

## **BODY VITALITY SUPERVISION AND MENTORING**

**November 16, 2021 - Questions & Answers**

### **1. What to do if a client forgets to fill the food and mood diary, and they are eating and sleeping more than usual?**

If a client forgets to fill the food and mood diary, maybe they don't need the food and mood diary. Some people don't need to fill it in because they've gone way beyond that. All that needs to be done is working on the emotions. Once they are changed, it is not necessary to fill it in.

So, ask yourself – *“Do you prefer to not be angry and in control or do you prefer to be in choice?”* Control acts as a defence mechanism and keeps us safe. Nobody likes to be controlled. And unlocking control is huge. Many people are still working on it.

### **2. How to check in on clients with endometriosis?**

Ask about the reports with the client. If the reports state that it affects the entire uterus and causes painful periods, inquire as to what causes the pain to worsen. Ask about the events surrounding the development of endometriosis. The thickening of the line could be kind of a defence mechanism. Take a look at her married life. All the work is in the womb, also known as Inner Child Matrix.

### **3. How to work with control when someone is unwilling to let go of it?**

You can ask the following questions in the process to analyse the situation, *"What does control mean to you?"*, *"How will your life change for the better when you no longer have to control or resist being controlled?"*, *"What are the benefits of controlling?"*, *"What is the downside of controlling?"*, *"What's the benefit of being controlled?"*

Control can mean different things to different people. It may feel like constriction and no freedom, suffocation, tightness, lack of power, feeling as if you are in a prison. But for others it could simply mean having things in your own hand.

### **4. How to resolve issues such as your mother crying and trying to manipulate you?**

It is possible to think that if you are not a good son or daughter, you may be a bad one. And it is okay to accept yourself that way. You may feel guilty because you may feel that you have already been a bad person in the past. Such as being a bad granddaughter, or a bad friend, or a bad mother.

So, understand that even though you feel that you are probably guilty, and you blamed yourself for this, you can still love and accept yourself anyway. Understand that even though there is a good person in you, there is also a bad person in you at the same time and that is okay.

**5. When it comes to weight, there has been a disconnect between the body and the mind. What am I going to do about it?**

There may be hidden emotions that you need to explore during these times. There is also a lot of shame and judgement that comes with it. Discover the theme and ask yourself a few questions, such as *"How do you feel about stepping on the scale?"* and *"How do you feel about seeing the results?"* On the weighing scale, people may feel comparison and helplessness about comparing themselves with others.

Everyone has their own physical weight, and then there's your emotional pain to add to it. There are two possible outcomes: one you desire and one you don't. It all depends on where you are in your path.

**6. When people are helpless, there is a societal perception that they will break. What are your thoughts on this?**

People break when they lose someone; this is the programme that has been chipped in the majority of people's minds. This is often true, but you got to stay who you are despite everything. Live your truth, and don't deny yourself the permission to be vulnerable.

Any decision you make should be based on what is best for you.

**7. I'm a very controlling mother. It's almost as if I'm like my own mother. My mother's control has been passed on to me. How do I resolve it?**

You can ask the following questions as a process, *"Your mother's need to control is born from what emotion?", "How does this benefit her?", "What will you do to feel in control?", "Do you have the choice not to be stressed and frustrated?", "How has getting stressed and frustrated over her behaviors negatively impacted your life?", "Where does this belief come from that care is disciplining her?", "Knowing your child is not disciplined as her child what does mean about you?", "Someone who has lot of expectations about someone how do they really feel about that person?"*

Keep it real and tap along with whatever you're feeling. Appreciate yourself for doing a fantastic job as a mother and for loving yourself. The most basic instinct a mother can have is to care for her child. You are a fantastic mother and give yourself some credits for it.

**8. Despite the fact that there's a good daughter in me, there's also a bad daughter in me. Is that all right?**

In such times when you feel like this, ask yourself a few questions to help you analyse yourself: *"What are the benefits of being a good daughter?", "What are the benefits of being a bad daughter?", "Are you happy doing what you want?", "How will you feel when you focus your mind on getting what you want?", "Who are you when you do what you love?"*

These questions will assist you in determining your wants and needs, as well as provide insight into how you are feeling.