

Deep Desire Virtual Workshop Worksheet

Introduction

Romantic relationships are a powerful opportunity for			
As a woman, I have how my relationship goes.	in		
Women tend to set the the relationship.	of		
Notes:			

Module1: Access Your Desires

Women become out of touch and and	with their desires because of old
Good	It evolved to seek out the news! I can the
neural pathways in my brain.	
A+	equals belief.
Outdated me.	about my desires are no longer serving
Outdated beliefs about my de	sire I am ready to let go of:
New beliefs about desire that	I am ready to hold:
5 Tips to Hear Your Desires 1. Slow down and sit in 2. Look for the commitme 3. Acknowledge the	ent underneath the of desire to others about their desires
	
PIVOT: A very powerful pract from what I don want to what	



Module 2: Effective Asks

What stops us from asking for what we want is	
A better question to ask myself is "What is thet could happen?	hat
Outdated beliefs about asking that I am ready to let go of:	
is when I decide I can't have or won't get what I want without even	
I can pivot from to	
The most attractive women are highly and high	ly
New beliefs about asking that I am ready to hold:	
The KARA Model	
K	
A R	
R	

The Ask Formula

1.	what you have already received
2.	Make a request
3.	Share what it will
4.	Reach an
5.	Ask "is there anything you need from, to fulfill this?"
A goo	od request is and
Resp	onding to No
It is c reque	ritical to remember that I am from the est.
2. 3.	Ask permission: "I hear your no. Can we talk about this?" Share: "Hearing you say that, I feel (insert)" Inquire: "How do you feel?" or "What is it you want?" Compromise: "What I really want is to feel (insert) and (insert). Can we discuss another path to that?"
Notes	5:



Practice the KARA Model

Who do you want to ask? What do you want to ask for?	
What is your specific request?	
What will it provide for you?	

As women, one of our primary gifts is our ability to
A limited to receive is like complaining about thirst while drinking from a tiny cup beside a freshwater ocean.
I'm ready for a cup!
Ways of Limiting Receiving
 Assuming before asking. (Prejection) Finding with something that is given to me comments Self deprecating
Increasing Receptivity
What if the only question limiting your was "How good are you willing to have it?"
Let the in.
Feel into your
Notice what takes you out of good.
Dismiss the inner
Just shut up and say

happiness, good, body, feeling, critic, thank you! Receive, capacity, bigger, failure, fault, dismissive, humor, Answer Key:



Notes: