heart check -ins.
"Heart, how are you doing today? What do you need from me?"

*"You're the guardian
of your own heart."
-Spencer Robbins*



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TOPIC 3: Triggers, Validation, & Attunement

*Are you internally in disagreement with the love that God has for you?
Or have you partnered with it?*

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Do you push away love from others?

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Loving yourself will allow others' love to be a gift to you.



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TOPIC 3: Triggers, Validation, & Attunement

**Write this down and speak it
over yourself this week:**

*"I'm going to commit to healing,
as much as I committed to
running from my pain...and
there I'll find freedom."*

-Sammi Robbins



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[illegible]

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TOPIC 4:

Destroying the Inner Critic

The voice of the inner critic often sounds like the voice of our abuser, parents, peers, teachers, religious leaders...the peoples' voices who caused us pain. We internalize these voices to protect us, thinking *if we listen to them they will keep us from being wounded again.*

The way that we love ourselves IS how we give love away to others.

Giving yourself or others conditional love actually creates deficits that make us more insecure, and creates cycles where we try to get those needs met in unhealthy ways.

**If you feel like it's challenging to attach in relationships,
it's likely due to internal shame.**



TOPIC 4: Destroying the Inner Critic

*Were there conditions around when you got to receive love as a child?
How are these influencing you today?*

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Self hatred is essentially saying,
"I can get love, if I get the conditions right."

Intimate relationships in our life will often trigger the pain from our primary family members.



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TOPIC 4: Destroying the Inner Critic

Ask your heart, "What do you believe that hitting all these conditions and standards will give you?"

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**Each of our inner critics sound very unique,
because they are a mix
of our individual life experiences
and perceptions.**



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TOPIC 4: Destroying the Inner Critic

Was any part of you relating with Spencer as he shared denial of his own self hatred, and the process of how he discovered he had been giving himself conditional love?

Think of all the places where you have talent and are good at something. What if all those things got turned off... how would you feel about yourself? How would you treat yourself?



TOPIC 4: Destroying the Inner Critic

***"For so much of Western culture,
self hatred is a strong motivator.***

***We carry Greek gnosticism, which is the belief
that we are inherently bad and sinful, and so we
must destroy all pleasure and desire.***

***It's a lot of what the church has taken on in
Christianity - this idea of 'hate yourself, and run
far away from "bad things," pleasure, desire...'***

***In actuality, that leaves us with massive deficits
and going to all the wrong sources
for love, nurture, comfort,
and all the things we are needing."***

- Spencer Robbins



TOPIC 4: Destroying the Inner Critic

***Self hatred is the landing pad
for every other rejection to land on.***

The moment you feel rejected by somebody,
it's going to trigger, validate and confirm your own
narrative you've been telling yourself.

How would you fill in these blanks for your life?

I need to _____ in order to get _____.

I need to _____ in order to get _____.

I need to _____ in order to get _____.

I need to _____ in order to get _____.

I need to _____ in order to get _____.



TOPIC 4: Destroying the Inner Critic

***"I personally believe that I cannot have
real authority in emotional health
unless I am first doing this myself."
-Sammi Robbins***

Why is it scary to let go of accusation, self hatred,
shame, conditional love & acceptance, judgment?



We THINK it will give us license
to be not good,
to have bad behavior,
to "sin and get away with it"...

It's really important to take ownership
for the way YOU have partnered with those
voices that shaped your self hatred.

***"It doesn't matter how perfect your behavior and
your performance is on the outside,
if internally your heart is sick."
- Sammi & Spencer Robbins***



TOPIC 4: Destroying the Inner Critic

Ask your Heart -

What's one thing you want to tell me about how I've been treating you? or What's one thing I've been telling you for a really long time?

Heart, who said this to you?

Who showed you that?

Who taught you that?



TOPIC 4: Destroying the Inner Critic

*What are the parts of you that you never want to become ever again?
The parts of you that you've decided are not lovable, unworthy of love?*

[illegible]

***"Love and compassion are what help us mature."
-Spencer Robbins***



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TOPIC 4: Destroying the Inner Critic

HOMEWORK: *Do it in stages and take your time!*

1. Write down the versions of you that you've hated, or the versions of you that you never allow yourself to be.
2. Imagine seeing each version of you, and own out loud how you have hated that version of yourself. Ask for forgiveness.
3. Write down all the different narratives you've received from Self hatred, Accusation, Shame, and Judgment in your life.
4. Write letters to Self hatred, Accusation, Shame, and Judgment, divorcing yourself from those partnerships.

**"Many of us feel disconnected from our emotions
because we've shamed that part of us for so long!"
-Sammi & Spencer Robbins**

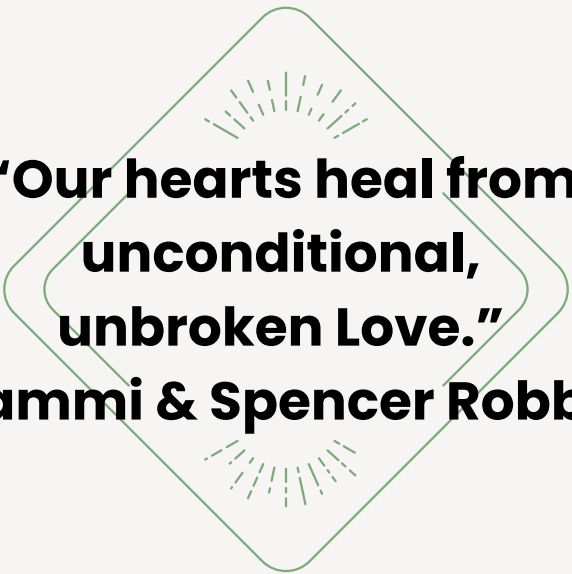


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TOPIC 4: Destroying the Inner Critic



TOPIC 5: Compassion & Unconditional Love



**"Our hearts heal from
unconditional,
unbroken Love."
- Sammi & Spencer Robbins**

Emotions are energy in motion.
Not just *knowing* in your mind, but having an
experience of love in your body.

We partner with self-hatred and shame
because we subconsciously think it will protect
us from ever experiencing that pain again.



**“Compassion is the *bridge*
into Unconditional Love.” – Sammi Robbins**

"Compassion is the antidote to self-hatred and shame."

Have you ever spoken declarations or affirmations over yourself? What was your experience, and what was the outcome?

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TOPIC 5: Compassion & Unconditional Love

Your capacity to give love is directly correlated to your capacity to receive love.

Are you feeling internal resistance or acceptance to this message about compassion?

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Feeling uncomfortable with another person's emotions often relates back to feeling uncomfortable with *our own emotions*.



