

Self-Trust

WORKBOOK



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Do you have a hard time trusting yourself?

Does it feel impossible to keep the promises you make with yourself? No matter how big or small?

Have you felt resistance to showing up for yourself whether it's through meditation, self-care or just following through on goals?

Have you been wondering why this happens but not sure how to work through it?

If this is you, then I bet at some point the negative self-talk starts to creep in and you judge yourself for not doing what you say you are going to do, right?

It seems like a cycle you just can't break yourself out of and you start to feel like a failure.



Let me tell you...

**YOU are
NOT a
failure.**



Resistance to growth happens for many reasons. There might be fear of the unknown, uncertainty with how to show up for yourself, you don't feel safe to trust yourself & emotions feel stuck to name a few.

It's easy to feel defeated and then stay in our comfort zones because at least it's familiar and that sometimes seems safer. But growth happens when we are stretched to our edges. When we lean in towards the resistance and get curious about why it's there in the first place. We can expand our awareness and create greater capacity to change.

In this workbook, you will learn simple ways to start moving through your feelings, reprogramming your thought process & begin building self-trust by keeping the promises you make to yourself. The reflection questions are meant to expand your awareness around the patterns, themes & stories all connected to the ways you relate to, communicate with & show up for yourself.

Just remember, it's important to meet all parts of you with love, patience, kindness & non-judgement. You are doing the best with what you have. So be proud of yourself for how far you've come.

1

Create an internal environment for safety

Creating an environment of safety within your own nervous system will help bring more ease and flow when it comes to showing up for yourself and your goals. Usually, our nervous systems are on over drive, riding somewhere between fight, flight or freeze throughout our day. Our reactions to life's stressors become so automatic that we can begin to feel out of control.

In those moments, it's easy to dismiss those internal cues of what your body is trying to say to you. Creating internal safety & building inner body awareness means learning to slow down, breathe and listen. We must make it safe enough to for your body to tell you what it needs. By listening, following through & meeting the needs you are building trust in those small moments. Your body will thank you for this.

TIP #1: Spend 3-5 minutes a day in quiet stillness. Put your hand to your heart and whisper "You are safe, I am here now."

Ask & listen to see if it has anything to say to you. Write down what you notice. (You can practice this anytime throughout the day. You may be surprised with what you find)

Reflection Questions

Spend some quiet time reflecting on these questions, then free write what comes up for you, without editing.

1 What are my intentions?

2 How do I want to feel?

3 What challenges do I face with keeping commitments to myself?

4 what emotions surface when I start taking care of myself?

5 Is this a pattern for me? When did this pattern start?

6 What is my biggest block to consistency?

2

Feel the Feelings

Feeling your feelings unlocks the door to your internal environment. Healing begins the moment you walk in.

Deeper healing continues to happen with your willingness and commitment to show up for the work.

The more you show up the more you strengthen your bond to yourself, and trust is built. Intuition becomes clear and you are now able to create a new way of life. A new reality. It isn't always easy to feel the feelings and yes, it's going to be uncomfortable, but it is so worth it. And as the saying goes, 'you have to feel it, to heal it.'

If self-trust has been broken, then the healing process means looking at where the rupture began in the first place. Become curious about the story around what it means to trust yourself. What is the first thing that comes to mind when I ask...Do you trust yourself? Surrender to the process & let it unfold.

Whether it be with food, decision making, speaking up for yourself, setting boundaries, or taking action on your goals. It's all going to come down to one thing...learning where the distrust began, feeling & releasing those feelings & then learning to repair in a way that is safe, gentle & soothing to your soul. Let's explore deeper...

As I mentioned before,

You have to feel It if you want to heal it...'

This is true. It is hard to build self-trust if you are constantly dismissing, pushing down, numbing out, distracting, avoiding, and running from your feelings. That is the ultimate disconnect from our bodies. But please don't judge yourself. You may have learned this as part of a survival response & it takes time to un-learn & repair.

For a lot of people somewhere down the line (usually childhood events) they learned that it wasn't safe to trust themselves. That what they felt was wrong or bad or crazy. And in an effort to maintain the relationships closest to them, out of survival, had to leave themselves, their feelings & their inner knowing to keep that connection with their caregivers.

But love doesn't ask you to self-abandon. And what you feel is never wrong. It is a truth that exists within you that is connected to your lived experience. It is valid every time.

Feelings are the way the soul speaks to us. There is a story inside waiting to be heard, seen, felt, acknowledged, and released. Your body is the container that holds this experience.

Your body also speaks to you in sensations. It will do whatever it can to get your attention so that you can LISTEN, FEEL & RELEASE what has been tucked away inside. **It wants to feel free.**

Emotion is energy in motion. And energy doesn't move until it feels safe. Which is why we start with creating a safe internal environment. And then learning how to feel. So, the emotions & feelings can feel safe to move through you. This can become a spiritual practice if you let it.

TIP 2: Questions to ask yourself "What am I feeling? Where am I feeling it? Why am I feeling this? What do I need to do about it?"

Practicing this consistently will let your body know that you are available to attune to your own needs. When you show up & meet those needs, you begin repairing the relationship you have to your own body. Even in the smallest ways. It knows it can count on you. It begins to trust you.

Reflection Questions

Spend some quiet time reflecting on these questions, then free write what comes up for you, without editing.

1 How do I feel in this moment?

2 Where have I felt this before?

3 Where do I feel this in my body?

4 How old is this feeling?

5 What is the memory?

6 Where did I learn to stop trusting myself?

7 What or who do I need to feel comforted & supported?

8 Do I self-attack when I break one of my promises?

9 Where did I learn to speak to myself that way?

10 Does it remind me of anyone?

11 How do I want to speak to myself?

12 How can I practice this right now?

3

Make small attainable goals.

