

Your Barf Plan

Use a notebook, journal or a scrap piece of paper you can immediately toss to unravel your thoughts, feelings, and experiences. You are the best expert on you! You will be shocked at what you learn and what wisdom can come from this regular exercise. When you have a strong emotion, Barf Plan to the rescue! The more you write, the more you will see patterns, values that are important to you, and all sorts of other gems.

The Barf Plan is made up of three parts:

1. **BARF IT** – This is a completely unfiltered, emotional experience; you should just let it all out. *All of it*. Swear as much as you want. As Kind Girls, many of us aren't used to expressing anger. This is a safe and healthy way to express all emotions fully.
2. **SORT IT** – You will notice that your emotions will simmer down after an entire barfing session, just as your tummy settles after throwing up. That is how emotions work when they are intentionally processed...they dissipate. Then, you can SORT by going back and looking over it. Begin by stepping back and asking yourself questions.
 - What are the facts of the event?
 - What part is your interpretation of the facts through the lens of past experiences or beliefs, etc? That is part of what makes each of us unique.
 - Is there another way to see this?
 - What is most upsetting about the situation?
 - Has a boundary been crossed?
 - Was that boundary clearly communicated before, or does it need to be shared now?
 - Has this happened in the past with someone else?
3. **PLAN IT:** Use the R's – REWRITE, REFRAME, REWORD, REDIRECT, REFOCUS, etc. (More on this later.)
 - Decide what is your next thought or action?
 - Do you need to ask for clarification, forgive and resolve the conflict, or forgive and move on? Make sure to see how your body responds to each of those options. If you choose to forgive and move on, and it still bothers you in a few days, I suggest reexamining it.

Remember, when we Plan It, we use a different part of our brain and are not just reacting to the situation. I can guarantee you will have results more aligned with how you want to show up in the world.