

ENERGY & INTUITION FOR INFJS WORKBOOK 2

JOURNALING PROMPTS:

Please take about 10 minutes to journal your answers to the questions below. Do not censor yourself or edit your answers, just be as truthful as you can be.

What is YOUR pattern with the giving-receiving exchange? How do you feel about receiving? If you imagine fully opening to receiving from others, what does that feel like?

How do you keep people at a distance? Do you hide your true self? Are you always the counselor and never the person being counseled? List all the ways you keep people at a distance and how you think this keeps you safe.

INTUITIVE ASSIGNMENT:

In this assignment, we're going to work with our intuition around physical location.

First, I'd like you to think of a place you have been that has felt "good" to you. This might be your own house, or somewhere you've gone on vacation, or a physical location from your childhood. Please bring this place to mind and envision it. Then, I'd like you to write about your experience of that place. You can include physical details, but I'd like you to really focus on intuition and feeling. What did you FEEL like in that place? Don't try to make sense of why you felt that way, just describe the way the place felt to you.

Next, I'd like you to think of another physical place, one that has felt "off" to you. "Off" might mean bad, weird, strange, etc. I'd like you to envision this place and feel into the "off feeling." Don't try to rationalize it or talk yourself out of it. Just remember the way you felt there and write it down descriptively. Again, you may include physical details, but I'd like you to focus more on the way you felt.

Much of the time, intuitives get strong feelings about physical locations and we override these feelings or ignore them. This exercise is a way to acknowledge the truth of your past intuitions about place, even if you never found evidence to "prove" those intuitions were true.

You can also use this same exercise to look back on a past relationship. Was there a person in your life who you met and you immediately felt "good" and like that person was a positive match for you? Was there a person you met who felt "off" and you later found that to be true, even though you may have dismissed your intuition at the time?

Write down these recollections and stay as neutral as you possibly can about them, neither judging nor blaming yourself for whatever happened in the relationship.