

The PASSION TRAP

M O D U L E 2

The Truth About Authority

There are good reasons to follow the rules: they can keep us safe from actual physical risks and also safe from trouble of all kinds.

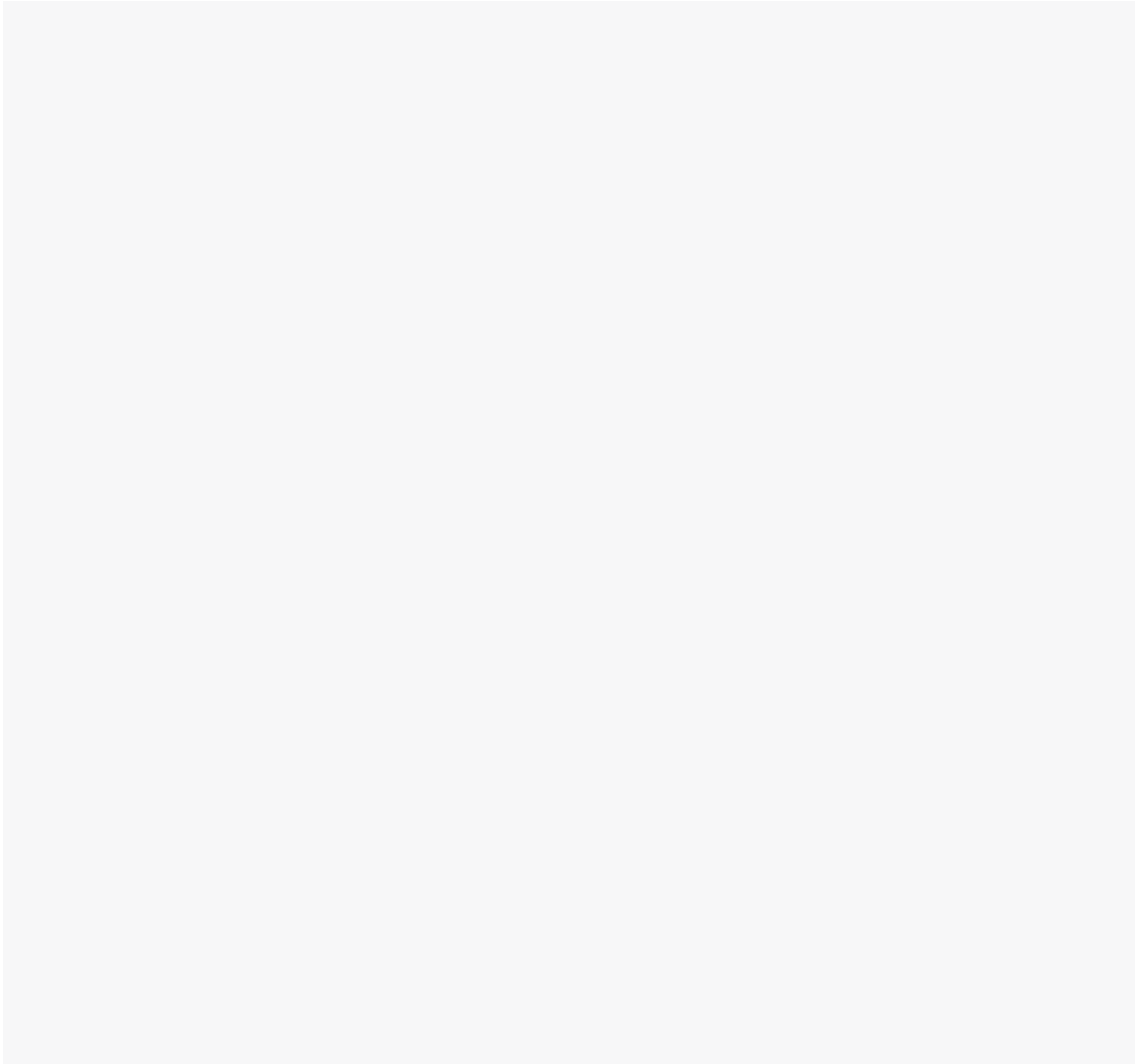
But there's also a time to question who and what we're listening to and to question why.

