

# 3 DAY CHALLENGE BY IRIS BAR (Day 1)

[WWW.IRISBAR.COM.AU](http://WWW.IRISBAR.COM.AU)



# Introduction

Thank you for choosing to participate in the 3 days challenge.

In order for to fully get the most out of the 3 day challenge, I recommend you follow the suggested applications each day for 3 days. If you are reading this as a PDF, I highly recommend, you print this workbook and complete each section of the workbook accordingly.

The methods that I am offering here are methods that I have personally used for many years and so have my clients. The results have been very positive. The applications are easy, powerful and transformative.

If you feel like you are “trapped” in your own story, in your old patterns and trying to break free from your automatic pilot, constantly being triggered by your own emotion and feelings and constantly feeling tired and exhausted then this 3 day challenge will be very beneficial to you.

Albert Einstein saidn “We cannot solve our problems with the same thinking we used when we created them”. Yet, this is exactly what we do - we keep on doing “more of the same”, we keep on trying to “solve” problems and challenges that arise in our life with the same mind that created them in the first place. We keep on being stuck in our old ways of being, in our old patterns, in our old stories...

These powerful exercises can bring you from a place of being highly reactive in your life to a place in which you are more responsive to your life and to your feelings.

# About Iris Bar

My name is Iris Bar. I am a Narrative Counselor.

I know that it is in our strength to choose the way we perceive our life. The way we view our stories. The way we tell our stories, first of all to ourselves and then to others.

We don't need to face a major crisis in order to be able to do this. Our inner stories are always there, whispering in our ear. It is our responsibility and in our ability to choose which story we follow. It begs the questions: Which story do we want to feed? Which story serves us best?

Stories are meaning makers. I believe that through being attentive to our unprocessed feelings, looking and questioning our limiting beliefs, questioning the old stories that we tell ourselves, we can raise our awareness to the ever present possibilities of our freedom to choose. And it is this freedom we are able to face whatever life has to offer us with springs of inner strength, passion and wisdom.

Blessings,  
Iris Bar

# Disclaimer

This 3 day challenge does not provide medical or psychological advice and you should not rely on it as medical or psychological advice.

You should always consult a medical professional before taking any action linked with your condition. You acknowledge that Iris Bar ([www.irisbar.com.au](http://www.irisbar.com.au)) has no way of knowing your full medical and psychological history and requirements. Iris Bar makes no promise, representation or otherwise in relation to any benefit you may obtain by undertaking this 3 day challenge. No medical professional has been involved in its creation.

Iris Bar is not liable in any way for any loss or damage that you may suffer by undertaking this 3 day challenge or relying on or following any suggestions made by Iris Bar and this includes any direct, indirect, special, incidental or consequential loss or damages arising out of using the applications suggested in this 3 day challenge .

Iris Bar makes no promises that this 3 day challenge will assist you in any way.



# Day 1 - Unpacking your trigger emotion.

What did you feel trough or as a result of this event E.g sad, angry, disappointed, overwhelmed etc'

**Describe it here:**

A series of horizontal dashed lines provided for writing.

# Day 1 - Unpacking your trigger emotion.

Take 3 deep breaths, choose one of these strong feelings and tune into your body. Where in your body you feel it?

**Describe it here:**

A series of ten horizontal dashed lines provided for writing a description of the emotion.







# Day 1 - Unpacking your trigger emotion.

Stay tuned, in my next email I am going to teach you a very powerful yet simple breathing exercise that will help you to accommodate these strong feelings that you have raised. It will give them the space that they need, it will create movement of energy in your body and a flow so strong feelings can be attended to and released. By practicing the breathing exercise you allow yourself a safe place to be more attentive to your strong emotion and feeling, so you can become less attached to the stories that triggers you who make you so reactive, tired and lacking of energy in our live.