

Our first step in creating the foundation of peaceful beingness for our parenting is to understand our own unique combination of obstacles.

The Beingness Blocks exercise will show you just that...

For each block, rate the truth of the declaration for you.

1 equals never true  
5 equals always true

Then, in the blank at the bottom, write any other block that typically challenges you and rate that too (see examples in the list in the footer).

Finish by connecting the dots for each rating to create a visual depiction of how close you are to the calm, understanding, presence your children need.

See Lesson One for additional instructions.

# Beingness Blocks

## OVERWHELM

I feel overwhelmed by the number of things I must manage on a daily basis

## IMPATIENCE

I feel people and situations are often not as they should be

## GUILT

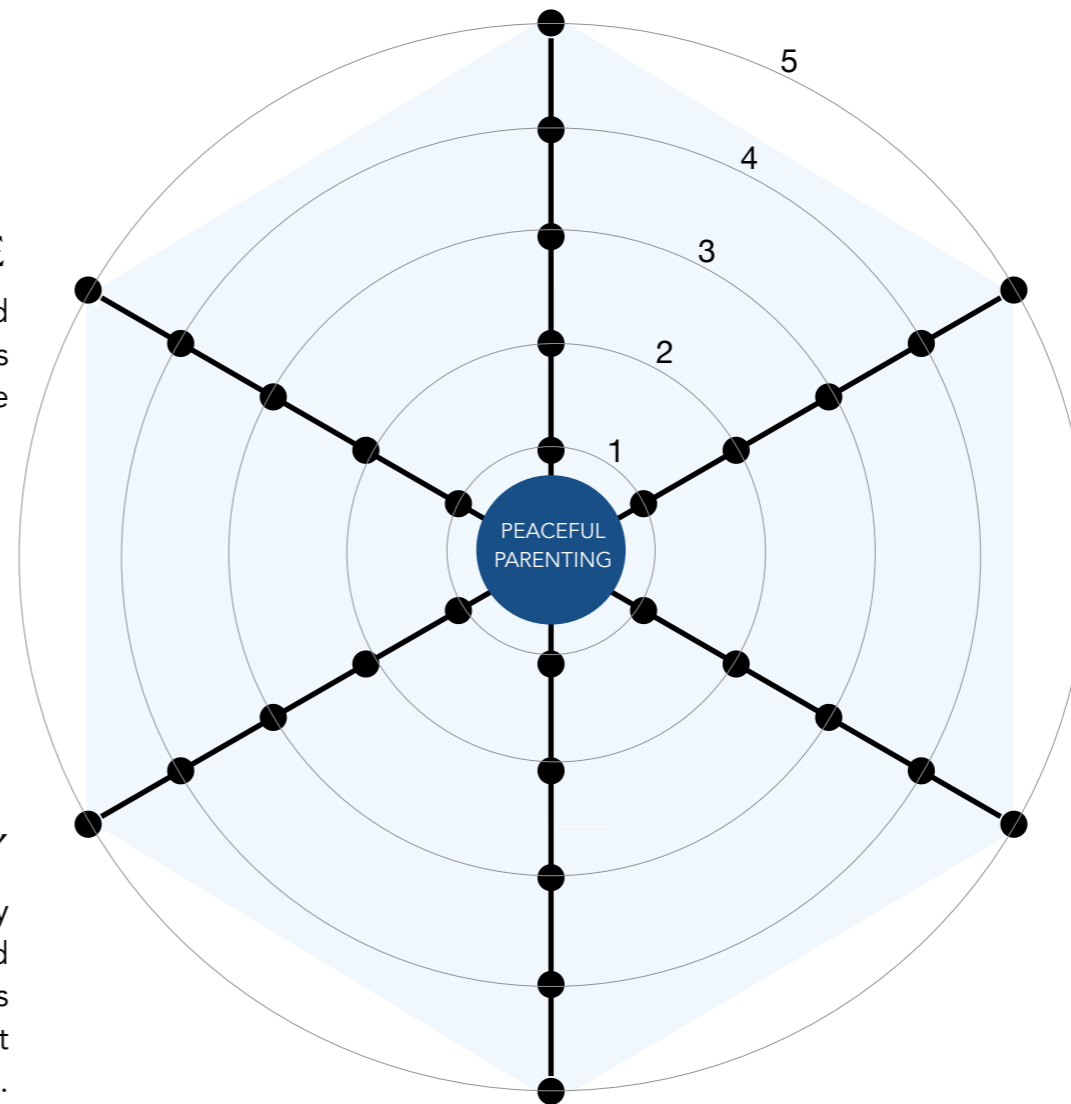
I should be able to be there for my child in the way I know I should.

## WORRY

I am worried about my ability to give my child what he/she really needs and how that will affect their future.

## REGRET

I feel like I should have made better decisions



(other - select from below)

### OTHER COMMON BEINGNESS BLOCKS

Frustration  
Disappointment  
Anxiety

Exhaustion  
Jealousy  
Hopelessness

Powerless  
Fear  
Loneliness

Sadness  
Anger  
Resentment

Despair  
Grief  
Shame

