

It's A Process...

The journey of restoration is tough. Understanding your responsibility and power of agreement only adds to the intensity of being restored to all that you are capable of being. There may be times when you feel discouraged due to setbacks, overwhelming obstacles, and even mistakes as you try something new. It helps to remember that Restoration is a process and this book is a tool to help navigate the process. Let's look at the concept of process.

The dictionary defines process as a *series of actions* directed towards a specific aim. Completing this workbook is indeed a series of actions toward the goal or aim of being restored to your authentic identity. The dictionary also describes 'process' as *movement forward or advancement*. In your quest for restoration it is essential to examine how to take responsibility for your process.

In each of the sections below and on the following page, you will examine different elements within the concept of 'process'. Complete each section and journal about your next steps in your process. As you journal be sure to include thoughts about your responsibility as well as your power of agreement.

Section 1

A. Process involves a progressive course or tendency to accomplish a desire.

Pause here for a few moments and consider what your desire is on this journey to restoration and wholeness. What responsibility do you have to take and how is your power of agreement helping or hurting your ability to advance towards this desire?

One of the desires of my healing journey is (*be specific*) _____
_____.

Up until this point my power of agreement has _____
_____. Going forward I will need to take responsibility for my power
of agreement by _____
_____.

B. Process can include experimentation.

Trying new things is part of moving forward in your desires. Many times the new things include new beliefs new messages, and new thoughts. You may even be required to try out new behaviors in order to advance forward. What new things have you tried and what were the results?

In an effort to accomplish my desires in the healing journey I have tried _____
_____.

which resulted in _____.

One of the new behaviors I have experimented with is _____

_____ and aligning my power of agreement with _____

_____ which resulted in _____.

Section 1 Journal _____

Section 2

Process includes a series of choices that result in either growth or decay.

A necessary part of a process is change. As you move forward you will be faced with making choices. When offered the “new” i.e. a new message, a new thought, a new belief, you will have to make a *choice* between accepting the new or remaining in the old. That’s the process.

The challenging truth within process, is that if you ultimately choose to stay in the old patterns, the fallout that the unhealthy patterns produces will increase and result in more decay in your life.

As I have learned about the concept of power of agreement I have experienced changes in how

I view my _____

_____, this has been a positive change that has helped

me grow in _____.

There are several areas where I have not experienced much growth and if I don’t take responsibility and change how I _____

I will experience change by going deeper into my unhealthy belief that _____

_____ which will cause me to behave in an even more

self destructive or negative way of _____

_____. These negative changes will lead to decay in the

Section 2 Journal _____

Section 3

For process to be complete, we must proceed.

Proceed generally means to move forward from one place to another. In section 2, you briefly looked at how change from the negative can lead to decay. To take this idea of decay a step further, you must recognize that even staying connected to negative messages, beliefs, and behaviors is moving forward in that negativity. In other words you are moving from one level of unhealthy beliefs and behaviors to an even deeper level of it. You are moving forward in decay. Does the idea of moving forward in decay make you uncomfortable?

Proceed means to move, pass, or go forward from one place to another. The place I need to take responsibility to move forward from is my negative belief that _____

_____ into a more positive belief of _____.

_____. If I don't move forward in the positive I will move forward in the negative which will result in a level of decay that will _____.

To avoid a deeper level of decay I need to take responsibility for how I _____

_____ and begin to _____.

Section 3 Journal _____
