



# **The Identity Workbook**

**Creating A Whole New You  
For A Whole New (Pain-less)  
Life.**

Helen Treacy  
Conscious Phoenix Coaching  
[www.theconsciousphoenix.com](http://www.theconsciousphoenix.com)



# WELCOME!

Welcome to the Conscious Phoenix Coaching Workbook.

The following exercises are a few of my most potent potions for transformation.

*Potential Side Effects of Transformation Potions;*

*A temporary increase in pain levels*

*Headache from thinking so much*

*Feeling like I've just launched a grenade into your life.*

Please be aware that I am usually very much present with clients as they go through this work and able to hold sacred space for them to expand into this.

This work is simple but it's not easy.

If you have any questions please feel free to reach out to me. I'd love to hear from you.

Email: [Helen@theconsciousphoenix.com](mailto:Helen@theconsciousphoenix.com)

IG: @consciousphoenixcoaching

FB: [www.facebook.com/consciousphoenixcoaching](https://www.facebook.com/consciousphoenixcoaching)

Website: [www.theconsciousphoenix.com](http://www.theconsciousphoenix.com)

Free Facebook group: [www.facebook.com/witchesinpain](https://www.facebook.com/witchesinpain)

If you would like to dive further into this journey of Chronic Pain, and you are ready to radically reduce your pain and other symptoms, take back your power and transform your life, then please book a free call on my website using the bookings page (add Witchery to the "how you found me" box for a super special bonus), and I'll speak to you soon!



# Identity

Identity is one of the key aspects when we have any issue in our lives where things aren't as good as we planned or hoped for. Deconstructing our identity makes it possible for us to shift both in the physical, and energetically. Part of this process is destroying the "what is" to create the "what can be".

In my program we look at Identity over about 4 weeks, so trying to break it down here is definitely challenging, but can also be done. Consider this your gentle introduction to Identity work, and if you feel like it's calling you deeper then definitely get in touch.

## The Assignment

Spend some time journalling on the following prompts:

- 1) Write down 20 words that describe you. The first 5 should be fairly easy, after that it gets harder.
- 2) Write down every identity you subscribe to (mother, daughter, sister, wife, disabled, carer, lover, worker, empowered, disempowered, victim, pain sufferer, patient etc etc)
- 3) Go through the list and as you read the description see how it makes you feel.
- 4) Next to each of these write a +, a - or an =
  - + is a positive description, it makes you feel good
  - is a negative, you don't like how it makes you feel
  - = is neutral. It just is.
- 5) Assess how many you have of each type, are you satisfied with that? If not, what could you change?
- 6) Write a list of actions you could take to change that identity, and pick one to start working on today.



# From Now On

Take a sheet of clean paper and draw a line straight down the middle of the page. In the first column you are going to write all the things that FROM NOW ON are no longer acceptable to you.

Think about the following:

- ❖ What is holding you back?
- ❖ What words come out of your mouth regularly that don't serve you?
- ❖ Do you limit yourself? Do you say things like "I'll never be well enough for that"?
- ❖ Do you say things like "I'll always be in too much pain for that"?
- ❖ Do you chicken out of decisions you'd make differently because you think about your pain and your condition?
- ❖ Do you plan your life around pain instead of around your dreams?
- ❖ How about the way you behave with your kids and pain? What is no longer acceptable about that?

Remembering that pain is just the way your brain reacts, in chronic pain it doesn't actually indicate anything other than your brain being uncomfortable (remember – your brain can be a dick!). NOTHING is dangerous about your situation right now, your brain has NOTHING to fear right now. It is not giving you a useful message to keep you alive right now.

What freedom does that give you?



# Your Perfect Day

It is often difficult to know exactly what we want from life. We bumble around doing whatever feels right at the time, going with the wind and doing whatever we happen to find works well for us at any particular time. Or, we end up getting tossed from one crisis straight into the next, feeling like we don't even have time to catch our breath before the next wave hits. We never really stop to consider what life is all about, or what we want to achieve at each stage of our life.

I'd like you to change that. By the end of this exercise I want you to have a very clear idea of what it is you want from your life and what you want each day to look like.

Life is a bit like climbing a mountain, only if we aren't careful, we can end up at the top of the wrong mountain wondering why we never realised where we were going! If you want your life to be better then you need a plan, and what better way to create a plan than to envision your most perfect day and take it from there. This is an opportunity to remember all those dreams you used to have and gave up, and let the creative juices flow.



## The Assignment

Find a quiet space and choose a time when you know you can relax. I usually allow at least an hour for this exercise to be done well. You are going to need your journal or pen and paper, so make sure you have them to hand and let's get to work!

I want you to imagine waking up in your perfect day. Your perfect day in your perfect life. You are going to envision every aspect of this day in minute detail from the moment you wake, to the moment you close your eyes in bed. Every single thing you can possibly imagine. Here are some questions you might ask to start you off:

- ❖ What is your bed like?
- ❖ How does your bed feel? What are your sheets and bedding like? What are your pillows like?
- ❖ What does your bedroom look like?
- ❖ How is it decorated?
- ❖ Do you have an outside view, what can you see?
- ❖ Is anyone beside you?
- ❖ What time is it?
- ❖ Did the alarm clock wake you up?
- ❖ How do you feel?
- ❖ What do you do first?
- ❖ Do you have a self-care routine?
- ❖ What can you smell?
- ❖ What do you see in the mirror?
- ❖ What's your bathroom like?
- ❖ Hopefully this should help you get an understanding for the sort of details we are looking for. Remember, this is your PERFECT day, not your day as it is now. Let your imagination be your guide, there is no wrong answer here.
- ❖ Think about your working day:
  - ❖ What do you do?
  - ❖ Where do you work?
  - ❖ Do you work in an office? Visualize it and describe it.



- ❖ Do you work from home?
- ❖ Describe your PERFECT office /work environment and how it makes you feel. Maybe you are overlooking the beach or surrounded by woods?
- ❖ How do you travel to work?
- ❖ Who do you work with?
- ❖ Are you a star?
- ❖ Did you write a book?
- ❖ Did you create something wonderful?

Think about your routines, food, smells and sounds. Think about what you do now that would change if this were the perfect time and place!

I want you to write down everything through the course of your day in your perfect world, in perfect detail. Think about everything, including:

- ❖ Who is with you?
- ❖ What are they doing?
- ❖ Are you famous?
- ❖ Are you happy?
- ❖ Are you wealthy or comfortable?
- ❖ Are you excited to wake up every day?
- ❖ Is your life run by pain or is it just a distant memory?
- ❖ Are you surrounded by friends and family all the time or is it quiet and tranquil?
- ❖ What about just after you've finished work?
- ❖ What about animals and loved ones in your life?
- ❖ What about your bedtime routine?
- ❖ Do you feel fulfilled and content?
- ❖ Are you satisfied and happy?