Let's get to the page.

PROMPT: Think about a time you were criticized.

- Where were you?
- What was happening?
- What was said?
- What did it feel like?
- What kind of effect did it have on what you did thereafter, perhaps even to this day?

Set your timer for 15 minutes. Start writing.



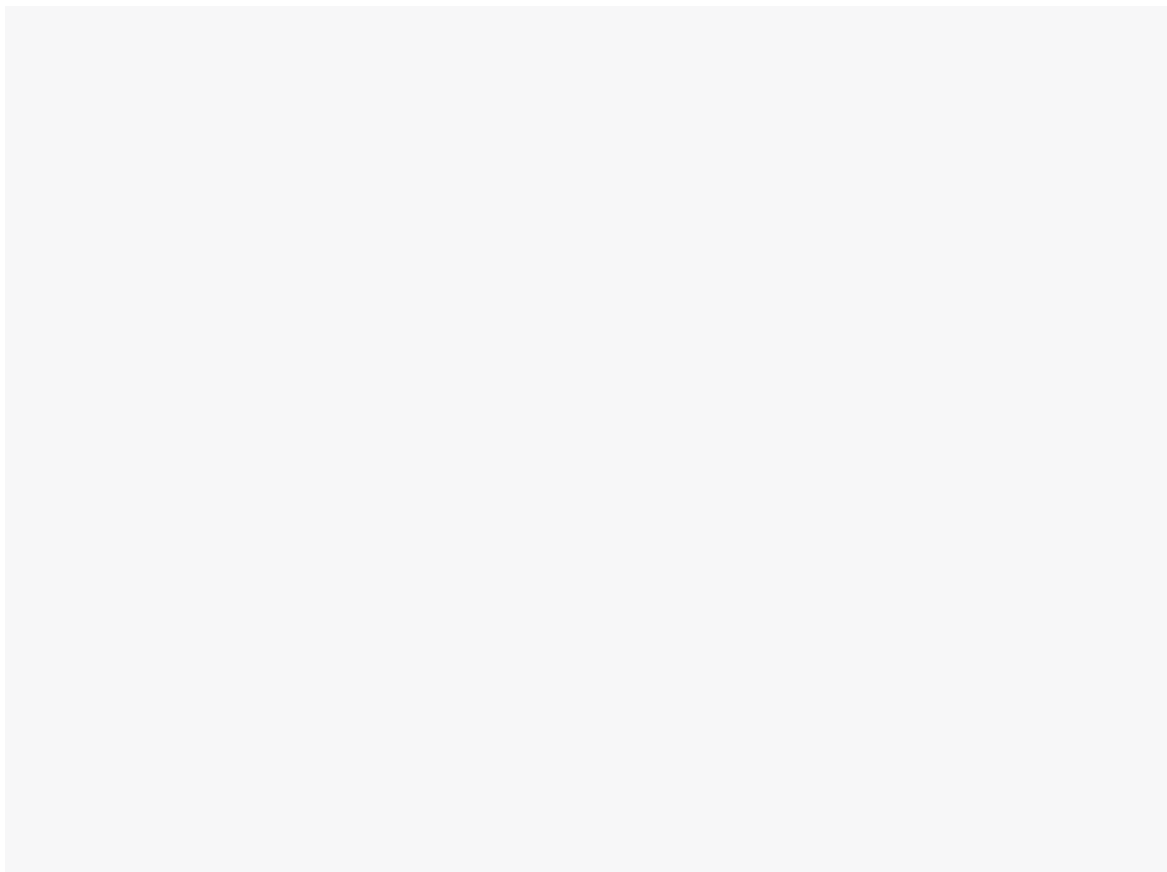
...**How was that?** Did the moment that arose surprise you? Did it hurt to think about it, or do you laugh about it now?