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TOPIC 5: Compassion & Unconditional Love

What types of emotions have you experienced from others that made you feel uncomfortable?

Can you relate to Spencer when he says, "I had removed my need for love and compassion"?



TOPIC 5: Compassion & Unconditional Love

We want to flip your paradigm so that your internal needs are getting met, and the externals shift on their own!

"When you learn to encounter love in the areas your heart needs it most you no longer look to destructive sources to try and fulfill yourself."

- Sammi & Spencer Robbins



Idolatry is filling our unmet needs with things that don't truly satisfy or fulfill us!
God is the only one who can satisfy & fulfill.



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TOPIC 5: Compassion & Unconditional Love

Shame spirals are indicators that you're trying to get internal needs met...Have you had any experiences of this lately?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

***Self compassion is your agreement
with the love that God has for you.
True self love is agreement
that there is an over-abundance
of love that exists.***



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TOPIC 5: Compassion & Unconditional Love

What do you believe that your performance will give you? (Working, perfectionism, etc) What need are you trying to get met?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

***“You’ve used the tools I’ve given you
for years to get transformation;
but when are you going to let
My unconditional love transform you?”
– God to Sammi***



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TOPIC 5: Compassion & Unconditional Love

Learning to be with yourself in your pain is the game changer
in this journey.

More Compassion Phrases:

I'm with you in this.

I can see that you're really hurting.

I'm not going anywhere.

We can be sad together.

You can be here as long as you need to.

Even if you're messy, I'm not going to leave you.

*Even if you don't get this right, and you do it wrong, I'm still going
to love you.*

I don't see you as broken.

I see how hard you're trying.

I'm so sorry you went through that.



If it feels challenging
to connect with
compassion,
take ownership
for being critical
against yourself.

***"There aren't 1,000 rocks that need to be
turned over in your process...
There's usually one or two big rocks,
and usually 1,000 things that are connected
to those two big things."
- Danny Martinez***



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TOPIC 5: Compassion & Unconditional Love

What are the core wounds that drive you to the behaviors you don't like?

[illegible]

Where do you think you are partnered with unconditional love?

[illegible]

TOPIC 4: Destroying the Inner Critic

HOMEWORK:

1. Continue with daily heart check ins –
Heart, what are you feeling right now?
What do you need?
How can I meet that need?

2. Refer back to the previous topic's homework to write letters to each age/version of you that you've hated. Take ownership and apologize for the ways that you hated, shamed and judged yourself. Acknowledge the pain and extend compassion to yourself in these letters.

3. Practice Compassion Phrases (ideas listed in Topics 3 and 5)

4. Write "unsent letters" to the people who modeled these narratives of Self Hatred, Accusation, Shame, and Judgment – letting your unfiltered thoughts and feelings flow onto the page.

5. To journal about...
The people around you get the overflow of how you love yourself...
how are you loving yourself?

Why do you think your inner child was willing to compromise in the first place? What need were they trying to get met?

Resource Recommendations:

Healing the Shame that Binds You by John Bradshaw
Complex PTSD by Pete Walker

Matthew 22:37-39

Jesus replied: "'Love the Lord your God with all your heart and with all your soul and with all your mind.' This is the first and greatest commandment. And the second is like it: 'Love your neighbor as yourself.'



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TOPIC 5: Compassion & Unconditional Love

“Real forgiveness can’t actually be processed until our deficits have a source to be fulfilled and have our needs met.”

– Spencer Robbins

“It’s not about making villains out of your parents or early caregivers, but to de-throne them from the place in your heart where they still might be the biggest source of love to you.”

– Spencer Robbins

“If you have a lot of disappointment & expectations on the people in your life, that’s an indicator that you’re still looking to them to be your source...which means you probably need to grieve and process through some pain in the ways that they’re incapable of being able to give you what you need.”– Sammi & Spencer Robbins

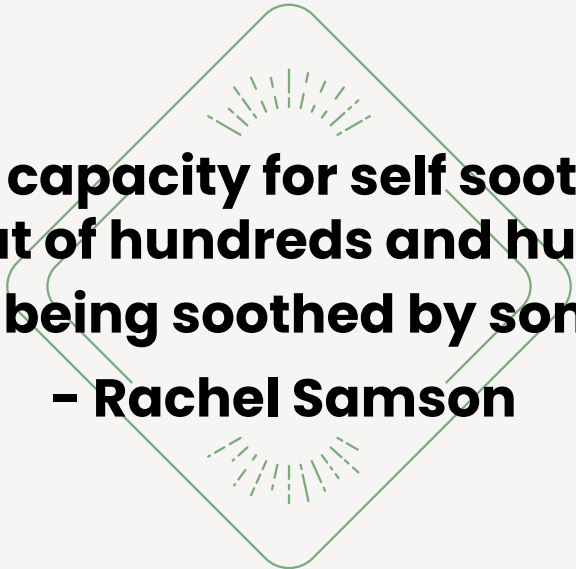


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TOPIC 6: Encounters



**"The capacity for self soothing
is born out of hundreds and hundreds of
instances of being soothed by someone else."**

- Rachel Samson

Encountering love is Right-brained (emotion),
not Left-brained (logic).

**"We live in a society of
effectiveness and efficiency;
but *Love is inherently wasteful.*"**

-Spencer Robbins



Getting love from multiple sources will teach your heart that love is always available to you, rather than feeling like you have to source all your needs from one place.



Connecting with our imaginations is how we reparent our hearts, giving our minds and hearts new experiences.

A lot of times love has felt like an ethereal concept to us; our hearts need an actual experience.



TOPIC 6: Encounters

Do you relate to Sammi's story about feeling connected to God but isolated from others? Or vice versa?

Encounters involve a “safe enough” person in your life who extended love in a moment to you. It’s about going back and “mining” for the love that is already there.

People are sign posts of unconditional love – getting injections of love from people gives our heart hope that unconditional love exists!

You’re already using your imagination all of the time! However, a lot of us use our imagination for worry, fear, worst case scenarios or fantasy as a means of escape.



TOPIC 6: Encounters

How would you describe your current relationship with your imagination?

[illegible]

Do you feel like you have a lot of memories from your childhood? Do you remember just a few? Or is it hard to recall any?

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TOPIC 6: Encounters

Suppressing our pain shuts down all our emotions - the ones we like to feel, and the ones that are uncomfortable to feel.

"If we think that God is responsible for the pain and the abuse that we went through, and that He's using it to teach us a lesson, so He can come through and be that loving father... that actually makes Him abusive."

