

# 35 Practicing inner experiencing and inner wisdom



If you are working through *The Warrior Within*, these exercises and further useful information to help you in your recovery can be found on pages 131-133. These exercises assume you have completed exercise sheet 1 **Starting an activity journal**.

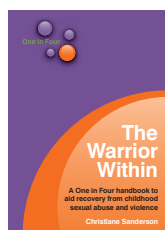
## Practicing inner experiencing

A useful way to restore trust in your intuition is to listen to your inner experiencing, or gut instinct. Anyone who rushes you into instant answers or decisions is not respecting your right to reflect in your own time. If you have any doubts this means you are not sure and need to think about what is being said or requested. It is essential that you listen to your doubts and take them seriously. This exercise will help you to be more skilled in this by developing your internal gauge.

To develop your internal gauge, imagine it as ruler with a scale of one to ten, with one being very unsure and ten being very sure. Whenever you have doubts about something, try to plot the degree of doubt on the scale. If you are unsure you need to listen to the doubts before making any decision. Make a list of the doubts in your journal and reflect on them by asking yourself what is the evidence for or against them. This will allow you to move the doubts along the scale and help you to decide what is best for you.

## Practicing inner wisdom

In your journal make a list of which personal qualities you admire in others. Look at this list and note how many of these also apply to you. Make sure you add others that you know you have. Talk to a trusted friend who may also have some qualities to add to the list. As you reflect on your personal qualities try to gauge to what extent you accept or reject these in your daily life. Make sure you regularly remind yourself of these qualities and thereby change your self-image. You could do this by including your personal qualities in your 'cookie jar' (see **Rewarding yourself** on page 42 of *The Warrior Within* or exercise sheet 8 **Making a 'cookie jar'**).



The content of this exercise sheet is based on *The Warrior Within: A One in Four handbook to aid recovery from childhood sexual abuse and violence* by Christiane Sanderson

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