

This group is meant to facilitate discussion and meaningful conversations. The information below is derived from this week's basic outline.

Weekly Discussion Theme: Trusting Your Instincts

- **Leader shares:** Trusting our instincts involves listening to our inner voice, relying on our intuition, and dedicating time to pray for wisdom and seek guidance from God. Some may struggle to trust their instincts due to their upbringing or other influences. External pressures, like the desire to please others, can cloud our judgment. To foster self-trust, it's important to set aside time for prayer and seeking God's guidance, which brings clarity for better decision-making. Learning to trust our instincts empowers us to resist manipulation or guilt trips from others, enabling us to strengthen self-trust and make decisions that align with our true selves.
- **Group shares:** What are your thoughts on trusting your instincts and whether you find it challenging?
- **Acknowledge:** THANK YOU for sharing!

Verse: Proverbs 3:5-6 (NIV) Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.

- **Leader Interpretation:** This verse brings comfort by reminding us that we're not alone in life's challenges. By turning to God and seeking His guidance through prayer, we can trust our decision-making. Surrendering our lives to Him and making Him our focus allows us to find assurance that He will lead us in the right direction.
- **Group shares:** What are your thoughts on this verse and how it applies to trusting our instincts?
- **Acknowledge:** THANK YOU for sharing!

Steps to develop trust in our instincts:

- Self-awareness: Recognize your tendency to prioritize others' needs.
- Reflect: Evaluate past experiences to understand the value of trusting your instincts.
- Identify patterns: Notice recurring situations where you doubt yourself.
- Validate feelings: Understand that your intuition is valid.
- Practice mindfulness: Connect with your inner voice through mindfulness.
- Set boundaries: Establish clear limits to protect your needs.
- Start small: Trust your instincts in low-risk situations first.
- Seek support: Surround yourself with encouraging people.
- Challenge beliefs: Replace negative thoughts with positive affirmations.
- Practice self-compassion: Be kind to yourself as you learn to trust your instincts.

Group shares: What are your thoughts on these steps to help us learn to trust our instincts? Do you find them helpful?

Acknowledge: THANK YOU for sharing!

Trusting Your Instincts exercise: Select three affirmations from the list below. Remember to verbally repeat each affirmation three times, then write it down three times. Place the note somewhere you'll see it both in the morning and at night.

- I accept myself.
- I am confident and capable.
- I am fully at peace.
- I am grateful to be alive.
- I am proud of my accomplishments.
- I am resilient.
- I am worthy of success.
- I believe in myself.
- I can cope with difficulties.
- I choose myself.
- My intuition guides me.
- I trust my own decisions.
- My future is full of opportunities.
- I Am Enough.
- I am fully present.
- I am highly intuitive.
- I am radiant with confidence.
- I am satisfied with my life.
- I bestow my trust wisely.
- I can relax and enjoy life.

Leader shares: Growing up in environments that are controlling, authoritarian, and legalistic, where self-expression is discouraged, can pose challenges to trusting our instincts. However, learning to trust ourselves is crucial. It fosters self-confidence, independence, and the ability to make decisions that align with our values and aspirations. Incorporating exercises and habits to nurture self-trust becomes essential on this journey. After all, we are our constant companions, present in every moment. Thus, it's vital to cultivate self-love and attentiveness to our inner voice.

- **Leader shares:** An email will be sent shortly containing today's outline, along with a request to share resources discussed today. Additionally, you'll find essential links for joining the group, as well as links to join our Facebook group or follow us on social media to stay connected.
- **Closing:** As we close our group meeting, I encourage everyone to share anything else in your hearts and minds or to ask for prayer requests.
- **Stay connected:** imperfectpaths.com