



reality school *contemplation sheet*

Transforming the Pressures in Your Life

by Story Waters

Questions to ask your heart

How does pressure from a person feel different than pressure from a circumstance? Answer this, not in words, but by feeling into the difference.

When did you last make a choice that demonstrated choosing from instinct over logic? How did it feel to do this? Could you go further?

What does it mean to you to think of pressure as something you have a relationship with, as opposed to it being something done to you by an external force?

See how your biggest pressure acts to draw your focus. How do you feel about it seemingly having that power over you?

How can the relationship with pressure be neutral at its core (with you applying the feelings/beliefs) if the pressure is coming from another person seeking to manipulate you?

Are there any ways in which, even in a small way, you act as a victim in relation to any of the pressures in your life?

Going through each of the key pressures in your life what do you feel they are each symbols of? Can you see a pattern?

What are the pressures in your life teaching you?

What are the pressures in your life motivating you to do? Do you think you could generate that motivation without the pressure needing to be present?

If the only thing a stranger knew about you was your relationships with the pressures in your life, what would they conclude about you as a person?

How does it feel to imagine that the face behind all the pressures in your life is that of your own spirit? What is the message that your spirit is trying to tell you?

How do you feel about the idea of diving into your pressures (rather than resisting them) in order to take the journey of transforming them?

How much do you complain to others about the pressures in your life? How much do you enforce your identity with these pressures in this way?

Your pressures form a part of your identity; who will you be without those pressures? What will be left? Will you still be you?

Resource

[*TransformingPressure.mp3*](#)



Welcome to this reality school contemplation sheet for the mp3 listed above. It is recommended that you listen to the recording on its own before reading this sheet so that you can fully immerse yourself in its journey. You can then use the questions on this sheet to explore the themes of the recording in more depth. The more you put in to answering these questions in an entirely honest and vulnerable way, the more you will benefit.

Download the mp3 at:
realityschool.org

If you took the energy you focus on your pressures and focused it elsewhere, what other areas in your life would most benefit from receiving the energy instead?

Want more? Get the unabridged 90 min Freedom from Pressure recording, from which the mp3 was created, in the reality school store.

www.realityschool.org
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