

LOVE BLOCKS



Workbook



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Do you feel like you've been single for the longest time? Or do you feel like you're "unlucky in love", always attracting the wrong type of people?

I get it... trust me. You crave a true and pure love but keep attracting toxic people, emotionally unavailable people or people who inevitably hurt you.

It can really suck. But it's so important to step out of that victim mindset and take responsibility for your own love blocks and know that you are capable of attracting better.

Because the truth is, it all starts with you.



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I know that might not be something you're ready to hear, and it can be super frustrating to wonder what it is that you're doing wrong to be attracting the wrong love or to be repelling love all together.

And I want to reassure you that it's not like that. It's not that there's anything wrong with you at all, and this isn't a case of placing blame on yourself.



Instead, it's about identifying the subtle thoughts and patterns that you have that might be contributing to the experiences that keep repeating themselves in your love life.

It's about recognizing that you too have a part to play in your relationships. And that when you start living from a place of pure love then you will attract a love that is equally as pure.



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Your triggers show you
where you need to heal

HOW TO IDENTIFY YOURS

Just about everyone has some emotional triggers, though these might look a little different from person to person.

They might include reminders of unwanted memories, uncomfortable topics, another person's words or actions, even your own behaviors.

Common situations that trigger intense emotions include:

- rejection
- betrayal
- unjust treatment
- challenged beliefs



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- helplessness or loss of control
- being excluded or ignored
- disapproval or criticism
- feeling unwanted or unneeded
- insecurity
- loss of independence

LISTEN TO YOUR MIND AND BODY



A key step in learning to recognize your triggers involves paying attention when situations generate a strong emotional response.

Beyond surging emotions, you might also experience some physical symptoms of anxiety like:

- pounding heart
- upset stomach
- shakiness or dizziness
- sweaty palms



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STEP BACK

When you notice these signs, stop to consider what just happened and the response it activated.

TRACE THE ROOTS

Try following these feelings back to their origins by thinking back on other situations that made you feel what you're currently feeling.



Maybe it suddenly seemed as if you were a teenager again, trying to make the house look perfect to earn approval from an indifferent parent.



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GET CURIOUS

Sometimes, the connection isn't quite as clear, so you may have to do a bit more digging.

When strong emotions come up, don't try to ignore them or fight them back. Instead, approach them with curiosity to get more insight on what may have triggered them.



Do any patterns stand out? For example, relationship discussions might bring up envy and frustration related to your fear of being alone.

LONG-TERM HEALING

Short-term coping strategies can help you get better at dealing with specific emotional triggers as they come up, but that doesn't mean you have to just get used to living with them.



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There are several ways to go about addressing the root causes of your emotional triggers, which can help them have less of an impact over time.

1. WORK ON MINDFULNESS

Mindfulness helps you learn to pay more attention to what you feel and experience in the present.

Boosting mindfulness skills can help you become more aware of the emotions that come up throughout the day. Being more in tune with your feelings can make it easier to both understand what triggers them and find helpful ways to cope.



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2. IDENTIFY TOXIC RELATIONSHIP PATTERNS

When it comes to managing emotional triggers, much of the work lies with you. Other people don't bear responsibility for your reactions. They are, however, responsible for their actions, which might trigger your emotions.



People who seem to want to push your buttons intentionally will often continue doing so, no matter how many times you ask them to stop.

Healthy relationships involve mutual consideration and respect. The alternative, a relationship where your emotional needs are regularly disregarded, often ends up harming you more than it benefits you.



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3. KEEP A MOOD JOURNAL

Regularly tracking your emotions in a journal can help you recognize specific patterns, such as emotional triggers and times of greater vulnerability.



Maybe you notice you find it pretty easy to keep your cool when your boss critiques your work, but the same can't be said when you feel like your partner doesn't want to spend time with you.

This information can guide positive change.



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4. TALK TO A PROFESSIONAL

Emotion regulation is a difficult skill to master for most people, and it's not always easy to identify triggers on your own.



