

THE GRACE METHOD

*where to
start*



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Hello!



I am so excited to be here with you, as your cheerleader, coach & friend.

I created The Grace Method after going through a huge change in my life, just like you are or maybe you're about to.

I found that certain practices *really* helped (by grounding me or soothing my anxious state of mind).

I also found that there wasn't a lot of support out there & what I did find was kinda scattered everywhere.

So I have pulled all the lovely modalities & practices together so you don't have to spend any precious energy searching & scrolling.

My hope is to create a community & connection with you & others who need this kind of support at what can feel so overwhelming & uncertain.

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Hey there, lovely,

I'm thrilled to have you here! While there are no strict rules, I highly encourage you to start by reading through this support book first & familiarise yourself with the "change cycle model"

When you follow on from that, I've included some suggested practices for each stage.

Keep in mind, your path may not be linear, and it's perfectly fine to revisit certain practices as many times as you need to. Everything here is available to you for life.

My intention for your support was to create an easy-going format, with no pressure to "get somewhere" or "become someone" else, especially during the early phases of your transition.

So take a moment to flick or scroll through and tune into what you need today. Some days, you might prefer to use the Grounding Breathing Audios—take them for a walk or sit and listen. Other days, you may feel inclined to journal. When you're ready, you might explore the Endings Ritual or the Value Exercise to help you reconnect with what truly matters during this time of change.

If you have invested in the GM resources only & you'd like to schedule a single coaching session with me, get in touch xx

Change.. as simple as it gets.

Why is “starting over” & change just so unsettling?

I think if we can begin with a basic understanding of how most of us respond to change, even that knowledge helps us to recognise “ahhh this is normal”.

Let’s dig in & as this is as simple as it gets..

Our brain perceives *change* as a form of stress, activating the “fight-or-flight” response, which floods the body with stress hormones like cortisol and adrenaline.

Our lovely little brain’s are hard-wired to seek familiarity & you may notice a desire or feel a pull towards the past, even if it wasn’t right or it was tough, there’s a sense of security in the familiarity.

We can look back & somehow only “see” or remember the good times.

Let’s remind ourselves of this.

The discomfort we feel with “change” is normal.

“Becoming you” will take patience, self enquiry & lot’s of compassion.

Change.. as simple as it gets.

Our sense of self or identity is very often tied to our roles, routines, and relationships. When those things shift, we may feel like we're losing a part of who we are, leading to an identity crisis or feelings of insecurity.

The idea of a new beginning/new phase of life may be liberating & scary & we have to become "expert plate spinners", holding what may seem many opposing emotions at once.

I remember feeling so so sad & excited during the last Christmas in our old home. Sad as I knew this would be the last Christmas in a home that held so many heart warming memories - the magic of Christmas Eve & Christmas morning & my daughter's excitement & yet...

I also felt a sense of readiness. I was saying my goodbyes & felt some excitement about what was to come.

Even if all of "this" is your choice or a "positive change" you can still feel a sense of loss. This sense of loss can evoke emotions like sadness, nostalgia, or even grief, as we mourn what was. And that's ok. It's ok to be sad.

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"We delight in the beauty of the butterfly, but rarely admit the changes it has gone through to achieve that beauty." –

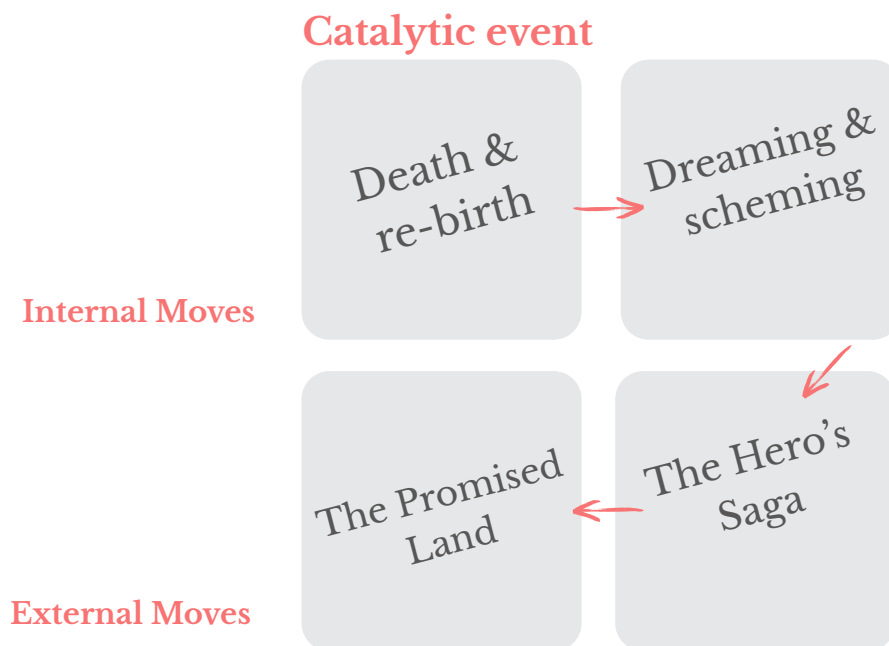
Maya Angelou

Change.. as simple as it gets.

Let's look at the "Change Model"



Martha Beck's transitional model of change



Please dig into Martha Beck's work - she's a beautiful genius!!

"Culture teaches us to get to a state of perfection and hold it forever, so we learn to hang on desperately to the previous stages."

Martha Beck

When we look at change like this, in this simplistic form, it can really help us to gain another perspective & an understanding of just how normal our emotions are.

Ending/loss

*Suggested
Practices*



Soothing Practices: Grounded breath/Yoga Nidra /Journaling with prompts/R.A.I.N method/Affirmations

*Identity
shift*

*Suggested
Practices*



Try - the **Values Exercise**, if you feel ready the **Ending Ritual**. Continue to support your nervous system with the soothing practices above.

*New identity
New way of
being*

*Suggested
Practices*



Try - the **Becoming Her Meditation**
Continue to support your nervous system with the soothing practices, & expressing everything within your journal.

My suggestions are only that, suggestions but if you consider the models of change, & when I look back at practices that helped me, in the beginning, I needed to learn to be ok with all of the uncertainty. I needed to be ok with the messy middle & not knowing any answers.

If I had attempted the “Becoming Her” meditation too early on my path I would not have been able to connect & embody her. For me, a soothing breath practice helped as I felt too exhausted & overwhelmed. I needed to “be” with what is & sooth my nervous system. I journaled & expressed everything. Getting it out of my head & onto paper.

Remember - your body knows.

The practices suggested will enhance your self trust, your intuition, inner knowing & much will come from that.

How are you feeling?

Use the following suggestions as a guide until you're familiar with the whole Grace Method

How are you feeling?

FEELING
OVERWHELMED?



Grounded
& Calm

&/or

Yoga Nidra

&/or

Journal

&/or

Affirmations

READY TO LET
GO?



Ending Ritual

&/or

RAIN
somatic practice

&/or

Journal

FEELING OPEN TO
YOUR FUTURE SELF?



Becoming Her
Meditation

&/or

Values

&/or

Ending Ritual