

# Reclaiming the Sacred Self

Shades of Grey Exploration | Reclaiming Your Sacred Self

1. Identify your core value. And create your gradient. Remember, you may use more or less words on your gradient.



2. Indicate your limit on the gradient in relation to the situation, person, or relationship. For limits that fall in your grey area, ask yourself, "Where am I not \_\_\_\_\_?" What part of me am I not \_\_\_\_\_?" And, integrate into your mirror work.



7. Fill in the gradient to indicate the starting endpoint of the situation, person, or relationship in terms of the values demonstrated by the 'other'.