What new insights occurred to you when you went back to that time? Writing about it may feel like reliving it, but what it's also doing is helping you remetabolize it in a new way.

WHO SAYS?

Take a moment to consider the sources of authority in your life. Who has a say, and holds considerable sway over your decisions, your life? I mean someone whose word weighs more, and whose opinion matters more, in that you feel compelled to listen to them.

PROMPT: Take 5 minutes to jot down a list of institutions or people that have authority and influence in your life. They may be religious or secular, local or national—really any group or people who have a say that you care about.



OK. Now go back and rate the *level* of authority of each on a scale of 1-5; 5 means they have total say, i.e., you don't do a thing without their approval, and 1 means they have very little or no say in your decision.

After rating these sources of authority, what do you see? Is there a pattern? Did you surprise yourself with the ratings you gave?

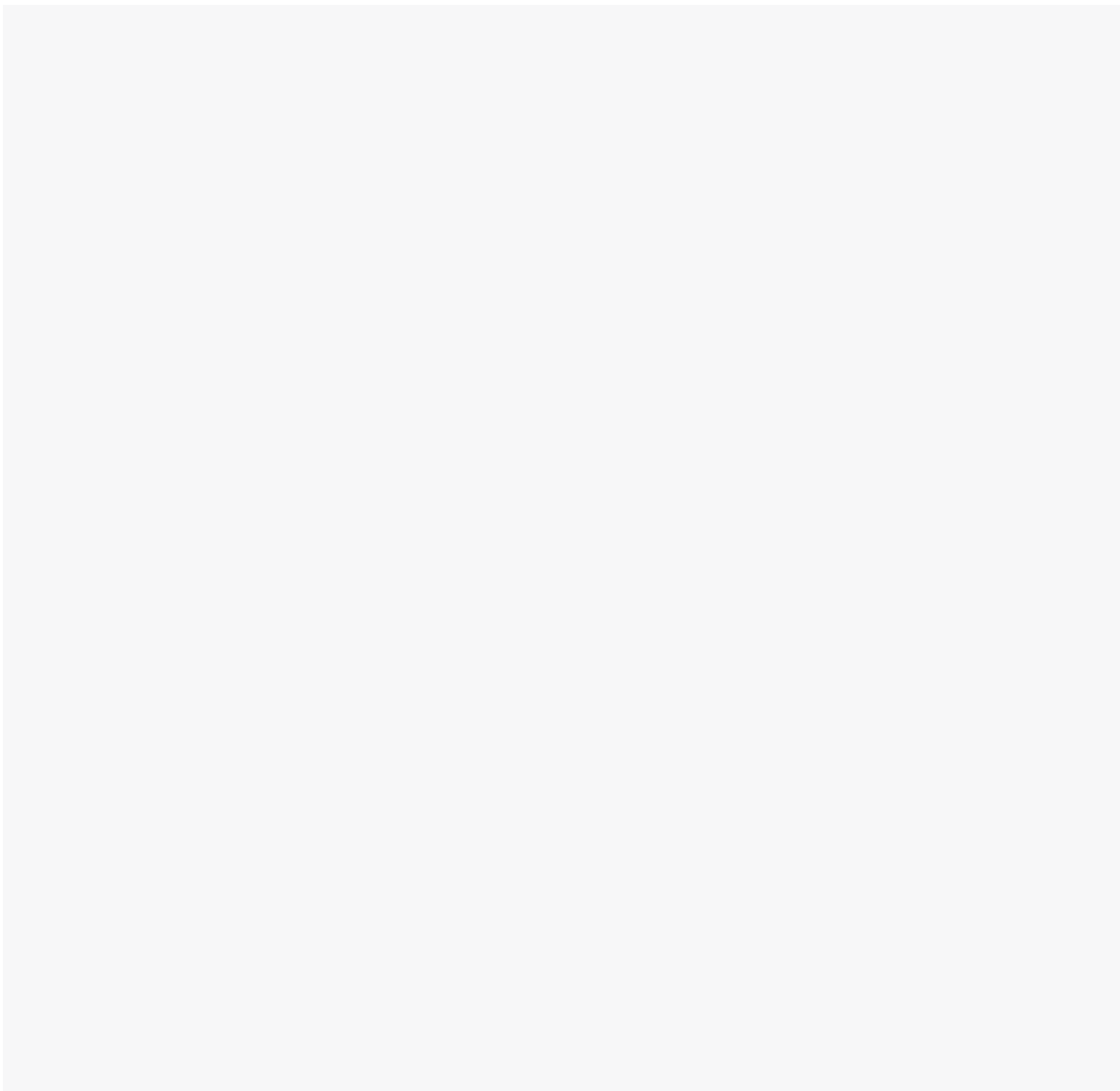
DESIRE

PROMPT: Write about the one thing you want to do, and rarely talk about. Consider that thing that you've been wanting to do, but are hesitant to discuss with anyone, even close friends and family because you anticipate resistance, criticism, eye roll.

(Obviously, this is confidential and stays between us.)

Where does the desire come from, and where does the desire bump up against what you think you're "allowed" to do?

Set a timer for 10 minutes, and begin.



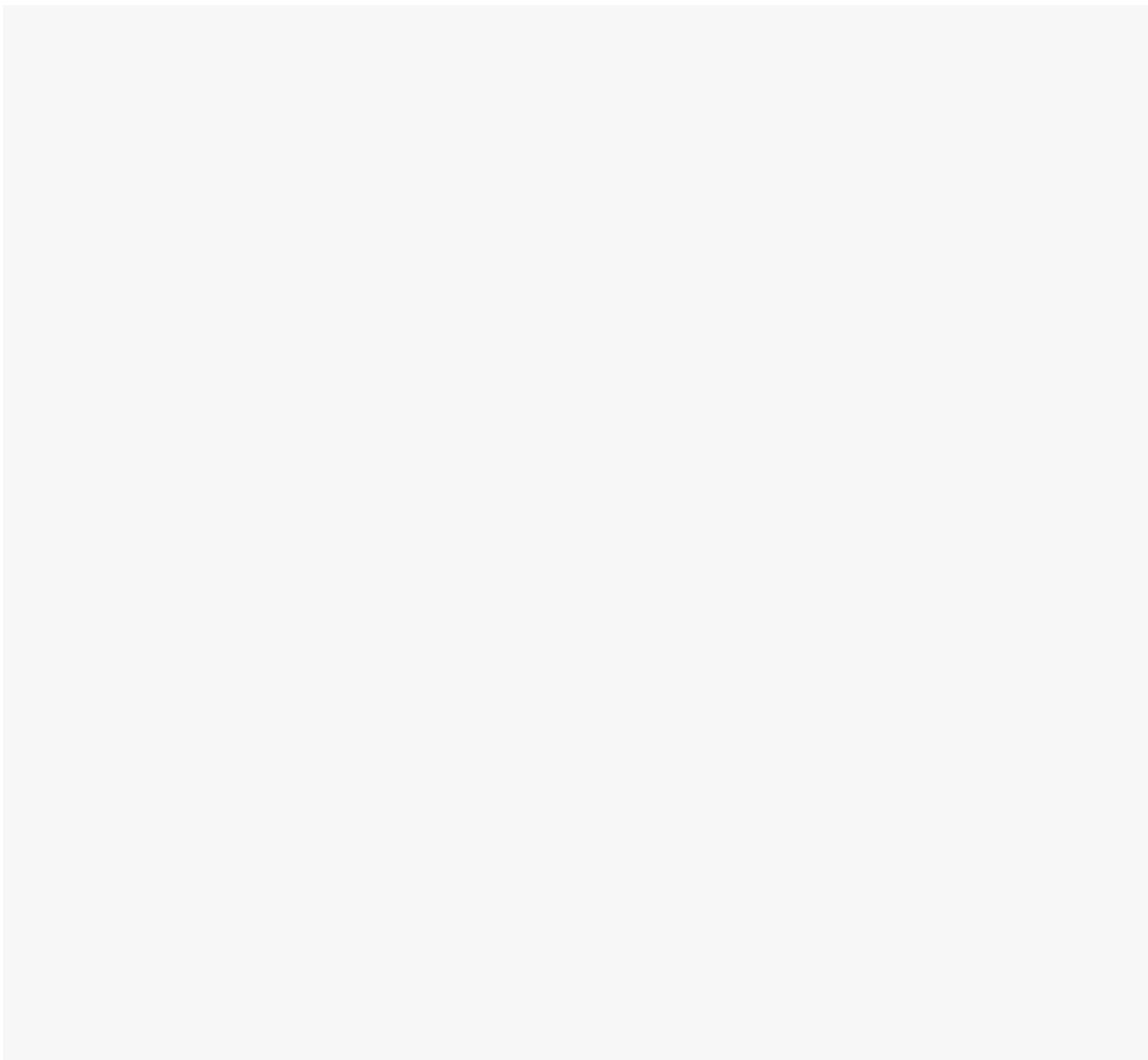
SO WHAT?