Your instinctive reactions to certain triggers can become so deeply ingrained in your behavior that you may not even realize how your reactions cause harm. If you're too close to your triggers to recognize them and address their effect on your interactions, 1:1 healing can help provides a safe, non-judgmental space to identify triggering situations and explore potential reasons behind your triggers.





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THE BOTTOM LINE

Learning to recognize and manage your emotional triggers can take some time, but this effort can pay off in some major ways when it comes to your relationships and overall well-being.

Unpleasant events can provoke strong reactions in anyone, but when you can manage triggers effectively, you'll find it easier to navigate tense situations without unnecessary distress.

HEAL FOR A BETTER YOU

When you are not scurrying in a million directions and are able to be still something amazing happens- you begin to listen to the silence and it speaks volumes. You begin to hear your thoughts and can almost watch them, you can see the mind chatter for what it is, analyze it and see clearly what needs to be let go of and what needs to change.



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This shadow work in spirituality. It's the exercise of dealing with your most deep-seated feelings, ones we are afraid to address and ones that keep us stuck in cycles that do not serve us. Ones that are our biggest triggers, ones where fears are hidden. As you recognize those wounds and clear them, you heal.

As you heal, you heal those around you.

Your inner self consists of your hidden feelings, memories, thoughts, beliefs, prejudices, wounds, shadows, and other mental/emotional conditions that influence your ability to transform and feel Whole at a core level. By doing inner work, you'll be able to move past fears, limitations, addictions, depressions, loneliness, and the feelings of unwholeness that tend to plague human beings.



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11 SIGNS YOU NEED TO PRACTICE INNER WORK

Here are some notorious red-flags:

- You feel lost in life
- You frequently get into fights with others
- You're always people pleasing
- You're not confident being yourself
- Your thoughts are almost constantly negative and self-critical
- You suffer from chronic health issues
- You feel a sense of hopelessness
- You struggle to trust others (or yourself)
- You keep repeating the same mistakes
- You keep attracting the wrong people into your life
- You have many strong emotional triggers



The more signs you can relate to, the more you need to do inner work.



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3 PROFOUND INNER WORK PATHWAYS

There are many inner work pathways in existence and here I share those I have tried, as well as those I have suggested to my clients that have legitimately worked and created deep and long-lasting change.

1. SELF-LOVE

Self-Love is one of the more gentle and approachable inner work paths. But that doesn't dilute or negate its importance. With the right training, self-love can go bone-deep and genuinely transform you at a core level.



For those starting off on the inner work journey, I always recommend self-love as the best starting place. Without building a good relationship with yourself, the other forms of inner work listed below may be too intimidating, too difficult, or plain old detrimental for your wellbeing



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2. INNER CHILD WORK

One level deeper is inner child work, a form of inner work that involves examining your childhood wounds, fears, and beliefs.



To varying degrees, we all carry a wounded inner child. Your job as an adult is to reconnect with this childlike part of yourself, remove old limiting childhood beliefs/fears, and integrate this delicate part of back into your personality structure.

Your inner child is a source of tremendous creativity, joy, spontaneity, love, and wisdom. However, at the same time, your inner child can be a source of illogical obsessions, unshakable fears, neurosis, self-sabotaging behaviors, and limiting self-beliefs.



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Inner child work can rile up a lot of unfinished business. If you had an abusive childhood, you may feel a sense of disgust or looming fear towards this work or even toward your inner child. I can tell you it is absolutely worth all of the pain, tears, and anger. You need to purge that shit and not let it control you!

3. SHADOW WORK



At the deepest level of the inner work process is shadow work. This form of inner work is the most complex, elusive, and intimidating of all. With shadow work, you are literally exploring the shadowy places hidden within your psyche that you deliberately suppress, deny, and disown each and every day.





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Shadow work is the practice of exploring your inner demons. Within your shadow lurks everything that has been outlawed, deemed ‘taboo,’ ‘bad,’ ugly, and unacceptable by your parents and society. Your shadow self contains all that you are secretly ashamed about and disgusted by within yourself.