- Sammi & Spencer Robbins

***"I spent the last 50 years of my life
taking the face of my father off of God's face."***

-William Paul Young

“How much of our projected image of God is because of what Mom and Dad’s love represented to us, or the love that was represented by religious leaders?”

- Sammi & Spencer Robbins

Do you connect with any of the quotes above?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

"Our judgments, our lenses, and our perspectives in life skew our theology and beliefs."

-Spencer Robbins

REPARENTING

Reparenting is bringing in people that are good representations of a safe mom or a dad, to be a source of love for you in a memory that has pain.

Ask yourself, "Heart, how old do you feel? What does this remind you of?"

Get creative in how you let love IN!

Consider watching movies to glean from good parenting examples, or investing in coaching or counseling that will help you have experiences being reparented.

FATHER, SON, and HOLY SPIRIT ENCOUNTERS

You can start in curiosity by asking God how He is meeting the need for you...

You can also run it through the fruits of the spirit (Galatians 5:22-23), does it sound like Love?

You can give yourself permission to go on the journey of trusting your God-given, sanctified imagination.

God often shows up to us in the form that He knows we need the most.

What if what is contained in the Scriptures is what *He wants to breathe on and make come alive to you*, so that your heart has an experience?

"God's ability to keep me is greater than my ability to fall away."
-Sammi Robbins, referencing Jude 1:24



TOPIC 6: Encounters

Bible verses referenced in this section:

Ephesians 3:20-21: Now to Him who is able to do immeasurably more than all we ask or imagine, according to His power that is at work within us, to Him be the glory in the church and in Christ Jesus throughout all generations, forever and ever. Amen.

Ezekiel 11:19: I will give them an undivided heart and put a new spirit in them; I will remove from them their heart of stone and give them a heart of flesh.

1 Corinthians 2:16: "For who has known the mind of the Lord, so as to instruct Him?" But we have the mind of Christ.

Ephesians 4:21-24: Surely you heard of Him and were taught in Him—in keeping with the truth that is in Jesus—to put off your former way of life, your old self, which is being corrupted by its deceitful desires; to be renewed in the spirit of your minds; and to put on the new self, created to be like God in true righteousness and holiness.

John 10:10: The thief comes only to steal and kill and destroy. I came that they may have life and have it abundantly.

Matthew 12:25: Jesus knew their thoughts and said to them, "Every kingdom divided against itself will be ruined, and every city or household divided against itself will not stand.

Galatians 5:22-23: But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. Against such things there is no law.

John 21:25: Jesus did many other things as well. If every one of them were written down, I suppose that even the whole world would not have room for the books that would be written.

John 5:39-40: You pore over the Scriptures because you presume that by them you possess eternal life. These are the very words that testify about Me, yet you refuse to come to Me to have life.



Spending time with God could simply look like reading the word, talking to Him, listening to His voice, laying on your floor “soaking in his presence”, etc... but *encounters* are an experiential exchange with God. Encounters move the wisdom, knowledge, and understanding from your head to your heart in an expedited and sometimes instantaneous way of “knowing” and “exchanging” intimacy with God.

**“Talking about God has never changed me,
but encountering Him always does.”**

–Sammi Robbins



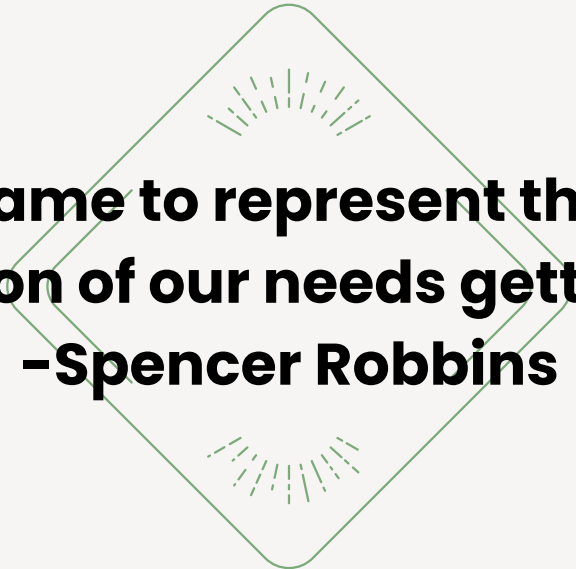
TOPIC 6: Encounters



TOPIC 6: Encounters



TOPIC 7: Codependency



**“Jesus came to represent the largest satisfaction of our needs getting met.”
-Spencer Robbins**

Everybody *is* codependent, it's part of growing towards Interdependency. The focus here is becoming aware of how it's negatively showing up in our relationships.

THE GOD-SPOT

Our God-spot is any thing we look to as the ultimate source of getting our needs met.

We recognize our God-spot when we have high stakes emotion or pain when something goes wrong and our needs are not met.

Let this be an opportunity to face yourself!



TOPIC 7: Codependency.

When we live in codependency, we start:

- shirking our own boundaries
- destroying our own hearts
- giving up our voices
- stomping on our hearts to take care of other people

Start observing how the Villain, The Victim, and the Hero show up in the narratives that run in your mind!

When you put God back into your God-spot, everybody and everything in your life can feel like a gift added rather than you desperately requiring someone or something to be ok.

Codependency is one person being reliant on another person, but both people benefit – one by getting needs met, the other by *being needed*.

Independence comes from not being able to trust others, and is a reaction from feeling like they can't rely on anyone. Independence often thrives off of being needed. Independence is really just another form of codependency.

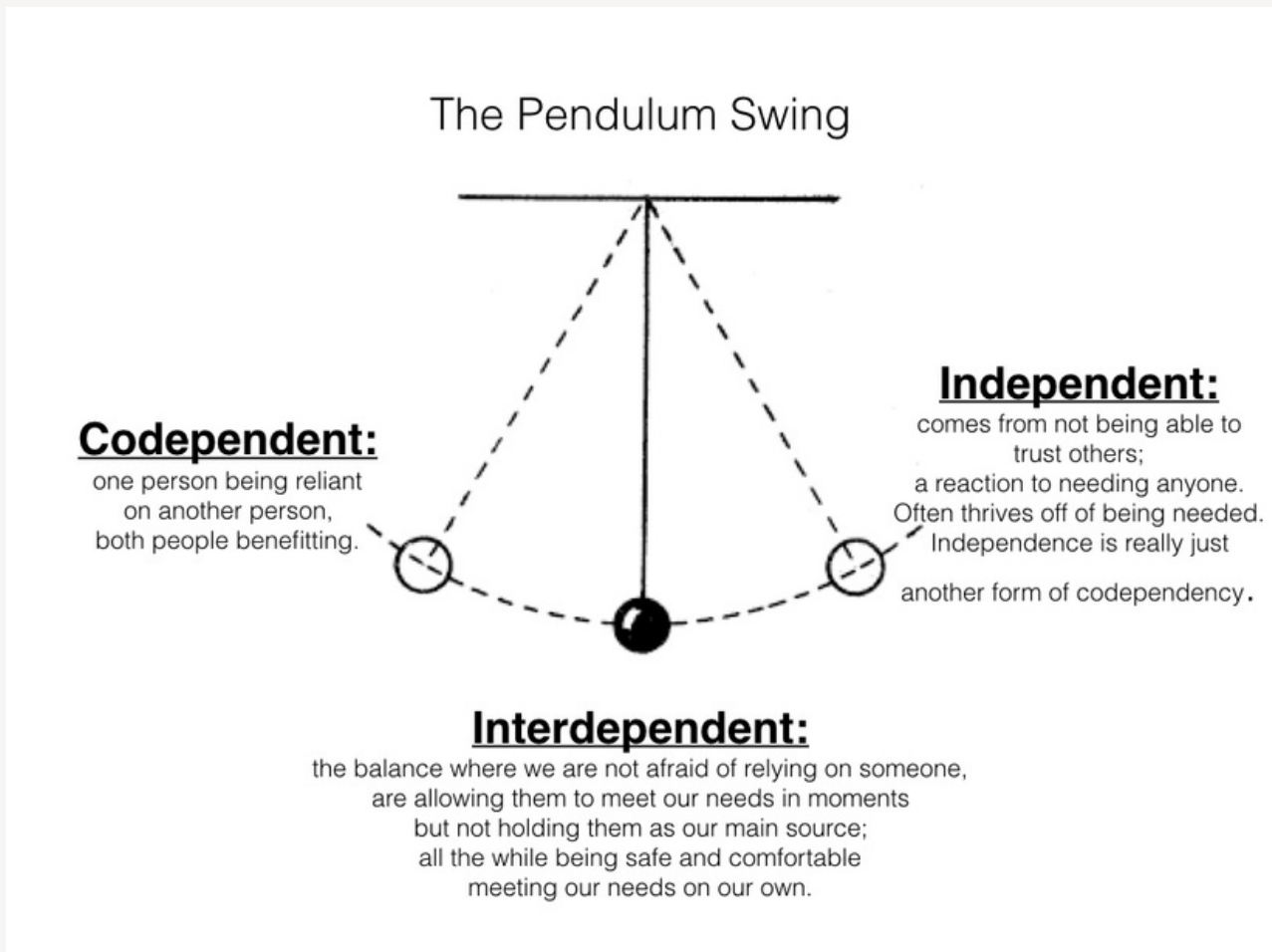
Our goal is **Interdependency** – which is where we are not afraid of relying on someone, or allowing them to meet our needs in moments as long as they are not our main source. It is also the experience of being okay and safe and comfortable meeting our needs on our own.

Independence can look like a lot of transparency, without vulnerability.



TOPIC 7: Codependency.

Pendulum swinging in our process helps us find the middle balance between codependency and independence.



Codependency often looks like sacrificing your own heart, your own voice, your own needs, your own opinion in order to meet someone else's needs, maintain safety, or get love or connection.

We contribute to the culture of our relationships – if we're sacrificing our heart, voice, and needs, we teach those around us to treat us that way too!



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TOPIC 7: Codependency.

When you heard Sammi & Spencer talk about how Jesus was not moved by the needs of people, but by compassion, did anything come up in you?

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What is your personal experience with sacrifice? What does it mean to you?

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TOPIC 7: Codependency.

"When you powerfully learn how to meet your own needs, get your own cup full first, and have boundaries, it actually protects your ability to love powerfully."

- Sammi Robbins

PEOPLE PLEASING is making other peoples' satisfaction your responsibility.

Ultimately, my satisfaction in my life and my relationships is my responsibility. Other peoples' satisfaction is their responsibility.

BOUNDARIES – these are not walls that keep people out; boundaries instead protect and keep what is inside safe.

Why do I need boundaries? What is valuable within me that I want to keep safe?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

TOPIC 7: Codependency.

Does setting boundaries with others cause you to shame spiral or worry what they think?

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***"Every time you give somebody a 'yes,'
you're actually having to give
somebody else in your life a 'no.'"***
- Sammi Robbins

Bible verses referenced in this section:

1 Corinthians 6:12: "Everything is permissible for me," but not everything is beneficial. "Everything is permissible for me," but I will not be mastered by anything.



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TOPIC 7: Codependency.

**"You can have abandonment wounds,
even if just a part of you is rejected."**

- Tana Pablos

**"You were created so multifaceted that no one
person or group in the world is capable of nurturing
you into your fullness like God."**

-Tana Pablos

**"I wanted to be healed so that I can do life...
I didn't know doing life is what healed you..."**

- Tana Pablos

You are learning how to be an expert in YOU
Codependents spend more time being responsible for
everyone else, so they don't have time or energy to be
responsible for their insides.

The goal is to be so aware, so well versed in the ways God loves
you, in the ways you love and value yourself, that you can
communicate that to someone...that's you loving *you*.

We are often so intuitive and read others that we then fault
other people for not loving us when they don't read us (that's
not communicating your needs, that's using your codependent
powers to outwit rejection).



TOPIC 7: Codependency.

Codependency is cyclical, and to get out of that cycle you have to be brave. Anything worth having in relationships (trust, family, intimacy, connection) happens when we invite other people into our world to meet our needs.

Take an inventory of who is in your “fences” and why they are there...

Who are you deeply affected by?

In what ways are you using them to get a need met?

Walk them out of your fencing and go meet your need with God.

Then when it's time and feels healthy to do so, you can invite someone in and communicate your needs.

“What are you going to do about it?”

Codependent checklist:

Are your needs met?

Do you have time?

Do you want to?

Can you powerfully make this choice?

If you answer yes to these questions then you can help someone!



