

Journaling exercise: Mapping out the pathway to love

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Here are some questions to answer. If you feel some aren't relevant to you, give them a go anyway. The answers may surprise you.

1. How do I feel?
2. Why am I feeling this way?
3. Who, or what, is triggering this?
4. Does how I feel change in different environments? What's the difference?
5. Is there an unhealthy environment I need to leave?
6. Is there a toxic person I need to reduce contact with, or not see at all?
7. Who or what is getting in the way of me seeing myself as I really am?
8. What am I truly afraid of if I strip off the layers?
9. Who is never (or rarely) happy for my success, but seems to enjoy it when things don't go well?
10. Who doesn't think it's my birthright to be treated with love and respect?
11. Who do I suspect sniggers behind my back when I leave the room?
12. Who isn't open to my energy or doesn't appreciate my gifts? This can be both physical gifts and presents, and the gifts you have to offer the world.
13. Do I feel unworthy of love?
14. Am I afraid to shine?
15. What do I need to finally accept about myself?

Take your time with these questions, and don't be afraid to seek out support in processing the answers. That's why counsellors, therapists, psychologists and soul sisters and brothers exist. To help us along the way.

Taken from **Heart, Sass & Soul: Journal Your Way to Inspiration and Happiness** by Greta Solomon (Mango, 2019) [Order your copy on Amazon today](#) for more writing and journaling tips, tools and techniques.

