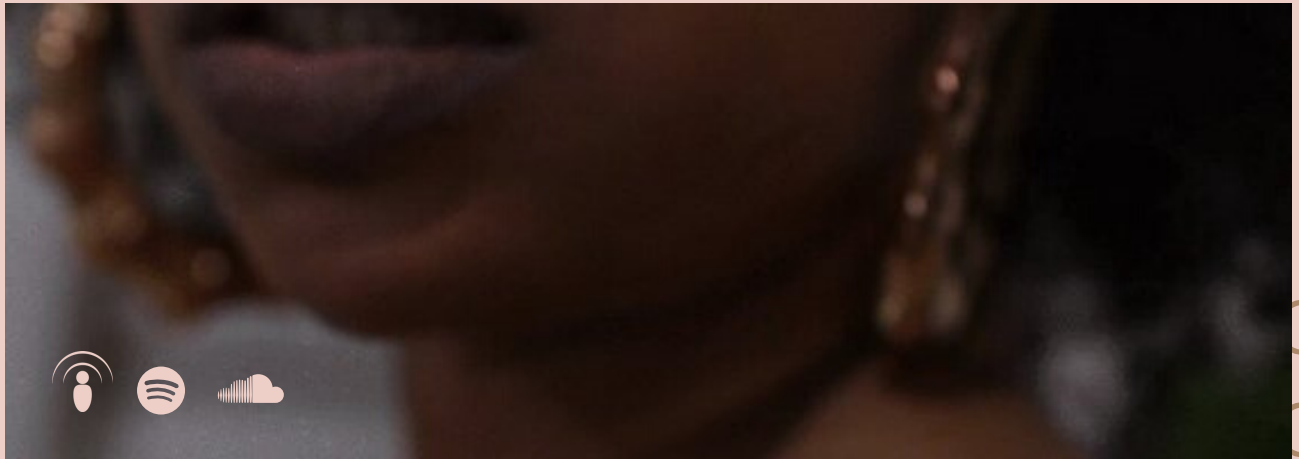


B. BAD BITS, THE GUIDEBOOK VOL. 3

B.

B.



RADICAL SELF ACCEPTANCE

WELCOME

TO B. BAD BITS, THE GUIDEBOOK VOL. 3. I AM SO GRATEFUL, THAT YOU HAVE DECIDED TO TAKE THE NEXT STEP, IN YOUR JOURNEY OF SELF, AND THAT YOU ARE USING THIS GUIDEBOOK TO DO IT. WHILE THE MAJORITY OF YOU READING THIS, ARE FAITHFUL BADDIES, I WANT TO MAKE SURE, THAT I INTRODUCE MYSELF FOR THOSE, WHO RECEIVED THIS GUIDE IN THE SHUFFLE.

I AM B. BAD, A DIGITAL STORYTELLER, WHOSE LIFE'S EXPERIENCES LED TO THE KNOWING, THAT MY PURPOSE IS TO LEAD OTHER BLACK FEMMES AND WOMEN BACK TO THEMSELVES, AFTER THEIR SPIRITUAL AWAKENING, BY WAY OF SELF ACTUALIZATION, AND THUS TO THEIR INDIVIDUAL DIVINE PURPOSE & SOUL'S MISSION.

WHICH I CURRENTLY WORK TOWARDS THROUGH MY EVOLVING SERIES, THAT ARE FOCUSED ON THE JOURNEY OF SELF ACTUALIZATION THIS YEAR, IN 2019.

MY PODCAST B. BAD BITS, SERVES AS CHRONOLOGICALLY CURATED BUILDING BLOCKS, TO AID YOU ON YOUR JOURNEY. THROUGH INFORMATION BREAKDOWNS, THAT FOCUS ON GETTING TO THE ROOT, AND, SHARING IT IN AN APPROACHABLE, AND UNDERSTANDABLE FORMAT. THROUGH A BLACK FEMINIST LENS, THAT FOCUSES ON THE NUANCE OF OUR INTERSECTIONAL EXPERIENCE.

WITH THIS GUIDEBOOK, MY INTENTIONS ARE TO ASSIST YOU IN TAKING THE CONCEPTS LEARNED IN THE PODCAST, TO THEN PLACE THEM IN THE CONTEXT OF YOUR LIFE, AND APPLY THEM AS NEEDED. PLEASE NOTE THAT MY WORK INCLUDING THIS GUIDEBOOK IS A RESOURCE TO AID IN YOUR SELF STUDY, HOWEVER, THE WORK IS YOURS TO DO.

INSTRUCTIONS

TO GET THE MOST OUT OF THIS GUIDEBOOK, I SUGGEST THAT YOU EMBRACE IT WITH AN OPEN MIND, AND AN OPEN HEART. WHAT I DON'T WANT YOU TO DO, IS TO SEPARATE YOURSELF FROM THE THINGS THAT SOUND "TOO ICKY" TO BE YOU, OR TRUE. THIS IS YOUR GUIDE, SO DON'T WORRY ABOUT THE PERCEPTION OF ANSWERING THE QUESTIONS "CORRECTLY," BECAUSE THE MORE HONEST YOU ARE, THE MORE YOU WILL GET OUT OF THIS EXERCISE. LASTLY, ITS EACH ONE TEACH ONE ROUND HERE, BABY! SHARE THE CONCEPTS THAT YOU'VE LEARNED IN THIS GUIDE, WITH THOSE WHO WOULDN'T OTHERWISE HAVE ACCESS.

