

## Wrong Sex – Mom and/or Dad were hoping for the other sex

If your parents were wanting you to be the opposite gender than you are, you may struggle with deeper feelings of regret and longing. This clearing will release you to feel the true value of who you are and allow you to feel confident as a person.

**Releasing...** Regret / lonely / longing to be accepted. Feel like an outcast. I am the wrong one.

**Letting go of...** Afraid of disappointing others. Letting go of patterns of disappointed in others. Afraid of disapproval.

**Releasing...** Feeling wrong. Always taking the blame. Trying to make up the difference for being the wrong one. Failure / hiding / sad

**Letting go of all of the times I felt...** Insecure. Not good enough / hopeless / helpless. Don't know what to expect or receive. Unbalanced / confused / unloved / unwanted

**Releasing patterns of...** Picking (the opposite sex) to put me down. Doing the opposite. Let it all go. Take a deep breath and let it go.

### Reframes

I am a wonderful surprise

I am the right one

I am delighted to be a (woman / man)

I am desirable

I am highly pleasing to myself and others

I am experiencing people are pleased at who I am

I am experiencing people are pleased to be around me

I am loved for who I am

Others support me

Feeling accepted

Attracting people who love and accept me

Others build me up and appreciate me

I am now choosing what is correct for me

It is time

It is right

I am loved