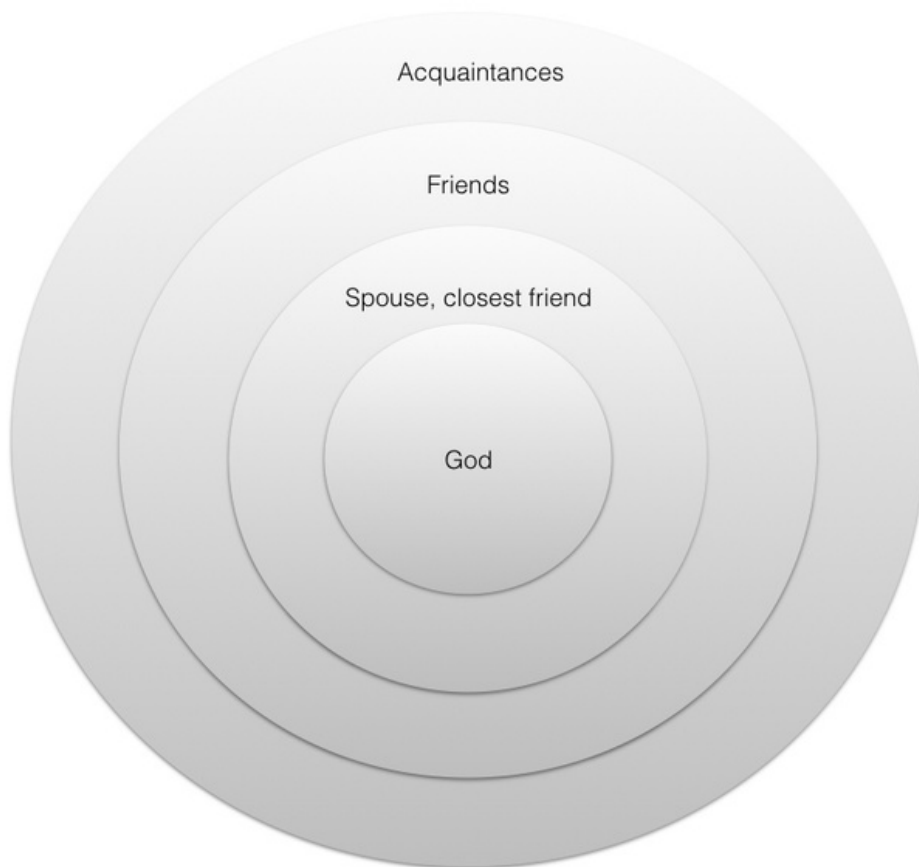
TOPIC 7: Codependency.

Codependency Circles

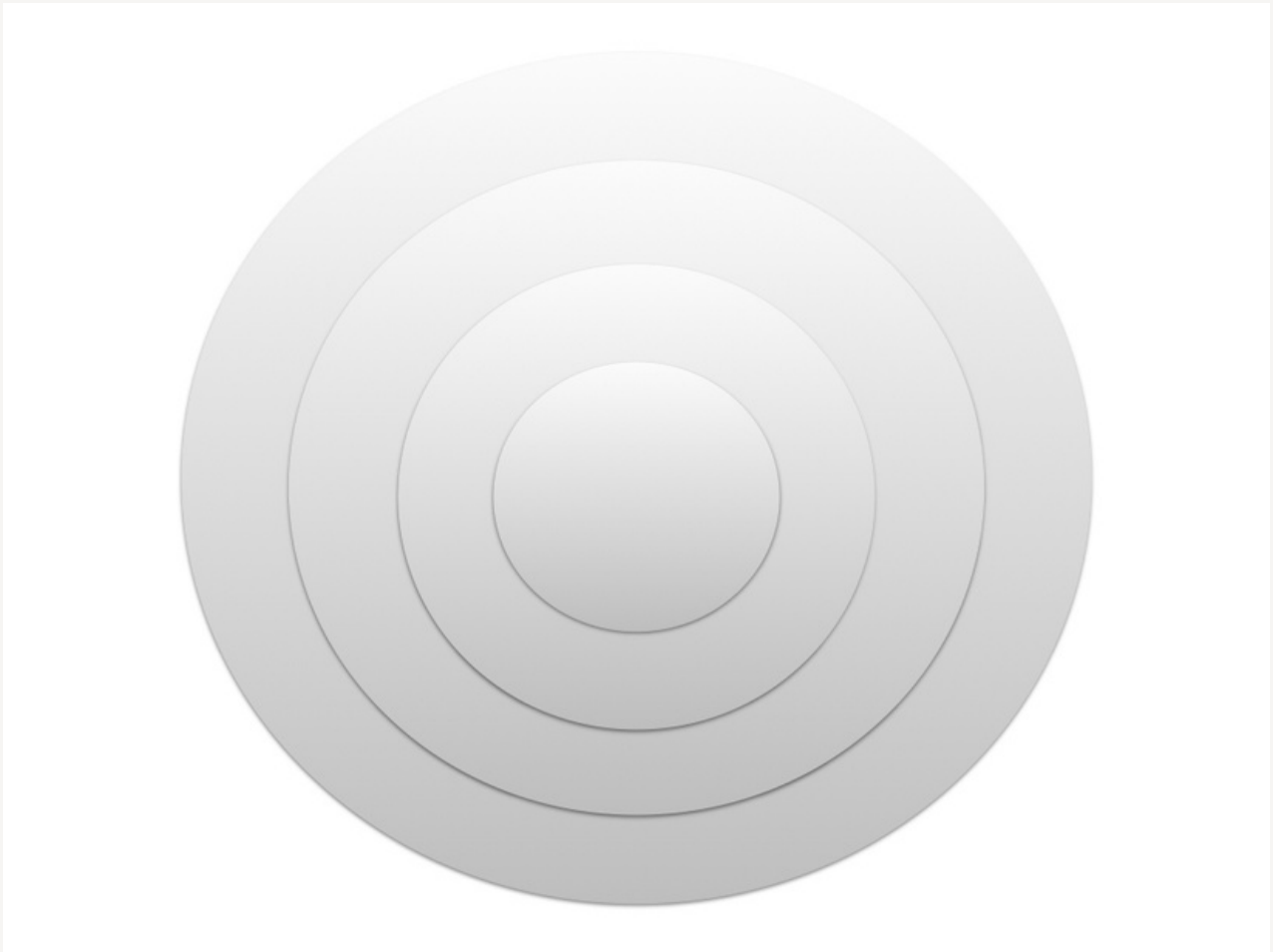
Below is an example of how someone might fill out their inner circles.

On the following page is a blank version for you to fill in.

Be as honest as you can – only you will see this! It will give you a visual of where your relationships currently are, which will invite you to explore if you want to make any changes.



TOPIC 7: Codependency.



After you fill in your circles, ask yourself –

Are there any changes I'd like to make?

Is there someone I would like to have closer? How can I invite them closer?

Is there someone I would like to have further out? What needs to take place for that to happen?

There is a third blank circle on the next page, as well as some journaling space where you can free write any thoughts that are coming up.



TOPIC 7: Codependency.

[illegible]

TOPIC 7: Codependency.



TOPIC 7: Codependency.



TOPIC 8: Communication & Confrontation

The root of the word "communication" is *to commune*... the goal of communication is to form community and to have communion.
It's all about connection.

