

**In the tikkune process,
there is no such thing as
punishment.**

The natural response when somebody, especially your spouse, hurts you is to lash out.

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The kabbalistic response is to understand that this is part of your tikkune.

**What are the recurring
themes across all of
your relationships?**

CAN YOU IDENTIFY YOUR TIKKUNE?

Some common areas of tikkune:

- abandonment
- indecision
- feeling unworthy of love
- commitment
- rejection
- conflict averse
- distrust
- selfishness
- people pleasing
- impetuous (indulging in short-term pleasures without thought of consequence)
- rigid in beliefs (not open to new ways of thinking or being)

**What would overcoming
your tikkune look like?**

STEP 1: Bringing awareness to your tikkune allows you to tell yourself, "I'm not happy about what happened, but I know it's what I need."

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STEP 2: Come to love this opportunity and work toward curbing your impulsive nature.

RETHINK MOMENT:

Our emotions don't dictate who we are—they are only signals of what's going on inside.

**Our emotions inform us, they
guide us, and they show us
when it's time for change.**

**Communicating through
emotion supports connection;
reacting drives disconnection.**

**Identify the emotion (data)
and choose a response.**

During challenging times, what is the emotion you feel most intensely? This will indicate what your default emotion is.

Among the most common are: **anger, fear, resentment, shame, or sadness.**

Hello
my name is

Monica

Hello
my name is

Monica
sadness

Hello
my name is

Monica
~~sadness~~
POWERFUL

Choosing what to pay attention to, and how to derive meaning from your emotions, is the beginning of a new relationship with yourself.

I learned to ask for

**I learned to ask for
WHAT I WANT**

**I learned that the biggest
obstacle to loving
unconditionally is my**



**I learned that the biggest
obstacle to loving
unconditionally is my
EGO**

**The best way to work on my
relationship is to identify
and work through my**

**The best way to work on my
relationship is to identify
and work through my
TIKKUNE**

**I learned to use
emotions as**

**I learned to use
emotions as
DATA**

ONE-ON-ONE RELATIONSHIP SESSION WITH MONICA



For more information
about relationship sessions
with Monica, email
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