

**Module 1**

Days 0-7



# **THE MANUAL**

## *Women Loving Women*

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# ***Women Loving Women***

## CHECK LIST

- ✓ buy THE MANUAL
- ✓ quiet, private space
- ✓ commit to process
- ✓ pen & notebook
- ✓ warm drink. & tissues
- ✓ open mind

Dear New Course Member,

I'm inspired to know that you're going to do this for yourself.

While it's normal to be nervous at the start of something new, I hope you're not too daunted.

We start gently. Tomorrow you will have a little reflection and journalling exercise to complete. It's do-able in ten minutes but I hope you can take a bit longer and have a warm drink and a snuggly blanket and send kindness to yourself as you do it.



Warmest wishes,

*Miriam*

# *A note about respect*

If someone needs a free course membership of THE MANUAL please don't share your copy. Please refer your friend to me.

My boundary is that out of respect to me as a professional that you don't share my work. Where reasonably possible I want to be paid (not just for the hundred plus hours I've put into this course, but for the 12 years self funded training and decades of ongoing training and updating my skills), thank you.

When someone needs my materials and can't afford it, sometimes their subscription to my mailchimp or a review or editorial feedback can be agreed.

I like to sponsor people when it's my choice and when I'm involved in the process.

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to M. Grace

who is  
she...

# Journalling Exercise

You wouldn't be here if somewhere deep down, you didn't know you deserve to heal, to grow and to put yourself first.

What if there is a lovely, big hearted woman, who is thinking about you right now, who really cares about your well-being?

Where are they? Do you know who they are?

Imagine that she wants to spend some quality time with you.... Every day.

That she wants to know you better, to understand you better and to love you better.



Today's exercise is to write a letter to yourself in your journal, about why you have made a commitment to listen to yourself, to care for yourself in this way, why you're on this course and why it's important to you that you do it.

Write back and say how grateful you are for her commitment in listening to you each day.

# Journalling Exercise

A large, empty, light pink rounded rectangle with rounded corners, occupying most of the page. It is intended for a journaling exercise.