Next, choose the source(s) of authority who scored a 4 or higher on your list above, and consider what could happen if you pursued what you just wrote about.

PROMPT: Choose the question that resonates or answer all of them!

- What if you *did* explore or even discuss this thing?
- What are you afraid might happen, and how likely is it to happen?
- Are there compromises or tradeoffs that you're willing to make—not to gain approval, but that would in your mind make it possible to do that thing?

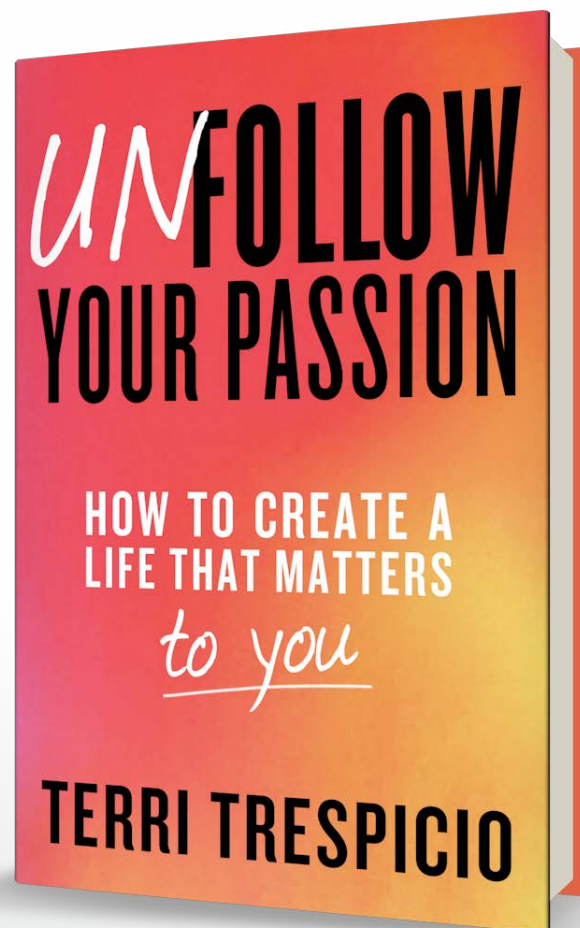
Set a timer for 15 minutes and start writing.



SELF HELP FOR PEOPLE WHO DON'T FOLLOW ADVICE.

"GENTLE,
BUT BRUTALLY
HONEST."

- *POPSUGAR*



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