Unravel Notebook

Tara Wolfe Schaan

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If you are a "Kind Girl" like me, you are naturally caring, pretty easy-going, teachable, and like helping others. If you have been raised in a Christian home or adopted Christianity, you may have also been told to "think of others as more important than yourself," which isn't that hard for a Kind Girl. However, thinking of others as MORE important than ourselves is not what the Bible says and can leave us exhausted, resentful, and/or attracting relationships that naturally take advantage of us. It is not the message we Kind Girls need.

I am a Kind Girl who went from an emotionally and religiously destructive 22-year marriage, with two visits to the psych ward, to becoming a successful REALTOR® and life coach (see Appendix A for my story). As a Life Coach, I'm passionate about supporting us Kind Girls in learning, obtaining tools, and gaining understanding so that our giftings as Kind Girls become strengths rather than weaknesses.

Although I love God and Jesus, it was confusing and painful how the church and Bible were used against me. Repairing my relationship with the true character of God and repairing my relationship with myself after years of self-abandoning were the keys for me to have healthy relationships with others and, eventually, a beautiful marriage. This *Unravel Notebook* was the process I used for healing and restoration. It is a place to be super honest and not give a shit about spelling, grammar, or writing in complete sentences.

As a Life Coach, I believe you are the expert on yourself and that you have so much internal wisdom about yourself. The magic of this resource is what you get out of your writing and self-discovery. Grab your own spiral-bound notebook to accompany the *Unravel Notebook*. Carve out some time daily and find an emotionally and physically safe writing place. By writing in your spiral-bound notebook, I'm hoping it will increase your level of vulnerability as you know at any time you can tear out pages and trash them. The magic is in the writing and brave work of going deeper. It will be difficult but very worthwhile.
I usually divide my spiral-bound notebook into two sections because the *Unravel Notebook* has two processes or parts.

> Located at the end of each topic within the *Unravel Notebook* is a series of prompts to assist you as you go deeper to strengthen yourself as a Kind Girl. I use the first half of my spiral-bound notebook to write my answers to these prompts. Our Kind Girl strength happens by having a healthy relationship with God, Ourselves, and Others, in that order.
>
> Next is the Barf Plan with instructions on the following page. I reserve the second half of my spiral-bound notebook for it. Use that section of your notebook whenever you want to process strong emotions. You Barf them, Sort them, and Plan them.

I hope to support you on your journey of unraveling thoughts, beliefs, and patterns and choosing to live a life by design—to Live Brighter! Make sure to check out my website at LiveBrighter.info for more information.

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God's Immense Love for You and All Women

Jesus' life and His interactions with others are helpful for me to understand what God's love looks like. What I observe through Jesus is that God has a very intense and caring love for you and me! I was encouraged to read one of the Gospels (Matthew, Mark, Luke, or John), ignore everything I had ever learned about church or God, and just look at how Jesus interacts with people and how He lives His life. What an eye-opening experience! The way He reached out to the hurting and needy. The parable He told about the prodigal son—that no matter what the son had done, how he had betrayed his family, squandered money, or rejected everything his father had taught him, all the father was interested in was renewing their relationship. The son was not made to feel guilty, ashamed, or made to recount the pain he put his father through. Instead, he received the nicest clothes, a ring that declared him as his son, and a party (Luke 15:11-32).Woohoo! God longs to have a relationship with us even better than that of the prodigal son and his father**.**

I appreciate the tenderness and value Jesus showed women, something **very** unusual in that culture. During that time, women were considered second-class citizens, and non-Jews were disdained. Religion had become a list of dos and don'ts (sound familiar?). Then came Jesus, and He clarified God's heart. He first revealed His true self as the promised Savior, "Messiah," to a Samaritan woman who had been divorced five times and was currently living with a man who was not her husband. On top of that, she wasn't even a full Jew, another mark against her in that culture. Jesus didn't care about any of that and told her His truth before anyone else. Wow! And the first person Jesus showed Himself to when He came to life after being crucified was another woman! Mary was the first Apostle (disciple that saw Him resurrected), and her response was to call him "Teacher." Women in those days didn't have the same rights to learn the Torah (the first five books of the Bible), but that didn't stop Jesus.
Jesus, God in human flesh, showed His relationship and love goal at every turn. Embracing this nonjudgmental, counter-cultural, intense love of God and Jesus is empowering! Would you be willing to let Jesus be your loving friend and give you supernatural insight during this journey?

Consider reading one of the Gospels, as I did, and looking at Jesus' (God's) heart. Open your mind and heart to God and ask Him to remind you of the different ways He has shown up for you. Write about them.

And I am convinced that nothing can ever separate us from God's love. Neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow—not even the powers of hell can separate us from God's love. No power in the sky above or in the earth below—indeed, nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord.
Romans 8:38-39

For the mountains may move and the hills disappear, but even then my faithful love for you will remain. My covenant of blessing will never be broken, says the Lord, who has mercy on you.
Isaiah 54:10

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Self-Talk

As Kind Girls, we are constantly striving to love and serve others more, but God let us know that our first responsibility is to take care of our temple and love others as we love ourselves. "Love your neighbor as you **love** yourself" (Matthew 22:39). So, let's talk about how we love ourselves.

It is a simple equation: How we show love to others = How we are to love ourselves. We commonly show love to others in the following ways.

- Value or respect them—their thoughts and feelings matter
- Care for them (physically, emotionally, spiritually)
- Encourage and speak kindly to them

Having value and respecting ourselves starts by listening, understanding, and appreciating who we are. We can listen to ourselves in several ways. We can listen to our Self-Talk, Emotions, Actions, and Body. This can be new and different for many of us since we tend to be other-focused. Let's start by looking at our self-talk.

We are constantly talking to ourselves. Much of this is automatic, with built-in patterns of thought and feeling. We discussed that some of our Big Story self-talk comes from traumas, but some just seem to be there. Self-talk can be critical and familiar. AND WE CAN IMPROVE our internal dialogue because, honestly, once you are aware of it, you might find you say pretty SHITTY things to yourself. In the end, **what you tell yourself is absolutely critical to your well-being.** Since the Lifeguard reminds us to stay safe and the Lawyer supports any negative thoughts we tell ourselves, it is easy to become overarchingly negative in our thinking. Someone once said they could predict a person's success by their internal dialogue. We can listen and learn from our self-talk, but we can also learn to *direct* our self-talk in a different direction.
Listen: What are things you regularly say to yourself? Do regular check-ins 3x/day to get in touch with your self-talk and write it down.

Pausing and spending time with your Barf Plan is a great way to take time and listen.

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Being Honest About Our Relationships

Being honest about our relationships begins with being honest with ourselves, which can be challenging. Seeing and accepting reality is a feat, but in the end, truth will always win.

I'm going to ask you a few questions. I want you to relax and clear your mind. Write down the first thing that pops in your head:

What are you trying **not** to know about your relationship?

What are you trying **not** to know about your feelings and thoughts towards your significant other?

What needs are **not** being met for you right now?

Nothing will ever change without having honest conversations—first with yourself and then with others. It is the avoidance of those challenging and honest conversations that lead to the death of relationships. If those conversations had happened sooner, they might have yielded different results. The death of relationships often results from a lack of healthy conversations, one missed conversation at a time. As Kind Girls, our tolerance of bad behavior tends to be high, and our fear of tough conversations tends to be higher. This is the manifestation of disaster. We will work on this together.

Expand in-depth your answers above.

Speak the truth in love. (Ephesians 4)

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