A lot of us have insecure and disconnected relationships because we don't know what's happening inside of us.

Communication is a bridge to connection and intimacy.



TOPIC 8: Communication & Confrontation

What comes up in you when you hear the word "confrontation"?

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“Communication is not a method to feel powerful; it’s a tool to be powerful inside yourself.”
–Spencer Robbins



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TOPIC 8: Communication & Confrontation

“Passivity (not communicating) is not a way to keep the peace and maintain healthy relationships.

Passivity actually breeds disconnection, bitterness, and resentment.”

– Sammi & Spencer Robbins

BITTERNESS, RESENTMENT, FORGIVENESS

“Unforgiveness is like drinking poison and expecting the other person to die.”

– Marianne Williamson

Allowing your heart to count the cost and grieve the loss is actually what opens us up to forgiveness. But you don't need to rush to it from just your logic without your heart being connected.

Resentment comes from tiptoeing around others' feelings and shutting down our own emotions or needs for them.

Contempt is to make a narrative out of pain, and to assume that that narrative is accurate.



TOPIC 8: Communication & Confrontation

Do you tend to lean towards being more passive, or more towards being aggressive in your communication?

You can process and prepare for a confrontation by:

-Journaling/writing unsent letters of what you wanted to say to that person

-Imagining being back in that conversation and vocalizing the things you wish you'd said

Essentially you're giving yourself a voice, for yourself.

-Then if you choose to have the confrontation, it's to give yourself a voice, not to blame (more on this on page 106)

-Get clear on your desired result, and how will you feel if that outcome does not happen



TOPIC 8: Communication & Confrontation

Making space/withdrawing out of a triggered reaction is not enacting healthy boundaries, it's self protection- which creates disconnection. This is different than making a conscious choice to create space with someone.

CONFRONTATION is letting people know where you're at/
how you feel with love and honesty. It is an invitation to
connection. It is not brutal, weaponized honesty.

TAKING OWNERSHIP over yourself and what's happening inside you (thoughts, emotions, actions) will lead to others being able to trust you.

Write a list of the people you have bitterness towards. (Blame, resentment, accusation.)

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TOPIC 8: Communication & Confrontation

A lot of the “forgiveness” that has been modeled to us is actually rooted in denial and unprocessed pain.

A lot of us feel shame when we feel blame, which stops the emotional processing that leads to real forgiveness.

Healthy self-compassion is being connected to your voice, your heart, your “yes” and your “no.”

Our blame and anger is simply *unprocessed grief*.

Engaging in healthy communication & confrontation is inviting someone in to understand how they are affecting you.



TOPIC 8: Communication & Confrontation

HEALTHY PROCESSING OF BLAME

You know you're in blame when there's a hero, villain, and victim in the story.

You'll know you have processed blame when you land in a place where you can meet your own needs, recognize that everyone has a wounded inner child, and see the inner child in another person with compassion.

Sorting Through Blame

Separating "evil acts" from a person's identity is key in working through blame.

Use the journal space on the next few pages to process out the following questions:

Where do I feel blame?

Where do I have a strong narrative that it was only "their" fault?

Where can I take ownership?

Why would they do something like that? (seeking to understand)

Why would I do something like that? (seeking to understand)



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TOPIC 8: Communication & Confrontation

Where have I rushed to forgive someone, but still have pain and blame towards them?

Are there any relationships I feel stuck in blame with?

Write unfiltered, unsent letters to each of these people. Give yourself permission to feel everything you need to feel!

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TOPIC 8: Communication & Confrontation

TOPIC 8: Communication & Confrontation

Trying to keep the peace, trying to “forgive and forget,” and being passive does not actually create the connection we desire, it all lead to bigger blow ups down the road.

“Healthy communication & confrontation can be a gift that leads to more intimacy than you could have ever imagined!”

- Sammi Robbins

COMMUNICATION STYLES

Passivity is an unwillingness to confront for fear of pain.

Someone communicating passively only shares needs when convenient; or may not know what their needs are. It's not usually from ill motives, but can be rooted in the not knowing their needs, not knowing how to get them met, or mainly they feel it is not safe to ever express needs to others.

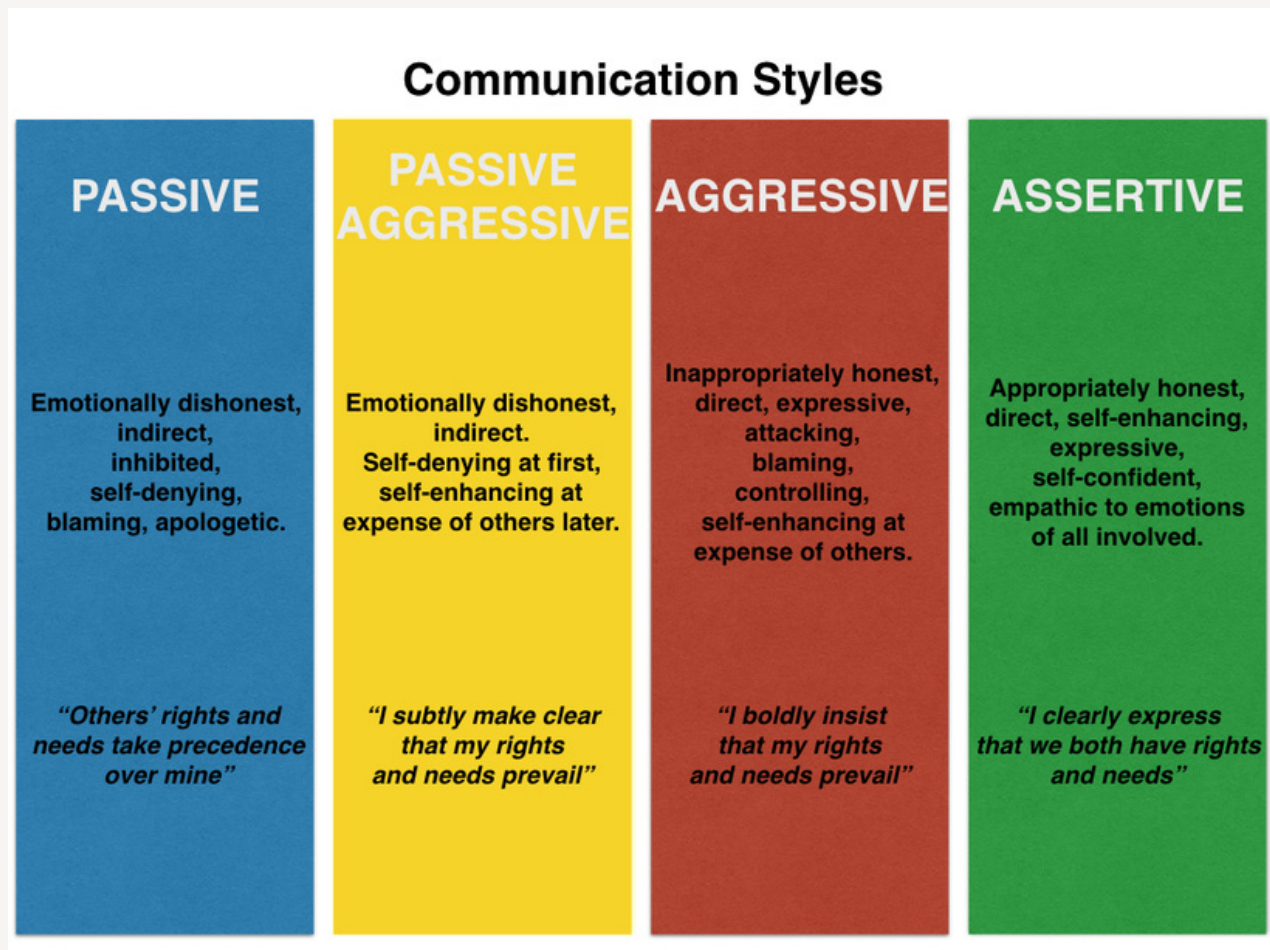
Passive-Aggressive is leaving subtle cues that they hope people will pick up on instead of being direct. Someone communicating passive-aggressively wants their mind read- which is rooted in a deep fear that it is unsafe to be honest with other or their needs don't matter.

