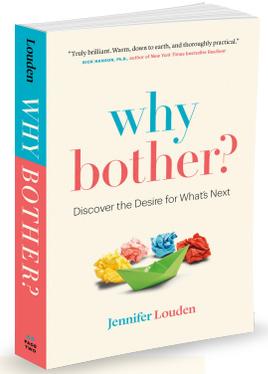


Here is a collection of prompts drawn from the **weekly Oasis**, my Desire Retreats, and my new book, **Why Bother?**



I recommend exploring these prompts in long hand by keeping your hand moving but you may want to use them to make art, doodle, or take them on a walk. Whatever you wish because they are all about self-trust!

CHOOSE THE PROMPTS THAT INTRIGUE OR IRRITATE YOU. OR DO THEM ALL. DATE YOUR RESPONSES. BE GENTLE AND CURIOUS.

- I trust my being, my body, my heart when...
- I accept myself as I am when...
- The times I've trusted myself the most were...
- What I don't believe about trusting myself...
- When I welcome myself just as I am without rejecting any part of myself, I'm aware that...
- How will I know I've kept my promises to myself? Hint: you have to make a clear promise.
- Use Conditions of Enoughness.
- How will I re-establish trust with myself when I don't keep my promises to myself?
- What do I want to feed myself that will foster self-trust, self-faith, self-love? Is it food, media, nature, experiences, etc.?
- What are my current minimum requirements for self-care?
- How do these minimums help foster self-trust?
- How does or could gratitude feed my self-trust?
- When I trust myself, I become aware of _____ desires.
- When I stop trying to control _____, I have more energy and power to _____.
- If I didn't need to be _____, then I could trust myself to _____.
- The person who I think trusts themselves the most is _____, and I think that because _____.
- To deepen my self-trust, it's time to forgive myself for _____ and _____.
- Self-trust gives me energy for _____.

The following is a prayer, or invocation, that we use in the Oasis that fosters self-trust. Use it as you wish.

I am here and welcome just as I am
No matter what, I trust this being, this body, this heart.
No matter what, I accept myself as I am.
No matter what, I trust my essential goodness.
No matter what, it is safe to desire.