

Post-Session Assignment – July 20th, 2025

Title: “Seeing Her Clearly – Exploring the Gap Between Expectation and Reality”

Part 1 – The Mirror of Expectation

“What we expect of others often says more about our own fears than about who they really are.”

Take a quiet moment to reflect on the following:

1. **When you imagine your ideal version of Anne, what qualities or behaviors are most important to you?**
 - List at least 5 traits or behaviors.
 - Now ask: *Why are these traits important to me?*
 - Go deeper: *If Anne lacks any of these, what emotion do I feel?*
 - Then ask: *What personal insecurity or emotional need might this reveal about me?*

Goal: This helps you discover whether your desires are authentic expressions of love—or subtle attempts by your False Self to manage discomfort, control intimacy, or avoid vulnerability.

Part 2 – The Living Portrait Exercise

Choose one recent moment when you observed Anne being herself—without editing, correcting, or judging her behavior. Now journal your responses to the following:

- **What was she doing, saying, or feeling?**
- **How did I interpret her actions at the time?**
- **If I suspend my interpretation and just witness her humanity, what do I now see?**
- **What might she have been needing or expressing beneath the surface?**

Goal: Practice the skill of seeing Anne as a whole, complex person—not through the lens of your emotional agenda, but through curiosity and compassion.

Part 3 – Inner Inventory: The Roles I’ve Assigned Her

Without censoring, complete the following sentence stems as honestly as possible:

- *“I feel disappointed in Anne when she doesn’t...”*
- *“I feel most secure when Anne...”*
- *“When Anne is upset or different from my ideal, I tend to...”*
- *“I often wish Anne would just...”*
- *“If Anne fully accepted me, I would finally feel...”*

Now reflect:

- Where do these thoughts come from—your True Self, or from learned roles and fears?
- What is the cost of expecting Anne to play a part in your internal emotional regulation system?

Goal: This exercise helps you untangle authentic relational needs from False Self survival strategies.

Part 4 – Thought Experiment: If She Were a Stranger

Imagine Anne is not your wife, but a woman you’re observing from a distance. She is speaking vulnerably about her struggles, fears, and longing for love.

- **What do you admire about her?**
- **What wounds might you sense beneath her words or tone?**
- **What would you say to her as a compassionate outsider?**
- **Would you feel protective, empathetic, or impatient? Why?**

Goal: This bypasses habitual emotional filters and gives you a chance to view Anne as someone deserving of care on her own terms—not through the lens of your relationship history.

Part 5 – Integration & Affirmations

Spend 5 minutes each day reading and reflecting on these affirmations. Speak them slowly, out loud if possible, and observe what thoughts arise in resistance or support:

- “She is not here to complete me. She is here to be herself.”
- “My love becomes real when it frees her, not when it reshapes her.”
- “When I see clearly, I no longer confuse love with control.”
- “I am responsible for my emotional safety, not her behavior.”
- “Her truth is not a threat to me—it is an invitation to grow.”
- “As I release my grip, I discover the strength to truly love.”

Optional: After each affirmation, write one real-life example of how you could live that truth with Anne this week.

Closing Reflection

Ask yourself each evening:

“Did I try to shape Anne into my comfort today, or did I make space for who she really is?”

“Did I speak to her as a role I’ve assigned—or as a person I am just beginning to understand?”