

Forceps

If you were born with the assistance of forceps, you may struggle with feeling like you can't move forward trusting yourself and attracting the support you need. You will also have a tendency to look to others for permission and approval in order to feel like it's safe to move forward in what you want to pursue in life. This clearing will release you to look to yourself for approval and to connect with an innate confidence that you have that will support you in trusting yourself.

Releasing... Not good enough. Fear of not making it on my own. Looking to others for permission and approval. Tell me I can move forward. Let me know I am moving in the right direction.

Letting go of... Not trusting myself. Looking outside myself for permission.

Releasing the pattern of... Getting stuck. Need to be bailed out at the last minute. Difficult to finish.

Letting go of... Support equals attack. Fear of being touched. Support is manipulation. Pleasure leads to pain. Want control / obsessed with control / terrified of being controlled. Want to do it myself. Terrified of being manipulated, so I have to do it myself. People force me / people pull me. Angry at authority figures / cut off from my heart. Always in my head / disconnected from my feelings. Let it all go. Take a deep breath in and let it go.

Reframes

I am competent and able

I am able to make it on my own

I am able to do it on my own

Since I am able to do it on my own, I can choose to let others help me

I am supported by people who want the best from me

I am able to choose to trust others to support me in the best way possible

I am experiencing my head leading me to happiness

I am experiencing endings as pleasurable

I turn to myself and God for permission

I am trusting myself

I am confident

I am experiencing support as safe and helpful

I am experiencing pleasure as safe

I am experiencing support is safe