GUIDEBOOK OVERVIEW

IN THIS VOLUME OF THE GUIDEBOOK, WE ARE GOING TO BE DOING THINGS A BIT DIFFERENTLY. INSTEAD OF TAKING IN A BUNCH OF INFORMATION, I'M MORE SO GOING TO BE GUIDING YOU, AND PROMPTING YOU, TO THINK, FEEL, UNPACK, UNDERSTAND AND THUS LEARN. BY TAKING THE CONCEPTS FROM THE LATEST SERIES OF RADICAL SELF ACCEPTANCE, AND PLACING THEM INTO THE CONTEXT OF YOUR ACTUAL LIFE.

THROUGHOUT THIS SERIES, WE HAVE FOCUSED ON SEPARATING OURSELVES FROM THE EXTERNAL PRESSURES, THAT BOX US INTO CONFORMING. WE THEN TOOK A LOOK AT WHO WE ACTUALLY ARE, BY UNDERSTANDING OURSELVES RADICALLY. IN THE FINAL SERIES OF THE YEAR LONG CONVERSATION ON SELF ACTUALIZATION, WE WILL TAKE A LOOK AT WHO WE ARE NOT, TO THUS RECLAIM OURSELVES. TO THEN LIVE IN OUR TRUTH AND LIGHT, FULLY AND UNAPOLOGETICALLY.

THEREFORE, FOR THIS GUIDEBOOK. I WILL BE GUIDING YOU TO LOOK INTO THE FOLLOWING AREAS:

- 1.WHO SOCIETY HAS UNCONSCIOUSLY SHAPED YOU TO BE
- 2.WHO YOU ARE NOT
- 3.WHO YOU ACTUALLY ARE

BUT BEFORE WE GET STARTED, THE LATEST SERIES OF RADICAL SELF ACCEPTANCE, AND ALL OF IT'S EPISODES CAN BE FOUND BELOW:

SERIES COMPONENTS

- E39, YOUR PERCEIVED SELF WORTH ►
- E40, INTEGRATING YOUR SHADOW SELF ►
- E41, RADICAL SELF ACCEPTANCE ►

THE SERIES WEBPAGE CAN BE FOUND, [HERE](#).

B. BAD BITS, THE GUIDEBOOK

THE MASK,

OUR PERSONA IS ROOTED IN OUR CONSCIOUS MIND, AND IT REPRESENTS ALL THE DIFFERENT IMAGES WE SUBMIT TO SOCIETY. AND FRANKLY ALL THAT WE'VE BEEN TALKING ABOUT IN THIS YEAR LONG SERIES THUS FAR. THE SHADOW SELF HOWEVER, IS A COMPLETELY DIFFERENT BEAST.

IN FACT, WE ARE NOT EVEN AWARE OF IT. AS WE GROW UP, WE QUICKLY LEARN THAT CERTAIN EMOTIONS, CHARACTERISTICS, FEELINGS AND TRAITS ARE FROWNED UPON BY SOCIETY (AS WE'VE DISCUSSED), AND AS A RESULT, WE REPRESS THEM, FOR FEAR OF NEGATIVE FEEDBACK AKA NOT FITTING IN OR BELONGING, BEING OSTRACIZED, OR WORSE DUE TO ANTICIPATED VIOLENT FEEDBACK DEPENDING ON THE REPRESSION.

OVER TIME, THESE REPRESSED FEELINGS BECOME OUR SHADOW SELF, AND ARE SO DEEPLY BURIED THAT WE HAVE NO NOTION OF ITS EXISTENCE. PSYCHOLOGIST CARL JUNG NOTED THAT THESE INSTINCTS HAVE NOT DISAPPEARED, YET THEY HAVE MERELY LOST THEIR CONTACT WITH OUR CONSCIOUSNESS, AND ARE THUS, FORCED TO ASSERT THEMSELVES IN AN INDIRECT FASHION. AND AS IT USUALLY DOES, THEY CAN MANIFEST THEMSELVES PHYSICALLY IN THE FORM OF SPEECH IMPEDIMENTS, MOOD SWINGS, ACCIDENTS, AND CAN EVEN AFFECT OUR MENTAL HEALTH. WHAT USUALLY HAPPENS THOUGH, IS THAT ONE WILL BEGIN TO COMPARTMENTALIZE A SHADOW SELF SO THAT THEY DO NOT HAVE TO CONFRONT IT.

WHILE REPRESSING THE SHADOW, AND AS SOCIETY ENCOURAGES, WE THEN BECOME HYPER-FOCUSED ON THE EXTERNAL. THEREFORE, DEVELOPING A CAREFULLY CURATED MASK THAT WE SHOW UP IN THE WORLD AS. MEANING THAT THERE IS AN ENTIRE YOU BENEATH THE SURFACE, THAT IS WAITING TO BE UNEARTHED, UNDERSTOOD, AND SEEN.

CHECK-IN

DO YOU MODIFY YOUR BEHAVIOR AROUND MEN, THAT YOU WOULDN'T OTHERWISE? YES ☐ NAH ☐

DO YOU MODIFY YOUR BEHAVIOR AROUND WHITE PEOPLE, THAT YOU WOULDN'T OTHERWISE? YES ☐ NAH ☐

IS YOUR PERCEPTION OF SELF BASED UPON EXTERNAL FACTORS? YES ☐ NAH ☐

B. BAD BITS, THE GUIDEBOOK

CHECK-IN, CONTINUED

DO YOU SHY AWAY FROM YOUR SHADOW SELF, OR
BELIEVE THAT IT SHOULD BE ELIMINATED? YES ☐ NAH ☐

DO YOU BELIEVE THAT YOU ARE A FAILURE? IF SO,
CONSIDER WHOSE "STANDARDS" YOU ARE USING TO
MEASURE YOUR SUCCESS. YES ☐ NAH ☐

ARE YOU ABLE TO LOOK YOURSELF IN THE EYE AND FEEL A
NEUTRAL EMOTION? MEANING YOU DON'T HAVE ANY
DISDAIN FOR SELF? YES ☐ NAH ☐

INNERWORK

AFTER LISTENING TO EPISODE 40, INTEGRATING OUR SHADOW SELF. I
WANT FOR YOU TO CONSIDER THE COMPONENTS OF YOUR MASK. THAT
HAVE BEEN UNCONSCIOUSLY SHAPED BY SOCIETY. BELOW, PLEASE
WRITE DOWN THE CATEGORIC COMPONENTS OF YOUR MASK.

ANTI-BLACKNESS, CONSIDERING INTERNALIZED ANTI-BLACKNESS, AS
DISCUSSED IN THE PREVIOUS SERIES' AND GUIDEBOOKS. ARE THERE
ANY WAYS OF BEING, THAT YOU POSSES ONLY AS A RESULT OF SOCIETY
TELLING YOU WHO YOU SHOULD BE AND HOW YOU SHOULD SHOW UP
IN THE WORLD. FOR EXAMPLE, HOW DO YOU WEAR YOU HAIR? DO YOU
FEEL THE NEED TO BE VALIDATED BY WHITE PEOPLE AND WHITE
STANDARDS? DO YOU FEEL LIKE YOU HAVE TO MODIFY YOUR BEHAVIOR
OR TONE OF VOICE AROUND THEM? ALL OF THIS IS A VERSION OF
YOURSELF THAT WAS CREATED MAINLY OUT OF SURVIVAL, BUT
PSYCHOLOGICALLY, AS A RESULT OF REPRESSION.



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CLASSISM, AS DISCUSSED IN PREVIOUS SERIES, CLASSISM, IS A BY PRODUCT OF CAPITALISM. OF WHICH CREATES A DIVIDE, AND A PREJUDICE OF THOSE AMONG SPECIFIC SOCIAL CLASSES. USUALLY WITH THOSE OF THE PERCEIVED "LOWER" SOCIAL STATURE, BEING TREATED AS SECOND CLASS CITIZENS. SOUND FAMILIAR?

ONE OF THE WAYS THIS DEEPLY RESONATES WITHIN OUR COMMUNITY, IS OUR COLLECTIVE RELATIONSHIP TO THE HOOD, AND PEOPLE FROM THE HOOD. FROM THE TIME OUR EARS ARE ABLE TO PROCESS THEIR PIPE DREAM, WE ARE TAUGHT THAT IN ORDER TO DO, OR BE BETTER, WE NEEDED TO UPROOT OURSELVES, AND LEAVE WHERE WE COME FROM. DUE TO THE NARRATIVE THAT WHERE WE ARE FROM, AND WHO WE ARE ISN'T GOOD ENOUGH. THUS AGAIN, PLACING A JADED VIEW ON PEOPLE FROM AND IN THE HOOD. I BRING THIS SPECIFIC NUANCE OF CLASSISM UP, BECAUSE I WANT YOU TO CONSIDER HOW YOU MAY HAVE INTERNALIZED, OR UPHELD THIS BELIEF. ESPECIALLY IF YOU ARE SOMEONE IN OR FROM THE HOOD.



