

Making Magic from Monsters

Answer the following questions in your journal
to build a personality around your "monster"



1. If your monster had a name, what would it be?

This creates psychological distance between you and your monster, making empathy possible. Don't labour over the answer. Go with whatever comes up. Calling your monster "Bob," for instance means it's no longer fully you. Unless you're called Bob...



2. If your monster could speak, what would it say?

Suppressing challenging thoughts can make them feel like "the truth." Writing them down (thereby turning them into a story) means they can be re-written. Clever, huh?



3. How does your monster make you feel?

Frightened, angry, jealous, sad? It's tempting to ignore painful feelings, but that only makes them worse. Spend a little time identifying what emotions are triggered.



4. If your monster was trying to protect you from something, what would that be?

Your monster is trying to help (the only way it currently knows how.)



5. What does your monster actually need?

Does it yearn for connection, rest, fun, support? Something else? Your monster is frightened, not evil. It doesn't respond well to punishment – how else could you soothe it? Create some fulfilling and nourishing experiences for yourself this month. When you give it what it needs, your mind can gradually relinquish its unhelpful coping mechanisms.



6. How long has your monster been with you, and what was going on in your life when it was born?

The stories we tell ourselves are learned, usually from challenges in our formative years. Just getting an answer wrong at school could've created an "I'm not clever enough" story. Can you trace a negative story of yours back to where it started? How might you see that situation differently now?



7. Finally, what would be a better story?

Every part of the personality can learn. Once you've met your monster you can teach it better beliefs, behaviours and emotional responses. What does your monster need to know in order to let go and feel better? Cross out the negative story you wrote before and write your better story (or stories) down instead. Bullet points are fine.

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