Aggressive communication comes from feeling alone and like you only have yourself to look out for you. The result of communicating from this place is you tend to lack empathy for others and where they are coming from.

Assertive is direct, clear, and has empathy for both sides. Someone who is communicating assertively embodies mutual respect for both parties, is willing to compromise and take ownership for their part.



TOPIC 8: Communication & Confrontation



INEFFECTIVE COMMUNICATION

"You made me feel this way"- relates back to what you believe about yourself and the power you have to own your emotions and life.

Blaming, assuming, accusing; general statements; weaponizing emotional health tools, diagnosing - all automatically puts the other person on the defense.

Being a powerful communicator is staying curious, and choosing to operate from a place that says, "I am not going to trust my discernment over what the other person is saying."

- Spencer Robbins



TOPIC 8: Communication & Confrontation

In intimate relationships, usually when one person is triggered, so is the other!

Codependency breeds where you need another person to be okay, in order for you to be okay. Codependency is what causes us to feel and react to another person's triggers.

VULNERABILITY

“Nobody likes to be told what their motives, their thoughts, or their feelings are. Do not tell someone what is happening in their heart, it is not your job.”

-Sammi & Spencer Robbins

Keep connected to your own heart and express that from a place of vulnerability- this is what creates connection.

If just one person in a relationship will lead in vulnerability, it often invites the other to do the same.

Vulnerability is “I’m going to let you in, to see and affect me.”

Transparency is “I’m going to let you see through the glass, but not actually touch any of this.”

Remember, it’s about finding people in your life who are “safe enough” – they don’t have to be perfect!



TOPIC 8: Communication & Confrontation

EFFECTIVE COMMUNICATION IS:

Relinquishing control of the outcome or needing to manage others' responses to your communication.

Taking massive ownership of your own feelings (triggers, narratives, own pain – “The story that I’m telling myself is...”)

Sharing your end goal in initiating communication to create security for connection.

Giving space for each party to have their own emotions and space to process so both person’s needs can get met

Giving yourself the time you need to get heart-connected, and THEN regroup to communicate

“It is not effective to do confrontation when you’re disconnected from yourself, and when you’re not in touch with your vulnerability, your pain, and what it’s reminding you of. So allow yourself or the other person time to take a breather.”

– Sammi Robbins



TOPIC 8: Communication & Confrontation

HOMEWORK: Self-Discovery

Below, write out a list of your close people.

Write down what you think is your most common communication style.

What were the communication styles of your home growing up?

Then, ask a trusted friend:

"Am I a person you feel able to have hard conversations with?"

"Am I a person you feel able to give feedback to and that I'll receive it and respond well?"

"Do you feel like I've expressed my needs to you?"

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TOPIC 8: Communication & Confrontation



TOPIC 8: Communication & Confrontation

HOW TO GO INTO CONFRONTATION OR CONVERSATIONS POWERFULLY:

-Write down a list of questions you can ask yourself to prepare for the conversation:

What are the things I would regret if I didn't get to say them?
(Give yourself a voice.)

Ask your heart, "Heart, how were you affected by this person?"
"Heart, how do you feel? What's the pain that's coming up in you?"

-What are my hopes for this relationship? What am I actually desiring from this communication?

-Practice and recite everything you want to say to that person.
(Get it on paper, vocalize it, record yourself and listen back, run by a friend. Let yourself use notes when you have the actual confrontation. Consider recording the confrontation so you can listen back and process later.)

-It's okay to be messy as you learn this! To practice, to fail, to have multiple rounds of conversations before getting to a resolve is all part of the learning process.

The way you do confrontation inside your closest relationships is different from the way you do confrontation with everyone else.

Only you can accept the invitation to confront people in your life!



TOPIC 8: Communication & Confrontation

“Communication and confrontation is how you keep the people you want close, close – and how you keep the people you don’t want close, on the outskirts..

You get to decide how connected, how close, and how life-giving your relationships are!”

– Sammi Robbins

Get vision for how you want your relationships to be!

Recommended Resources:

The Tao of Fully Feeling by Pete Walker

Keep Your Love On by Danny Silk

Crucial Conversations by Kerry Patterson



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TOPIC 8: Communication & Confrontation

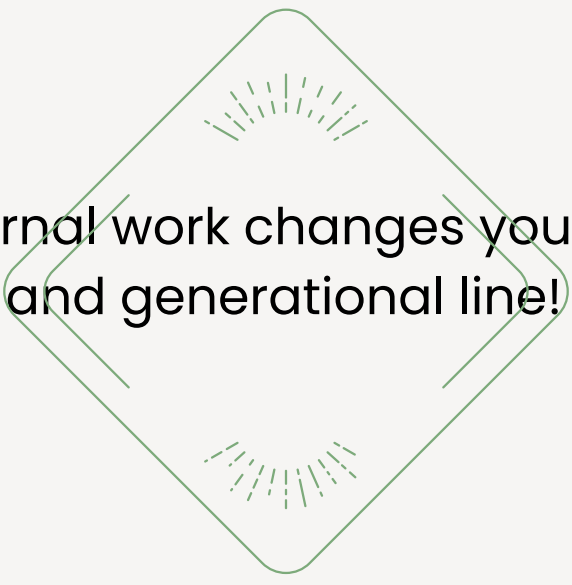


This image shows a full page of blank, lined paper. It features approximately 28 horizontal blue or grey lines spaced evenly apart, typical of notebook paper. The lines extend across the entire width of the page, leaving small margins at the top and bottom. There are no vertical lines, text, or other markings on the page.