MISOGYNY, AS DISCUSSED IN PREVIOUS SERIES, MISOGYNY IS A SOCIAL SYSTEM THAT FOSTERS HATRED, PREJUDICE, AND BELITTLEMENT OF WOMEN AND FEMALE-IDENTIFYING PEOPLE. THIS CONTEMPT IS REALIZED THROUGH SOCIAL EXCLUSION, DISCRIMINATION, OBJECTIFICATION, AND VIOLENCE IN THE WORKFORCE, PUBLIC, AND HOUSEHOLDS. THESE ACTIONS ARE MEANT TO EMPOWER MEN IN AT THE EXPENSE OF WOMEN AND FEMALE-IDENTIFYING PEOPLE. (DEFINITION BY BYP100). THAT EXTENDS, TO THE WAY WE SHOW UP IN THE WORLD. WHAT WE BELIEVE THAT WE ARE WORTHY OF. WHAT WE DESIRE, AND THE LIST GOES ON.

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AS WE ALL GROW UP UNDERNEATH PATRIARCHY, MOST OFTEN, THERE ARE PARTS OF OURSELVES, THAT ONLY EXIST, OR THAT WE ONLY UPKEEP FOR THE PLEASURE OF MEN, OR TO BE DESIRED BY MEN, OR TO BE SEEN AS DESIRABLE WITHIN THE GAZE OF PATRIARCHY. CONSIDER WHAT YOU DO THAT YOU WOULDN'T OTHERWISE. WHAT THINGS, AND WAYS OF BEING CAN YOU THINK OF, THAT SOCIETY HAS SHAPED YOU TO BE, AS IT RELATES TO MEN. WHAT DOES THAT PART OF YOUR MASK LOOK LIKE?



THE MASK, NOW I WANT YOU TO PUT IT ALL TOGETHER. WHAT DOES YOUR MASK LOOK LIKE? WHO IS THE PERSON THAT SOCIETY HAS SHAPED YOU TO BE? WHAT DO THEY ACT, HOW DO THEY FUNCTION? WHAT IS THEIR LIFE LIKE? WRITE ALLLLLLL THAT SHIT DOWN BELOW!



B. BAD BITS, THE GUIDEBOOK

WHO YOU ARE NOT,

I THINK IT'S MAJORLY IMPORTANT TO BREAK THIS EXERCISE DOWN INTO THREE CATEGORIES. BECAUSE SOCIETY HAS SHAPED A VERSION OF YOURSELF. YOU THEN HAVE A VERSION OF YOURSELF THAT IS TRAPPED BENEATH, WHAT YOU ARE TOLD YOU CANNOT BE. TO THEN TAKE A LOOK AT WHO YOU ACTUALLY ARE.

IN THIS SECTION, I WANT FOR YOU TO CONSIDER ALL OF THE NASTY THINGS THAT LIFE, SOCIETY, YOUR FAMILY, THESE NIGGAS, YOUR FRIENDS, OR WHOEVER, HAS IMPOSED ON YOU, OVER THE COURSE OF YOUR LIFE. FROM THE TIME YOU WERE TOLD YOUR "TOO FAT, TOO BLACK, TOO DUMB, TOO GAY," OR ANY OTHER RHETORIC THAT MAY HAVE CAUSED FOR YOU TO UNCONSCIOUSLY INTERNALIZE THIS BELIEF.

THESE ARE THE THINGS THAT PLACE YOU INTO A BOX BY TELLING YOU WHO YOU CANNOT BE. OR PLACES YOU INTO A BOX, BECAUSE YOU CAN'T BE BOTH "THIS AND THAT." THIS ALSO EXTENDS TO ALL OF THE NASTY THINGS THAT YOU HAVE TOLD YOURSELF ABOUT YOURSELF. CONSIDER THAT NEGATIVE SELF TALK, AND WHERE IT STEMS FROM.

INNERWORK

IN THE COMING SECTIONS, BY CATEGORY, I WANT YOU TO CREATE A LIST OF ALL THE THINGS YOU WERE EITHER CALLED, OR TOLD THAT YOU CANNOT BE. I WANT YOU TO DIG SO DEEP, THAT YOU PULL OUT SOME BULLSHIT SOMEBODY TOLD YOU ABOUT IN PRE-SCHOOL! BECAUSE ALL OF THIS SHIT LADDERS INTO WHO WE BECOME, AND HOW WE SHOW UP IN THE WORLD.

CHECK-IN

HAVE YOU EVER EXAMINED, YOUR SELF TALK? IF YOU HAVE, CONSIDER THE TONE OF IT. IS IT POSITIVE OR NEGATIVE? (+) ☐ (-) ☐

HAVE YOU DEVELOPED EITHER A BOUNDARY OR INTERNAL DEFENSE SYSTEM, FOR RECEIVING NEGATIVE, AND OR UNSOLICITED FEEDBACK? YES ☐ NAH ☐

CONSIDER THE PEOPLE WHO ARE AROUND YOU MOST. HOW DO THEY SPEAK INTO, OR OVER YOU? AT THE ROOT, ARE THEY BEING HELPFUL, OR HURTFUL?

HELPIN ☐ HURTIN ☐

B. BAD BITS, THE GUIDEBOOK

SOCIETY, THIS MAY FEEL LIKE A BIT OF A REPEAT HERE. BUT I WANT YOU TO THINK ABOUT ALL OF THE THINGS THAT SOCIETY SPECIFICALLY, HAS TRIED TO CALL OVER YOUR LIFE, AND TELL YOU THAT YOU ARE CONSIDERING THE CATEGORIES FROM THE PREVIOUS EXERCISE.


THINK OF THIS IN TERMS OF LABELS THAT YOU HAVE BEEN GIVEN, OR WERE CALLED, THAT YOU DO NOT SUBSCRIBE TO. FOR THIS ACTIVITY, A LISTING WORKS JUST FINE!



FAMILY, THIS IS A HUGE AREA, BECAUSE AS DISCUSSED IN THIS SERIES. AS YOU ARE CONSIDERING ALL OF THIS INFORMATION FOR YOURSELF, YOU ALSO HAVE TO EXTEND THAT UNDERSTANDING (AND COURTESY) TO YOUR FAMILY. TO RECOGNIZE, THAT THEY TOO, HAVE INTERNALIZED ALLLLL OF THIS SHIT AS WELL. THEREFORE, WHAT THEY SPOKE INTO, AND CALLED OVER YOUR LIFE, STEMMED FROM A PLACE OF STRAIGHT UP NOT KNOWING BETTER. WHILE THIS DOESN'T MAKE IT OKAY, OR ABSOLVE THEM. IT DOES, GIVE YOU THE PERSPECTIVE TO SEPARATE YOURSELF FROM THEIR INTERNALIZED MUCK. THEREFORE, BELOW I WANT YOU TO WRITE DOWN THE THINGS THAT YOU WERE CALLED AND TOLD ABOUT YOURSELF, FROM YOUR FAMILY, THAT YOU DO NOT SUBSCRIBE TO.



B. BAD BITS, THE GUIDEBOOK




FRIENDS, AS YOU SHIFT INTO THIS NEXT CYCLE OF YOUR LIFE. YOU ARE GOING TO BE SERVED UP SO MANY MOMENTS AND LESSONS, THAT WILL MAKE YOU RE-EXAMINE EVERYTHING. ESPECIALLY AS IT RELATES TO THE SPACE THAT YOU CREATE FOR YOURSELF, AND WHO YOU FILL IT WITH. WHETHER WE RECOGNIZE IT OR NOT, THOSE WE ARE AROUND MOST, HAVE A HUGE IMPACT ON WHAT WE THINK, HOW WE ACT, AND ULTIMATELY WHO WE BECOME.

WHAT'S UNIQUE ABOUT FRIENDSHIP, IS THAT THEY ARE YOUR CHOSEN FAMILY. WHICH MEANS TO ME, THAT YOU SHOULD KEEP THIS SET OF FOLKS AS INTO ALIGNMENT WITH WHO YOU ARE, AND WHERE YOU ARE HEADED AS POSSIBLE. THIS ALSO MEANS THAT YOU NEED TO TAKE INVENTORY OFTEN. BECAUSE REMEMBER, WE ARE CONSTANTLY EVOLVING, AND ON THIS PATH RAPIDLY, SO! THEREFORE, AS WE EVOLVE, WE HAVE TO MAKE NOTE OF WHO IS EVOLVING WITH US, WHO IS RESISTING, AND UPSET BY THE CHANGE WITHIN US, OR WHO IS KEEPING US STAGNANT.

WITH THAT, I WANT YOU TO TAKE INVENTORY OF NOT JUST YOUR CURRENT FRIENDSHIPS, YOUR FRIEND HISTORY. THINKING OF YOUR FRIENDS, WHAT TYPE OF RHETORIC DID THEY SPEAK OVER YOU? DO YOU HAVE ANY EMOTIONAL SCARS FROM SPATS WITH FRIENDS? HAVE THEY SPOKEN ANYTHING OVER OR INTO YOU, THAT YOU DON'T SUBSCRIBE TO? WRITE IT ALL OUR ON THE NEXT PAGE.

B. BAD BITS, THE GUIDEBOOK



SELF, LASTLY, I WANT FOR YOU TO EXAMINE THE WAY YOU THINK OF YOURSELF, AND YOUR OWN NEGATIVE SELF TALK. AS A RESULT OF ALLLL THIS SHIT THAT YOU HAVE TAKEN IN FROM SOCIETY, THE MATRIX, YOUR FAMILY, FRIENDS, THESE NIGGAS! WHAT HAVE YOU INTERNALIZED, AND THEN UNCONSCIOUSLY OR CONSCIOUSLY SPOKE OVER YOUR LIFE?

WHAT DOES YOUR SELF TALK LOOK LIKE? ARE YOU PEPPING YOURSELF UP, OR BEATING YOURSELF TF DOWN? WHEN YOU GET DOWN OR FEEL BAD, OR MAKE A HUMAN ERROR, WHERE DOES YOUR MIND GO? WHAT DOES THAT DIALOGUE LOOK LIKE BETWEEN YOU AND YOURSELF?

FOR THIS SECTION, I WANT YOU TO CONSIDER THE ABOVE, AND WRITE OUT ALL OF THE NEGATIVE THINGS THAT YOU SPEAK OR HAVE SPOKEN OVER YOUR LIFE, AS THEY ARE NOT WHO YOU ARE!



B. BAD BITS, THE GUIDEBOOK



RITUAL,

WITH EVERYTHING IN THIS GUIDEBOOK UP UNTIL THIS POINT. I WANT TO FACILITATE A PROCESS OF RELEASE. BECAUSE WHERE WE'RE HEADED IN 2020, HAS NO SPACE FOR THE BULLSHIT OR BAGGAGE. THAT'S WHY 2019 HAVE BEEN FILLED WITH SOOOOO MANY LESSONS AND DIVINE CURVEBALLS AND INTERVENTIONS.

WITH THAT, I WANT FOR YOU TO RELEASE WHO THE MATRIX HAS SHAPED YOU INTO, AND ALL OF THE NEGATIVE SHIT THAT YOU'VE BEEN TOLD ABOUT YOURSELF THAT YOU DON'T SUBSCRIBE TO, BUT YOU MAY HAVE UNCONSCIOUSLY. I WANT FOR YOU TO BURN THAT LIST. YOU CAN DO THIS IN A FEW WAYS, YOU CAN EITHER COPY YOUR ANSWERS INTO A SEPARATE DOCUMENT, AND THEN BURN IT. YOU CAN BURN IT STRAIGHT FROM THE GUIDEBOOK. OR YOU CAN WRITE THEM DOWN ON A SHEET OF LOOSELEAF PAPER, AND THEN BURN THEM.

AS YOU ARE BURNING THIS LIST, I WANT YOU TO VISUALIZE THESE THINGS PHYSICALLY LEAVING, AND RELEASING THEMSELVES FROM YOUR BEING. I ALSO WANT TO NOTE THAT THIS RITUAL IS YOURS TO CURATE AS YOU ARE INNATELY GUIDED TO. ONLY YOU KNOW WHAT IS BEST FOR YOU, BUT I WANTED TO AT LEAST FACILITATE THIS RELEASE. ADDITIONALLY, IF IT IS IN ALIGNMENT WITH YOUR BELIEF SYSTEM, I WOULD ENCOURAGE YOU TO TAKE A SPIRITUAL BATH. FOR THOSE UNAWARE, AND CURIOUS, A SPIRITUAL BATH, IS A SPIRITUAL CLEANSING, USED TO CAST AWAY THE NEGATIVE ENERGY, AND BRING IN POSITIVE ENERGY, UPON OTHER INTENTIONS. IN THIS CASE, IT WOULD ALSO SIGNIFY RENEWAL, REBIRTH EVEN.

B. BAD BITS, THE GUIDEBOOK

WHO YOU ACTUALLY ARE,

IN THE SPIRIT OF RECLAMATION, AND THIS BEING THE FINAL GUIDEBOOK OF 2019, I WANT FOR YOU TO NOW CONSIDER WHO YOU ACTUALLY ARE! I WANT YOU TO UTILIZE THIS SECTION TO SET YOUR TONE FOR MOVING FORWARD.

IN THIS SECTION, I'LL HAVE US LOOKING AT THIS IN THREE DIFFERENT WAYS:

- 1.WHO ARE YOU
- 2.WHY ARE YOU
- 3.INTEGRATING YOUR SHADOW SELF

WHO ARE YOU

GIVEN EVERYTHING THAT WE'VE TALKED ABOUT THIS YEAR IN THE FULL SERIES DISCUSSING SELF-ACTUALIZATION. MORE SPECIFICALLY THE LAST SERIES, RADICAL SELF UNDERSTANDING. I WANT YOU TO USE THAT CONTEXT, TO NOW THINK ABOUT WHO YOU ACTUALLY ARE!



WHY ARE YOU,
THIS QUESTION IS FAR MORE COMPLEX THAN "WHO ARE YOU," BECAUSE
IT REQUIRES THE CONTEXT, AND THE PERSPECTIVE OF THE BIGGEST
PICTURE. IN THE LAST SERIES, I MENTIONED ZOOMING OUT, TO THEN
TAKE A LOOK AT YOUR LIFE FROM THE BIGGEST PICTURE, DID YOU GET
A CHANCE TO DO THAT? I ASK BECAUSE, I BELIEVE THAT THIS IS THE
FIRST STEPS TOWARDS ACTUALLY UNDERSTANDING YOUR PURPOSE.
WITH YOUR PURPOSE BEING WHY YOU EXIST. UTILIZING THIS CONTEXT, I
WANT YOU TO CONSIDER WHY YOU ARE BELOW. CONNECT THE DOTS:



INTEGRATING YOUR SHADOW SELF,
OUR PERSONA IS ROOTED IN OUR CONSCIOUS MIND AND IT
REPRESENTS ALL THE DIFFERENT IMAGES WE SUBMIT TO SOCIETY. AND
FRANKLY ALL THAT WE'VE BEEN TALKING ABOUT IN THIS YEAR LONG
SERIES THUS FAR. THE SHADOW SELF HOWEVER, IS A COMPLETELY
DIFFERENT BEAST.

IN FACT, WE ARE NOT EVEN AWARE OF IT. AS WE GROW UP, WE
QUICKLY LEARN THAT CERTAIN EMOTIONS, CHARACTERISTICS,
FEELINGS AND TRAITS ARE FROWNED UPON BY SOCIETY, AND AS A
RESULT, WE REPRESS THEM FOR FEAR OF NEGATIVE FEEDBACK AKA NOT
FITTING IN OR BELONGING, BEING OSTRACIZED, OR WORSE DUE TO
ANTICIPATED VIOLENT FEEDBACK DEPENDING ON THE REPRESSION, OR
THE TRUTH WE STANDING IN, THAT THE WORLD REPRESSES.

OVER TIME, THESE REPRESSED FEELINGS BECOME OUR SHADOW SELF
AND ARE SO DEEPLY BURIED THAT WE HAVE NO NOTION OF ITS
EXISTENCE. JUNG NOTED THAT THESE INSTINCTS HAVE NOT
DISAPPEARED, YET THEY HAVE MERELY LOST THEIR CONTACT WITH OUR
CONSCIOUSNESS, AND ARE THUS, FORCED TO ASSERT THEMSELVES IN
AN INDIRECT FASHION. [FROM AN ARTICLE IN, PSYCHOLOGY TODAY]

WHICH IS WHY THIS WORK WITH OUR SHADOWS IS SO CRUCIAL TO THIS
JOURNEY. BECAUSE UNTIL WE'VE CONFRONTED, UNPACKED, LEARNED
THE LESSONS AVAILABLE TO US THROUGH THIS SHADOW, AND ARMED
OURSELVES WITH THEM. NOT ONLY DO WE NOT KNOW OURSELVES
FULLY, BUT WE ARE ALSO ILL-EQUIPPED FOR OUR SOUL'S MISSION.

THIS IS WHY YOU HAVE TO TAKE THAT DEEPER LOOK, AT THE
SUPPRESSED PARTS OF YOURSELF. HELL WHO ARE YOU WHEN AIN'T
NOBODY LOOKIN. WHAT IS YOUR MF INTEGRITY SET UP LIKE, AND HOW
DO YOU FEEL ABOUT WHO YOU ARE WHEN NO ONE IS LOOKING?
CONSIDERING THIS, I WANT YOU TO BEGIN TO UNPACK YOUR SHADOW
BELOW. AS ALWAYS, THIS IS A START, THE WORK IS FOR YOU TO DO.

SO LET'S BREAK THIS DOWN INTO A STEP BY STEP PROCESS:

1. THE FIRST THING I WANT YOU TO DO, IS TO TAKE A LOOK BACK
THROUGH THE BREADCRUMBS AND PIECES OF YOUR LIFE THAT WE PUT
TOGETHER IN THE LAST SERIES. I WANT YOU TO TAKE ANOTHER LOOK
AT EACH MOMENT, AND TRULY EXAMINE HOW THEY HAVE
RESONATED, AND TRICKLED INTO OTHER AREAS OF YOUR LIFE.

B. BAD BITS, THE GUIDEBOOK

DEEP DIVE

YOU CAN UTILIZE THE BELOW TO SCRIBE YOUR THOUGHTS, ON THE SUPPRESSED PARTS OF YOURSELF. WHAT ARE THEY? WHERE DO YOU BELIEVE THEY STEM FROM?



SHADOWS AS INFORMATION

WHAT CAN YOU LEARN ABOUT YOURSELF, FROM WHAT IS HIDING IN THE SHADOWS? HOW CAN YOU EMBRACE OR LEAN MORE INTO THIS PART OF YOURSELF? I SAY IT OFTEN THROUGHOUT THE PODCAST, BUT YOU SHOULD FEEL FIRST, TUNE INTO BOTH YOUR BODY, AND EMOTIONAL RESPONSES AS INFORMATION. THEN EXAMINE WHAT IT IS TELLING YOU, AND WHERE IT IS STEMMING FROM? THIS IS HOW YOU DO SOME INTERNAL EXCAVATING, TO UNEARTH THE LESSONS FROM THE DIVINE. CONSIDERING THIS, WHAT CAN YOU LEARN FROM YOUR SHADOW? BE SURE TO CONSIDER THE BIGGEST PICTURE.



WHAT YOU CAN CHANGE

AS YOU ARE EXAMINING THAT LIST, CONSIDER FROM IT, WHICH YOU CAN ACTUALLY CHANGE. NOW I WANT YOU TO TAKE THE NEXT NEXT STEP, OF MAKING NOTE OF HOW YOU CAN CHANGE IT, AND CONSIDER EITHER WHAT NEXT STEPS, OR WHAT THE FIRST STEP COULD LOOK LIKE. FOR THIS, I'D LEAN INTO YOUR METHOD OF SELF STUDY, WHETHER THAT BE, WITH SELF, YOUR HIGHER SELF, OR YOUR THERAPIST.



WHAT YOU CANNOT CHANGE

NOW THAT YOU HAVE CATEGORIZED THESE THINGS, EVEN JUST MENTALLY. ITS TIME TO MAKE PEACE WITH WHAT YOU CANNOT CHANGE AND GIVE IT UP TO THE DIVINE, GOD, THE UNIVERSE, YOUR SPIRIT GUIDES, YOUR HIGHER SELF. WHOEVER IS HOLDING YOU DOWN IN THE OTHER REALM, IF THAT SUITS YOUR BELIEF SYSTEM. BECAUSE THERE IS NOTHING YOU CAN DO ABOUT THE THINGS THAT YOU CAN'T CHANGE NOR ACCEPT, GIVE IT UP TO THEM.



B. BAD BITS, THE GUIDEBOOK

FINAL THOUGHTS

HEY BADDIES, OLD AND NEW, I HOPE YOU FOUND THIS GUIDEBOOK AS A USEFUL TOOL, AS YOU CONTINUE DOWN YOUR JOURNEY OF SELF POST SPIRITUAL AWAKENING. WHILE THIS ISN'T A BE ALL END ALL, AND WAS DESIGNED THAT WAY. I NOW ENCOURAGE YOU, TO USE WHAT YOU UNCOVERED IN THIS GUIDEBOOK, AS THE FIRST STEP TOWARDS UNDERSTANDING YOUR PURPOSE, AND STEPPING INTO YOURSELF!

NEXT STEPS

TO FULLY DIG INTO THE CONCEPTS MENTIONED THROUGHOUT THE GUIDEBOOK WITH YOUR THERAPIST, SPIRIT GUIDES, OR WHATEVER METHOD OF SELF STUDY/REFLECTION YOU USE. IF YOU DON'T CURRENTLY HAVE A PRACTICE IN PLACE, NOW WOULD BE A GOOD TIME TO CONSIDER/DETERMINE WHAT THAT LOOKS LIKE FOR YOU.

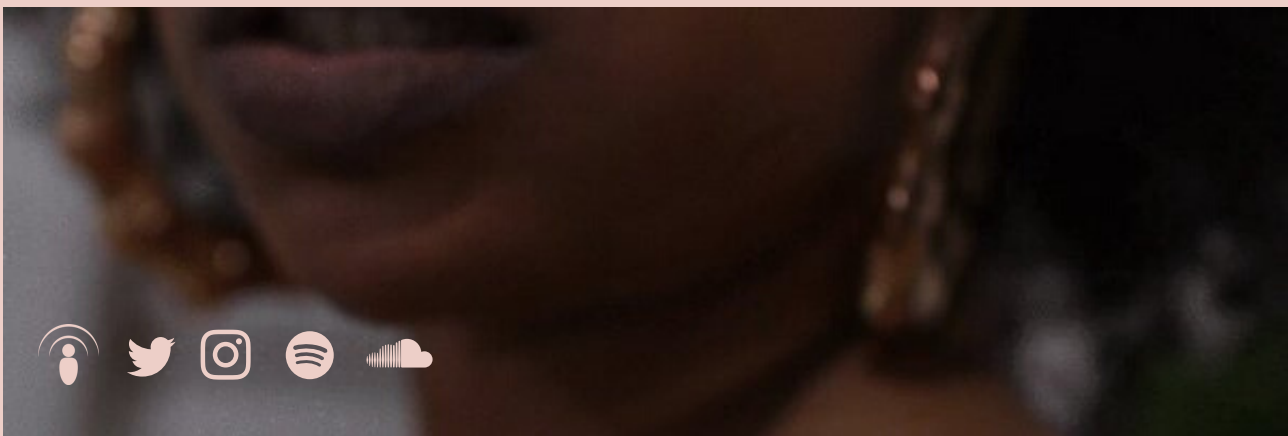
B. BAD BITS, THE PODCAST

PLEASE BE SURE TO RATE, SUBSCRIBE AND REVIEW THE PODCAST ON THE PLATFORM YOU LISTEN ON. ALSO, BE SURE TO STAY TUNED FOR THE FINAL SERIES OF 2019, WHICH IS FOCUSED ON STEPPING INTO SELF,

ENERGETIC EXCHANGE

I CREATE EVERY SINGLE PIECE OF CONTENT THAT I HAVE EVER CREATED OVER THE YEARS FOR FREE, AND FOR THE PURPOSE OF MAKING SURE THAT THE COLLECTIVE HAS WHAT WE NEED. IN THE SPIRIT OF GIVING AND RECEIVING, IF YOU FEEL INCLINED TO SHOOT YOUR SIS SOME COIN FOR HER CONTRIBUTIONS, THE INFORMATION TO DO SO IS BELOW. PLEASE NOTE THAT THIS IS COMPLETELY OPTIONAL.

CASHAPP: \$BBADPR, PAYPAL: BBADPR@GMAIL.COM, VENMO: @BBADPR



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B. BAD BITS, THE PODCAST