

Living in True Self: Choosing Change

Name _____ Date _____

Understanding True Self and Change

Living in your true self means aligning your thoughts, feelings, and actions with who you genuinely are, rather than who you feel pressured to be or who your habits keep you trapped into being.

People only change when the pain of staying the same becomes greater than the pain of change:

- Staying the same: holding onto old patterns, self-doubt, or habitual reactions
- Changing: courageously stepping into uncertainty, discomfort, or new behaviors

Ecotherapy helps you clarify which pain is stronger by observing and reflecting in nature, outside the noise of daily life.

Reflection Questions

Which patterns in your life feel heavy, repetitive, or unhelpful?

How does holding onto them affect your body, mind, and spirit?

What fears or discomforts come with change?

Can nature help you see these patterns and choices more clearly?

Ecotherapy Exercise: “Weighing the Pain in Nature”

Instructions

Go outside to a natural space (anywhere you feel safe). Stand, sit, or walk slowly. Take a few deep breaths, grounding yourself in the environment.

Notice your habitual patterns:

- Mentally scan your daily thoughts, feelings, and behaviors
- Identify the ones that feel stuck or painful

Observe nature as a mirror:

- Notice cycles, change, and adaptation in plants, animals, or water
- How do natural systems “choose” change or persistence?

Reflect on the two pains:

1. Imagine the cost of staying the same: tension, stress, missed opportunities
2. Imagine the cost of changing: discomfort, uncertainty, fear of failure

Let nature guide insight:

- Which pain feels more urgent or real in your life?
- How can nature teach you about change?
- Allow a sense of clarity or direction to emerge by observing nature without forcing it

Prompted Reflection

Which pain did nature help you see more clearly?

Did observing cycles of growth, decay, and adaptation in nature help shift your perspective?

How does your body feel when imagining staying the same versus changing?

What is the first small step toward living in your true self that feels feasible?

Integration: Moving Toward True Self

Journaling Prompts

What patterns are you ready to release or transform?

Which changes feel most aligned with your authentic self?

How can daily exposure to nature support your awareness of these choices?

How can you create small, deliberate steps toward change this week?

Micro-Practice

1. Pause daily for 2–3 minutes outside
2. Ask: “Am I choosing change or staying the same?”
3. Notice any physical, emotional, or mental sensations that arise
4. Take one conscious action that aligns with your insight

Optional Challenge

- Spend 10–15 minutes in nature each day for a week reflecting on patterns to release or change
- Record observations and feelings in a journal
- Identify one action per day that moves you closer to living in your True Self

Nature helps because nature doesn’t pressure you. It only shows you the truth of cycles, adaptation, and growth. Use it to weigh your pains honestly and choose change with clarity. That’s the first step to living in True Self.