Finally, practices such as meditation, mindfulness, self-inquiry, art therapy, journaling and introspection will all wonderfully supplement your inner work journey.

Ultimately, all three forms of inner work melt and morph naturally into each other. And again, if you’re hesitant, let me say enthusiastically, YES it is worth it!!



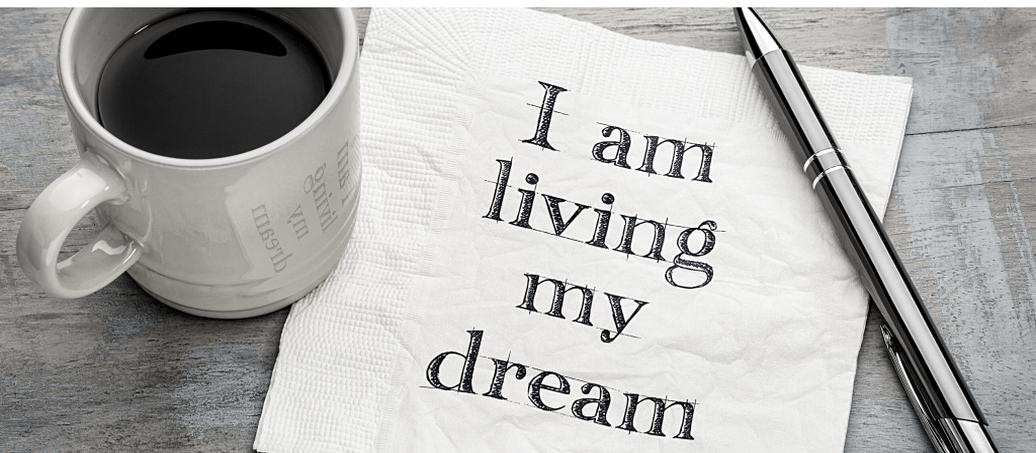
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DAILY AFFIRMATIONS

An affirmation is a statement of assurance that helps reprogram old thought processes to create new patterns. Affirmations are especially helpful when you have a goal in mind or when it feels like certain things in your life need work.

Since it takes 21 days to create a habit, try these affirmations for three full weeks. Take notes about your feelings, outcomes, and thoughts as this new way of thinking becomes part of your daily routine.

You do not need to believe these statements to speak them or think them. If you don't yet believe that you are peaceful, that's OK. "Fake it 'til you make it." That is what reprogramming is all about. Affirm it until you believe it. When you believe it, the world and universe will follow your lead.





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I am living my life's purpose.

I am happy.

I open my heart to receiving love and abundance.

I am forgiveness.

I am gratitude, I appreciate all the daily miracles of life.

I see abundance all around me.

I see the kindness in others.

I am love.

I forgive myself any mistakes of the past, and use them as lessons to create my future.

I am deserving of love.

I am open to communicating the truth.

I am a good listener.

I am peaceful and balanced.

I am calm.

I trust my creative gifts and share them with the world.

I am an unlimited being.

I am capable of anything I set my intention to.

I am living in the present moment, letting go of the past and enjoying each moment of my life as I live it.

I am open to the abundance of the Universe.

I am perfect health



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I hope the insights and tips I've given you in this e-book help you overcome your inner resistance and blocks to love. I wish you the best.

If I can help you, let me know.

If you're ready to reboot your relationship, I suggest you register for the next [Marriage Reboot program](#). It's a 12-week transformational experience.

The next one begins Monday, October 3, 2022. Join the waitlist. You can pick either the Do it myself plan or Do it together plan depending on your situation.

And it couldn't be more convenient. You don't have to go anywhere, the program can be done from your home, office, or anywhere you want.

Or perhaps the [1:1 healing](#) option is better for you.

Wishing you well.

Ajita Shah Psychologist, Spiritual Healer and Teacher.