Consistency builds habit, confidence, trust and a new way of life that helps you accomplish your goals. No matter what they are.

An example that I like to use is when I wanted to become a runner back on January 1, 2000. I didn't just wake up and start running marathons. I began jogging 1/4 of a mile. I stayed with a slow pace a few days a week until the rhythm of my breath & my stride began to flow effortlessly. I listened to my body & when it felt ready to increase distance & time I did. Increasing to 1/2 mile then to a full mile. All of this added up through the years and it became a habit that resulted in confidence that turned into a lifestyle that led to trusting I could achieve more & soon placing first in a duathlon.

TIP #3: If you're not used to showing up for yourself its best to begin small and work your way up. Track your goals in a journal.

For example: If you've never meditated before start with 1-3 minutes of stillness 1-2 times a week. Build consistency for a while before you increase your practice. Getting grounded in this routine will help build the connection to you and your body. Overtime, intuitively you will know when & if you are ready to increase the days & times. It's a more sustainable way to maintain long term success. Rather than planning for 7 days a week and only being able to show up once which will just perpetuate the cycle of breaking self-trust & feeling like a failure. Remember we are un-learning old patterns, redirecting thought process & learning to trust build self-trust.

Speak kindly to yourself in the process. You are in a building phase. Slow & steady always creates long lasting change. YOU'RE DOING GREAT!

Reflection Questions

Spend some quiet time reflecting on these questions, then free write what comes up for you, without editing.

1 What are my goals?

2 How do I feel about this goal?

3 How often do I want to show up for this goal?
(Start small & work your way up)

4 What is the end result I am trying to achieve?

5 Who are my support systems to help me stay accountable?

6 How do I feel inside my body before, during & after I follow through on this goal?

7 Is my self talk different after I accomplish a goal vs before I start taking action? If so, what does my self talk say?

4 *Date the resistance.*

When we decide to commit to showing up for ourselves, we can expect to be met with resistance. Resistance is a teacher. You take it with you.

No matter how advanced you are at your practices or how much trust you have built. Every next level of our life will bump up against resistance.

A part of us knows that we are growing and changing. It seeks safety in the familiar. The unknown is not a safe place because we don't know what to expect yet. It makes sense, we've never been there before.

But, if we welcome this process with open arms & let those parts know that it's safe to follow through, it eventually leads us to freedom & intuitive guidance.

Our fear of keeping those commitments becomes less and less & we will naturally begin to trust ourselves. We move with ease and Grace to our next step.

TIP 4. "Date the resistance." Take it with you throughout your day. To your meditation pillow. On your walk. In your journal. Become friends with it. Sit in the tension of the resistance and get curious about this part of you. Make time to create a safe space for this part to be seen & felt. The more you practice this, you will begin to feel an internal shift. Your life will begin to flow a little easier.

Reflection Questions

Spend some quiet time reflecting on these questions, then free write what comes up for you, without editing.

1 What does resistance feel like?

2 Where do I feel it in my body?

3 What am I afraid of and why?

4 What is my biggest barrier to consistency?

5 What is my resistance here to teach me?

5 *Don't quit before the miracle happens.*

Usually about 2 weeks into any practice, people start to give up on themselves. If they don't feel or see changes right away. Don't quit before the miracles happens. The consistent follow through is what's going to create lasting change.

Put these steps on repeat & follow through until you feel an internal shift taking place.

TIP 5: Celebrate yourself. FOR REAL! YOU MUST HAVE FUN ALONG THE WAY! Fun activates the reward centers in the brain and makes us feel good about what we are doing! We are redirecting the thought process & creating new habits that will affect your lifestyle.

Reflection Questions

Spend some quiet time reflecting on these questions, then free write what comes up for you, without editing.

1 What can I do to celebrate myself along the way?

2 Who can celebrate with me?

3 What makes me feel good?

4 What is my soul asking for?

5 What is my heart asking for?

6 What is my mind telling me about having fun?

7 Is there a part of me that fears having fun?

8 What would be the most fun thing I can do right now to celebrate how great I am doing?

6 *Inspire, create, repeat.*

Usually when patterns shift & old energy is moved out of the body, it creates space.

You may notice you are more inspired, more creative, feeling abundant, limitless & even ready to up level in other ways. You aren't blocked by fear and negative judgmental thoughts towards yourself.

You have a better understanding of why you were doing what you were doing and have a better handle on how to move through these feelings.

Notice the creative energy that moves through you when you clear the intuitive channel. When you are in tune to your body & meeting the needs of your soul.

You walk a little taller, feel more confident in yourself and are more certain of what you are doing & why. You feel unstoppable.

TIP 6: put this on repeat. Following through on this process & doing what we say we are going to do helps create the shift you need to keep reaching for your goals.

Reflection Questions

Spend some quiet time reflecting on these questions, then free write what comes up for you, without editing.

1 What does it feel like to follow through on my goals?

2 What does it feel like to celebrate myself?

3 What does it feel like to believe in myself?

4 Is this something you would try again, with a different goal?

CONGRATULATIONS ON COMPLETING THE SELF TRUST WORKBOOK!

**YOU ARE AMAZING & COURAGEOUS TO SHOW UP WITH THE WILLINGNESS
TO EXPLORE THIS TOPIC.**

**KEEPING THE PROMISES YOU MAKE TO YOURSELF BUILDS SELF TRUST
& SELF LOVE.**

Remember, Self-trust is one of the building blocks to staying
connected to your path when stepping into your soul's
purpose.

If you are interested in diving deeper & mapping out a plan
to live your soul's purpose, book your discovery call for 1:1
coaching with me today!

[**CLICK TO BOOK A CALL**](#)



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