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**Diamonds in the Dark**

Shit happens.

It’s not fun. In fact, it can be stressful, deeply painful, and even scary. It’s the “dark night of the soul”. Honoring your thoughts, feelings and experience is vital. ***Nothing here is meant to minimize or downplay that***.

If you’re in the midst of a really shitty situation, give yourself the time and space to truly be in it. Cry. Yell into a pillow. Pamper yourself. Get the support you need.

Even if you don’t feel ready to look for the diamonds in this darkness just yet, you might want to read through this to start opening the *possibilities* of finding diamonds.

**The Crap**

When shitty stuff happens, it’s easy to go into guilt, self-doubt, self-recrimination, anger, fear – you know, the fun and not-very-productive areas. Let’s get that out of the way first.

What I’m feeling and thinking right now: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Use another page if you need more room. Don’t hold back. No one will see this but you.

When shitty stuff happens, it’s so easy to go into victim mode and fight against what’s happening “to us”. This actually keeps us stuck and disempowered. But what other option is there?

**What if it’s possible that this is happening FOR me and not TO me?**

The other option is to play with this statement. What if it’s possible?

Being open to possibilities is game changer. No question about it. Being open to the *possibility* that a situation might change or be better than you expect begin to create an opening for something different. It literally creates space inside you.

Holding the possibilities lightly helps. As you go through this playsheet, don’t try to find the *right* answers. Just write down what they **might** be. This is the way to find the diamonds amidst the crap.

Bright spots (or less bad parts) of this situation might include \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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People who’ve helped or supported me include \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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I’m proud of the following about how I’ve handled or am handling this: \_\_\_\_\_\_\_\_\_\_\_\_\_

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This experience is strengthening me by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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This experience is expanding me (or could expand me) by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Positive outcomes I’d like to have from this experience include \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Having awareness of the crap and the possible diamonds is a big step. It’ll help you go through your experience with more presence and intention.

At least as importantly, it’ll reduce what you internalize and carry forward from this experience. You certainly don’t want to store more crap that will come up the next time you’re in a challenging situation!

There’s something bigger at stake here, though, and you can do far more than “just get through” it.

When things like this happen – whatever the particular situation you’re experiencing is - the unresolved crap from the past is stirred up. Here’s an example:

One of my clients, Sally, is a writer. Something Sally wrote did extremely well – better than anyone had thought possible. She was angry with her editor for not acknowledging the success.

She kept telling herself that she “shouldn’t” be upset and that she “should” just let it go. She practiced gratitude and positive thinking. **All of that *helped*, but it didn’t change her underlying feelings.**

In our call, we got all the crap up and released. What emerged once we’d done that was that Sally was actually upset about something her editor had said and done a few weeks ago. That incident had undermined Sally’s confidence in her writing, which was a far bigger and more important issue than the lack of congratulations.

By the end of our call, Sally was deeply aligned with her talent and belief in the importance of her writing. Through our work together, the initial incident and then the lack of recognition for her success took her deep within herself to find her own confidence, based on her connection with the spirit of what she’s creating.

No amount of anyone congratulating her or her focusing on the positive would have gotten Sally to this level of clarity and confidence. It had to come from within her.

When stuff is stirred up, it’s an opportunity. It’s an opportunity for you to clear out old crap. A chance to let your truth, your confidence and who you really are emerge from the depths and truth of your being.

It’s a chance to free yourself on a whole new level, and to carry that forward with you.