

## **The Exercise**

### **Choose Your Side**

For the next seven days, I'd like you to become aware of one moment each day when you're tempted to abandon yourself. Not a dramatic moment, just an ordinary one.

- ♥ Perhaps you start apologising for something that isn't your fault.
- ♥ Agree with someone when you don't really agree.
- ♥ You say, it's fine, when it isn't.
- ♥ Ignore your tiredness.
- ♥ You laugh at something that hurts.
- ♥ You stay silent when your voice wants to speak.

The moment you notice it, don't react immediately. Simply ask yourself one question: if I stay silent whose side am I on?

Now ask a second question: what would staying on my own side look like in this moment?

Staying on your own side might mean saying:

- ♥ I need to think about that.
- ♥ I don't agree.
- ♥ I'm tired.
- ♥ That upset me.
- ♥ No.

Or it might simply mean saying nothing at all while quietly refusing to believe something untrue about yourself.

Whatever your answer is, act on it then pause for a moment and notice what happened within you. Did you experience the quiet strength that comes from knowing, I didn't abandon myself today.

At the end of the week, don't ask yourself whether everyone liked your choices. Ask yourself something far more important:

**how many times did I choose to take my own side?**

Because every time you do, you vote for the most valuable relationship you'll ever have - the relationship with yourself.

One choice.

One moment.

One act of loyalty at a time.

How many times did you choose to take your own side this week? Give as many examples as you can: