



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 + THAT YOU HAVE BEEN GUIDED TO 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'VE RECEIVED THIS GUIDEBOOK IN THE SHUFFLE.

I AM B. BAD. MY LIFE'S EXPERIENCES HAVE LED TO THE KNOWING, THAT I AM HERE TO AWAKEN + GUIDE BLACK FEMMES + WOMXN TO THEIR INDIVIDUAL DIVINE PURPOSE + SOUL'S MISSION. BY WAY OF LEADING YOU BACK TO YOURSELF, TO REMEMBER WHO + WHY YOU ARE. GROUNDED IN LIVED LESSONS, TRANSMUTED TRAUMA + TRANSCRIBED TRUTHS. MY EVOLVING ANTHOLOGY, IS DESIGNED TO AID IN OUR JOURNEY OF RETURNING TO SELF.

I GIVE THANKS TO THE ANCESTORS + THOSE WHO HAVE PAVED THE WAY + DONE THIS WORK BEFORE ME. IT IS MY GREATEST HONOR, TO CONTINUE CARRYING THIS TORCH TOWARDS OUR LIBERATION, STARTING WITH OUR RETURN TO SELF.

WITH THIS GUIDEBOOK, MY INTENTIONS ARE TO ASSIST YOU IN TAKING THE CONCEPTS LEARNED IN THE PODCAST, TO PLACE THEM INTO THE CONTEXT OF YOUR LIFE + APPLY THEM AS NEEDED. PLEASE NOTE THAT MY B. BAD BITS, INCLUDING THIS GUIDEBOOK ARE RESOURCES TO AID IN YOUR SELF STUDY. HOWEVER, THE WORK IS YOURS TO DO.

BEFORE DIVING IN, BELOW ARE A FEW FOUNDATIONAL CONCEPTS, THAT I'M MENTIONING TO EQUIP YOU WITH, WHILE WORKING ON THIS GUIDEBOOK + YOUR SELF STUDY.

SELF AS AUTHORITY

WITH EVERYTHING THAT YOU TAKE IN FROM ME + EVERYONE ELSE, CHECK IN WITH YOURSELF ABOUT IT BEFORE YOU ADOPT OR FULLY RECEIVE IT. WHAT DO YOU THINK ABOUT IT? WHAT WAS YOUR INNATE INCLINATION? DOES IT RESONATE WITH YOU? ESSENTIALLY, I WANT FOR YOU TO BOTH CONSIDER + POSITION YOURSELF AS THE AUTHORITY OF YOUR OWN LIFE. FILTERING ALL EXTERNAL GUIDANCE + COMMUNICATION THROUGH YOUR OWN INTERNAL MORAL COMPASS + GUIDANCE FIRST.

SOMETHING MORE

YOU ARE HERE BECAUSE YOU BELIEVE THAT THERE IS MORE TO LIFE. THAT THERE IS SOMETHING MORE OUT THERE FOR YOU, THAN CHECKING ARBITRARY BOXES, TO SIGN UP FOR A LIFE THAT YOU RIDE IN AUTO-PILOT UNTIL YOU DIE. YOU WERE LEAD TO THIS GUIDEBOOK AS A TOOL TO HELP YOU REMEMBER WHO + WHY YOU ARE. CONTINUE TO HEED THE CALL!

PERSPECTIVE

AS WE ARE DOING THIS WORK ON OURSELVES, IT IS SO IMPORTANT FOR US TO RECOGNIZE THAT THE MOMENT WE ARE CURRENTLY LIVING IN, IS ONLY A SMALL PORTION IN THE BIGGEST PICTURE OF WHAT OUR LIVES ARE DESTINED TO BECOME. THEREFORE, AS YOU LOOK BACK ON + EXPERIENCE NEW THINGS. IT'S IMPORTANT TO CONSIDER IT FROM THE LENS OF WHAT IT MEANS, AS IT RELATES TO THAT BIGGEST PICTURE. TO THUS UNDERSTAND, WHAT YOU ARE GOING THROUGH + MOST IMPORTANTLY, WHY YOU ARE GOING THROUGH IT.

NO SHAME IN LEARNING

WE ARE ALL CONSTANTLY LEARNING + UNLEARNING, AS WE EVOLVE. THEREFORE, THERE IS NO SHAME IN WHAT YOU DON'T KNOW + SEEKING IT. WITH THE WORK I DO, I SEEK TO BRIDGE THE GENERATIONAL GAP.

CONTROL + CHANGE

CHANGE IS THE ONLY CONSTANT. THEREFORE, WE ARE ABLE TO BETTER ADAPT WHEN WE REALIZE THAT WHILE WE CAN'T CONTROL EVERYTHING. WHAT WE CAN DO, IS CENTER OURSELVES IN THE MIDST OF CHANGE, BY CONTROLLING HOW WE PERCEIVE, PROCESS + RESPOND TO IT.

INSTRUCTIONS

TO GET THE MOST OUT OF THIS GUIDEBOOK, I SUGGEST THAT YOU EMBRACE IT WITH AN OPEN MIND + 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. LET'S WORK TOGETHER TO BRIDGE THIS GAP!

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 + PROMPTING YOU, TO THINK, FEEL, UNPACK, UNDERSTAND + THUS LEARN. BY TAKING THE CONCEPTS FROM THE LATEST SERIES OF RADICAL SELF ACCEPTANCE + 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 OUR WHOLE TRUTH 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 + 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](#).

OUR PERSONA IS ROOTED IN OUR CONSCIOUS MIND + IT REPRESENTS ALL THE DIFFERENT IMAGES WE SUBMIT TO SOCIETY + FRANKLY ALL THAT WE'VE BEEN TALKING ABOUT IN THIS YEAR LONG SERIES THUS FAR. AS A QUICK REFRESHER, I'M PULLING THESE CONCEPTS, BELOW. FOR A DEEPER DIVE, LISTEN TO E31 'THE PSYCHOLOGY OF SELF'.

▶ [LISTEN TO EPISODE 31](#)

SELF CONCEPT

INCLUDES OUR BELIEFS ABOUT OUR PERSONALITY TRAITS, PHYSICAL CHARACTERISTICS, ABILITIES, VALUES, GOALS + ROLES, AS WELL AS THE KNOWLEDGE THAT WE EXIST AS INDIVIDUALS. CONTROLLING HOW WE BOTH SEE + PERCEIVE OURSELVES. BELOW IS AN EXAMPLE OF HOW THIS CAN RESONATE POSITIVELY + NEGATIVELY.

POSITIVE: 'I CAN DO ANYTHIIIIIIIIING YEAH, HELL NAW, HELL NAW, HELL NAW.' WHEN YOU BELIEVE THAT YOUR POTENTIAL IS BOUNDLESS, THIS COULD THEN RESONATE BY YOU BELIEVING THAT YOU DESERVE IT ALL. OR RESONATING IN YOU TAKING CHANCES, BETTING ON YOURSELF + BELIEVING IN YOURSELF.

NEGATIVE: ON THE FLIPSIDE, THE THOUGHT OF I CAN NEVER DO ANYTHING RIGHT. RESONATES ITSELF INTO LACK OF MOVEMENT + LACK MINDSET, NOT TO MENTION THE POWER OF THE TONGUE.

SELF-AWARENESS

REFERS TO THE EXTENT TO WHICH WE ARE CURRENTLY FIXING OUR ATTENTION ON OUR OWN SELF-CONCEPT. WHEN OUR SELF-CONCEPT BECOMES HIGHLY ACCESSIBLE BECAUSE OF OUR CONCERNS ABOUT BEING OBSERVED + POTENTIALLY JUDGED BY OTHERS, WE EXPERIENCE THE PUBLICLY INDUCED SELF-AWARENESS KNOWN AS SELF-CONSCIOUSNESS (DUVAL + WICKLUND, 1972; ROCHAT, 2009).

POSITIVE: BEING SELF AWARE ALLOWS FOR YOU TO BOTH TAKE YOURSELF OUT OF, OR CENTER YOURSELF IN, SITUATIONS WHEN NECESSARY. BECAUSE BEING SELF-AWARE, ALSO HELPS YOU TO REALIZE, THAT WHILE YOU MAY BE THE STAR IN THE SITCOM THAT IS YOUR LIFE, THE WORLD DOES NOT REVOLVE AROUND YOU.

NEGATIVE: LACKING AWARENESS. BELIEVING THAT BECAUSE YOU ARE THE STAR IN THE SITCOM THAT IS YOUR LIFE, THAT THE WORLD REVOLVES AROUND YOU. WHICH THEN RESONATES IN THE FORM OF A 'VICTIM, WOE IS ME, LIFE IS HAPPENING TO ME, INSTEAD OF FOR ME' MENTALITY. OR TO THE POINT OF THE ABOVE, YOU THEN BECOME HYPER FOCUSED ON THE PERCEPTION OF SELF + NOT SELF ITSELF.

NOTE: IF YOU IDENTIFY WITH THIS, UTILIZE THE THINGS THAT BOTHER YOU ABOUT OTHERS AS MIRRORS. AS THEY ARE OFTEN, A REFLECTION OF A DEEP ROOTED PART OF YOURSELF.

TO CONSIDER: TO TAKE THIS TO AN ACTIONABLE SPACE, ZOOM OUT. ONE OF THE BIGGEST THINGS THAT HAS HELPED ME, WAS THE ABILITY TO ZOOM OUT. TO SEE NOT ONLY THE BIGGER PICTURE, BUT ALL OF THE MOVING PARTS. WHICH ALSO HELPED ME TO NOT TAKE THINGS PERSONALLY. WHICH IS ONE OF THE FOUR AGREEMENTS.

LOOKING GLASS SELF

NOW I WANT TO FLIP THIS A BIT, TO THINK ABOUT THE WAYS IN WHICH WE CONSIDER OURSELVES THROUGH THE LENS OF EXTERNAL PERCEPTION. WHAT WE THINK OTHERS THINK OF US. THE CONCEPT OF THE LOOKING-GLASS SELF, STATES THAT PART OF HOW WE SEE OURSELVES, COMES FROM OUR PERCEPTION OF HOW OTHERS SEE US [CHARLES COOLEY, 1902]. MANY STUDIES HAVE SUPPORTED A BASIC PREDICTION DERIVED FROM THE NOTION OF THE LOOKING-GLASS SELF, NAMELY THAT OUR SELF-CONCEPTS ARE OFTEN QUITE SIMILAR TO THE VIEWS THAT OTHERS HAVE OF US [BEER, WATSON + MCDADE-MONTEZ, 2013].

EVEN THE WAY WE PERCEIVE ONE'S PERCEPTION OF US, IS ALL CODED TRUTHS FROM OUR SUBCONSCIOUS MIND, LETTING US KNOW THE WAY WE FEEL ABOUT OURSELVES. UNLESS YOU STRAIGHT UP ASK SOMEONE HOW THEY FEEL ABOUT YOU, YOU REALLY HAVE NO IDEA. YOU CAN HAVE A HUNCH, BUT YOU REALLY DON'T KNOW. SO UNTIL YOU KNOW FOR SURE, YOU'RE MAINLY PROJECTING. EVEN ONCE YOU KNOW FOR SURE, THEIR PERCEPTION OF YOU, HAS MORE TO DO WITH THEM, THAN IT DOES OF YOU. FROM ANOTHER ANGLE, THIS IS WHAT LEADS US TO SOLELY FOCUS ON THE PERSONA OF OUR SELF, TO INCREASE SAID PERCEPTION OF OURSELVES FROM EXTERNAL SOURCES. LINKING THIS PUBLIC PERSONA BACK TO OUR SELF CONCEPT + THUS HOW WE FEEL ABOUT OURSELVES.

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 + TRAITS ARE FROWNED UPON BY SOCIETY. AS A RESULT, WE REPRESS THEM, FOR FEAR OF NEGATIVE FEEDBACK AKA NOT FITTING IN OR BELONGING, BEING OSTRACIZED, OR WORSE DUE TO THE ANTICIPATED VIOLENT FEEDBACK DEPENDING ON THE REPRESSION.

OVER TIME, THESE REPRESSED FEELINGS BECOME OUR SHADOW SELF + 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 + ARE THUS, FORCED TO ASSERT THEMSELVES IN AN INDIRECT FASHION. AS IT USUALLY DOES, THEY CAN ALSO MANIFEST THEMSELVES PHYSICALLY IN THE FORM OF SPEECH IMPEDIMENTS, MOOD SWINGS, ACCIDENTS + MENTAL HEALTH ISSUES. 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 + 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 THERE IS AN ENTIRE YOU BENEATH THE SURFACE, THAT IS WAITING TO BE UNEARTHED, UNDERSTOOD, EXPERIENCED + SEEN.

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 + 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 + HOW DO YOU FEEL ABOUT WHO YOU ACTUALLY ARE DEEP DOWN INSIDE?

INNERWORK

CONSIDERING THIS, I WANT YOU TO BEGIN UNPACKING YOUR SHADOW ON THE NEXT PAGE.

NOTE: THIS IS ONLY A START, THE WORK IS FOR YOU TO DO



NOW LETS INTEGRATE THIS WITH THE UNDERSTANDING OF WHAT SHAPES OUR SELF CONCEPT. AS IT RELATES TO DECOLONIZING OUR MINDS, TO FIRST UNLEARN, THEN RELEARN. I AM RESURFACING THE CONCEPTS FROM THE SERIES SEPARATING SELF + SOCIETY, AS A REFRESHER. INCLUDING SOME AUDIO + SUPPLEMENTAL TEXT. AS WELL AS A BRIEF CHECK-IN. FOR YOU TO GET A FEEL FOR WHERE YOU ARE, OR HOW FAR YOU'VE COME IN THIS PROCESS.

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 ☐

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 + FEEL A NEUTRAL EMOTION? MEANING YOU DON'T HAVE ANY DISDAIN FOR SELF? YES ☐ NAH ☐

INNERWORK

BEFORE HEADING INTO THE NEXT PART OF THIS EXERCISE, I SUGGEST EITHER READING AUDRE LORDE'S AGE, RACE, SEX AND CLASS: WOMEN REDEFINING DIFFERENCE, AS SEEN IN SISTER OUTSIDER. OR, YOU CAN LISTEN TO ME READ IT IN E42 OF B. BAD BITS, THE PODCAST BELOW:

LISTEN



READ



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

▶ [LISTEN TO EPISODE 40](#)

ANTI-BLACKNESS, CONSIDERING INTERNALIZED ANTI-BLACKNESS, AS DISCUSSED IN THE PREVIOUS SERIES' + GUIDEBOOKS. ARE THERE ANY WAYS OF BEING, THAT YOU POSSES, ONLY AS A RESULT OF SOCIETY TELLING YOU WHO YOU SHOULD BE + 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 + 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 SUPPRESSING YOUR TRUE SELF.

CLASSISM, AS DISCUSSED IN PREVIOUS SERIES, CLASSISM, IS A BY PRODUCT OF CAPITALISM. OF WHICH CREATES A DIVIDE + 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 + 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 + LEAVE WHERE WE COME FROM. DUE TO THE NARRATIVE THAT WHERE WE ARE FROM + WHO WE ARE, ISN'T GOOD ENOUGH. THUS AGAIN, PLACING A JADED VIEW ON PEOPLE FROM + 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 THE HATRED, PREJUDICE + BELITTLEMENT OF WOMXN + FEMME-IDENTIFYING PEOPLE. THIS CONTEMPT IS REALIZED THROUGH SOCIAL EXCLUSION, DISCRIMINATION, OBJECTIFICATION + VIOLENCE IN THE WORKFORCE, PUBLIC + HOUSEHOLDS. THESE ACTIONS ARE MEANT TO EMPOWER MEN AT THE EXPENSE OF WOMXN. [DEFINITION FROM BYP100]. THIS ALSO EXTENDS, TO THE WAY WE SHOW UP IN THE WORLD. WHAT WE BELIEVE THAT WE ARE WORTHY OF. WHAT WE DESIRE + THE LIST GOES ON.

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. OR EVEN FOR SURVIVAL. CONSIDER WHAT YOU DO THAT YOU WOULDN'T OTHERWISE. WHAT THINGS + 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!



I THINK IT'S MAD 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 + THAT.' THIS ALSO EXTENDS TO ALL OF THE NASTY THINGS THAT YOU HAVE TOLD YOUR ABOUT YOURSELF. CONSIDER THAT NEGATIVE SELF TALK + 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 IN PRE-SCHOOL! BECAUSE ALL OF THIS SHIT LADDERS INTO WHO WE BECOME + HOW WE EMOTE + 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 + 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

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 + TELL YOU THAT YOU ARE, CONSIDERING THE CATEGORIES FROM THE PREVIOUS EXERCISE.

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




FAMILY, THIS IS A HUGE AREA! AS YOU ARE CONSIDERING ALL OF THIS INFORMATION FOR YOURSELF, YOU ALSO HAVE TO EXTEND THAT UNDERSTANDING + COURTESY TO YOUR FAMILY. TO RECOGNIZE, THAT THEY TOO, HAVE INTERNALIZED ALLLLL OF THIS SHIT AS WELL. THEREFORE, WHAT THEY SPOKE INTO + 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 + TOLD ABOUT YOURSELF, FROM YOUR FAMILY, THAT YOU DO NOT SUBSCRIBE TO.



FRIENDS, AS YOU SHIFT INTO THIS NEXT CYCLE OF YOUR LIFE. YOU ARE GOING TO BE SERVED UP SO MANY MOMENTS + LESSONS, THAT WILL MAKE YOU RE-EXAMINE EVERYTHING. ESPECIALLY AS IT RELATES TO THE SPACE THAT YOU CREATE FOR YOURSELF + 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 + 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 IN ALIGNMENT WITH WHO YOU ARE + WHERE YOU ARE HEADED AS POSSIBLE. THIS ALSO MEANS THAT YOU NEED TO TAKE INVENTORY OFTEN. REMEMBER, WE ARE CONSTANTLY EVOLVING ON THIS PATH RAPIDLY! THEREFORE, WE HAVE TO MAKE NOTE OF WHO IS EVOLVING WITH US, WHO IS RESISTING + UPSET BY THE CHANGE WITHIN US, OR WHO IS KEEPING US STAGNANT.

WITH THAT, I WANT YOU TO TAKE INVENTORY OF YOUR CURRENT FRIENDSHIPS + YOUR FRIEND HISTORY. THINKING OF YOUR FRIENDS, WHAT TYPE OF RHETORIC DID/DO 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 OUT ON THE NEXT PAGE.



SELF, LASTLY, I WANT FOR YOU TO EXAMINE THE WAY YOU THINK OF YOURSELF + 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 + 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 + SELF?

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





RITUAL

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

WITH THAT, I WANT FOR YOU TO RELEASE WHO THE MATRIX HAS SHAPED YOU INTO + 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 + THEN BURN IT. YOU CAN BURN IT STRAIGHT FROM THE GUIDEBOOK. OR YOU CAN WRITE THEM DOWN ON A SHEET OF LOOSELEAF PAPER + THEN BURN THEM.

AS YOU ARE BURNING THIS LIST, I WANT YOU TO VISUALIZE THESE THINGS PHYSICALLY LEAVING + 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 + CURIOUS, A SPIRITUAL BATH, IS AN ENERGETIC CLEANSING, USED TO CAST AWAY THE NEGATIVE ENERGY + BRING IN POSITIVE ENERGY, UPON OTHER INTENTIONS. IN THIS CASE, IT WOULD ALSO SIGNIFY RENEWAL, REBIRTH EVEN.

WHO YOU ACTUALLY ARE

IN THE SPIRIT OF RECLAMATION, CONSIDER WHO YOU ACTUALLY ARE!
UTILIZE THIS SECTION TO SET YOUR TONE FOR MOVING FORWARD.

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

WHO YOU ARE
WHY YOU ARE
INTEGRATING YOUR SHADOW SELF

WHO YOU ARE

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 YOU ARE

THIS QUESTION IS FAR MORE COMPLEX THAN 'WHO YOU ARE,' BECAUSE IT REQUIRES THE CONTEXT + 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:



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? WHAT ARE THEY TELLING YOU?



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 + EMOTIONAL RESPONSES AS INFORMATION. THEN EXAMINE WHAT IT IS TELLING YOU + 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 THIS FROM THE SCOPE OF 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 + 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, SPIRIT GUIDES 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 + 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 VOL. 3

FINAL THOUGHTS

HEY BADDIES, OLD + 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 + WAS DESIGNED THAT WAY. I NOW ENCOURAGE YOU, TO USE WHAT YOU UNCOVERED IN THIS GUIDEBOOK, AS THE FIRST STEP TOWARDS UNDERSTANDING YOUR PURPOSE + 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 + REVIEW THE PODCAST ON THE PLATFORM YOU LISTEN ON. ALSO, BE SURE TO STAY TUNED FOR THE 2020 THEME OF PURPOSE + PASSION, STARTING IN FEBRUARY, 2020. YOU CAN ALSO CHECK OUT ALL OF MY MONTHLY SERIES, [HERE](#).

DIVINE GUIDANCE

LASTLY, STANDING IN MY PURPOSE TO LEAD BLACK FEMMES + WOMXN TO THEIR DIVINE PURPOSE + SOUL'S MISSION. I'VE BEEN GUIDED TO TAKE MY TEACHINGS TO THE NEXT LEVEL, BY COMBINING THEM, WITH MY SPIRITUAL GIFTS. MY DIVINE GUIDANCE TAPS INTO WHAT IS HOLDING YOU BACK FROM STEPPING INTO WHO YOU ARE HERE TO BE. LEADING ME TO WHERE YOU ARE IN YOUR PROCESS + WHAT B. BAD BITS, YOU MAY NEED, TO HELP GUIDE YOU BACK TO SELF! YOU CAN LEARN MORE, OR BOOK YOUR GUIDANCE, [HERE](#).