TOPIC 9: Sustaining Healing & Cultivating Freedom

WE ARE SO PROUD OF YOU!



Your internal work changes your legacy
and generational line!

The healing journey continues forward;
it's not an arrival point.



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TOPIC 9: Sustaining Healing & Cultivating Freedom

“There’s not a healed version of you that is more lovable than you now in this current journey. And you will miss this entire process altogether if you don’t learn to let unconditional love into the space that you are in right now, at this very moment.”

– Sammi & Spencer Robbins

“The goal of healing is not just so that you become the best version of you; the goal of healing is that you learn to love the parts of you that are the messiest.”

– Sammi & Spencer Robbins



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TOPIC 9: Sustaining Healing & Cultivating Freedom

Disciplines & Habits are an addition to the journey,
not a replacement for it.

There's grace for different seasons to focus
on different things.

We can't implement too many new disciplines
or habits at one time.

One new thing for 60 days helps your brain
implement the change.



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TOPIC 9: Sustaining Healing & Cultivating Freedom

In the video, Sammi invites you to make a pie chart of your life.
Feel free to use this space, or draw one on your own paper.

If this was a picture of your current life, what would your ratios and percentages be for each category?

Physical health (exercise, nutrition)

Sleep

Emotional health

Spirituality

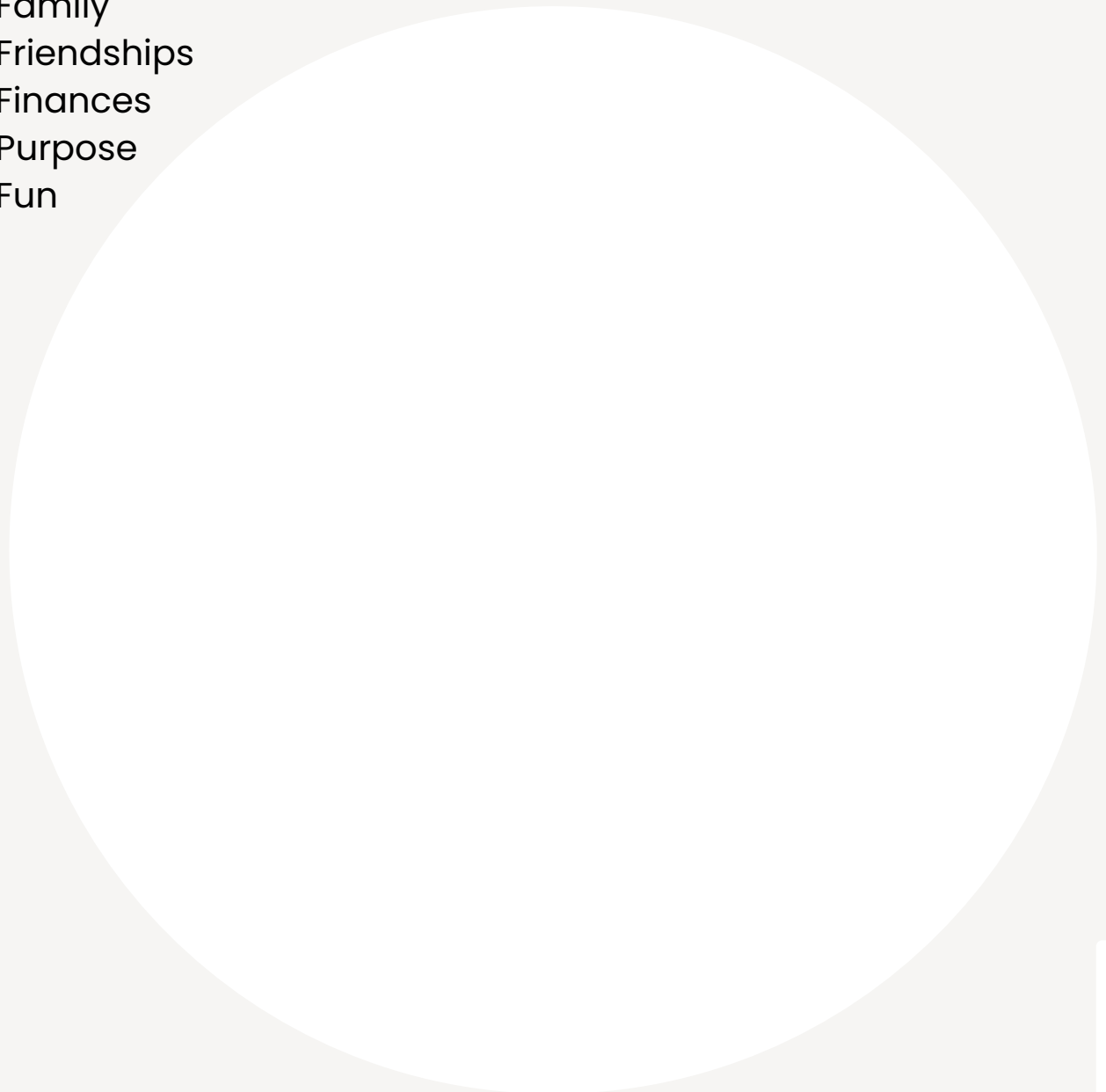
Family

Friendships

Finances

Purpose

Fun



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TOPIC 9: Sustaining Healing & Cultivating Freedom



**“Doing a lot of play is important, especially
if you’re doing alot of deep work!”
- Sammi & Spencer Robbins**

Take honest self-assessments (not conclusions) of your life, so you can see where you want to bring intentionality.

DON'T BE A SWAMP, BE A RIVER!

It's a natural human progression for us to receive value, be changed, and to then to give it away.

A good tree produces good fruit –
it's automatic and flows from what's
happening on the inside.



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TOPIC 9: Sustaining Healing & Cultivating Freedom



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SEE WHAT'S NEXT!

Join Thrive!

A monthly membership to grow in your emotional health journey and have more freedom in all areas of your life.



or go to <https://www.yourheartfree.com/thrive-page>

Join Coach Launch!

An opportunity for believers looking to coach people in emotional health and breakthrough while increasing freedom, impact, and income.



or go to <https://www.yourheartfree.com/coach-launch-apply>

