

RELEASE
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VOL.1

SESSION 12

INNER SOUND



58

PAGES

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INNER SOUND

Session #12

Are you ready to continue? Let's start with the exercises for week #12 - Keep Experimenting!

SESSION #12 - KEEP EXPERIMENTING!

Welcome to session 12. In the previous 2 sessions you created your Sound Sensitivity Health Plan and you write down the healing steps that you are going to be taking. Now it's also time to keep on experimenting.

I believe that even though you have put a lot of actions in your health plan, you will also have to keep on experimenting to get even better results for your health and well-being. Thus, this last session is called: Keep Experimenting.

All the steps that you have taken on this e-course helped you create a health plan. Do remember however that there's not one single solution.

There are many solutions to the challenge of being sound sensitive and you have explored many options on this e-course. This 12th session can be seen as my advice to you on how you can take part in the world, even when being sound sensitive.

Once you are out there and are taking action and are experimenting with solutions, make sure you have frequent breaks to make sure your stress level stays acceptable. When being overwhelmed or triggered, have a break for sure. It's the only way to stay sane in this overly busy world.

Go ahead to the next pages on how to keep on experimenting with dealing with and perhaps healing your sound sensitivity.

Let's continue!

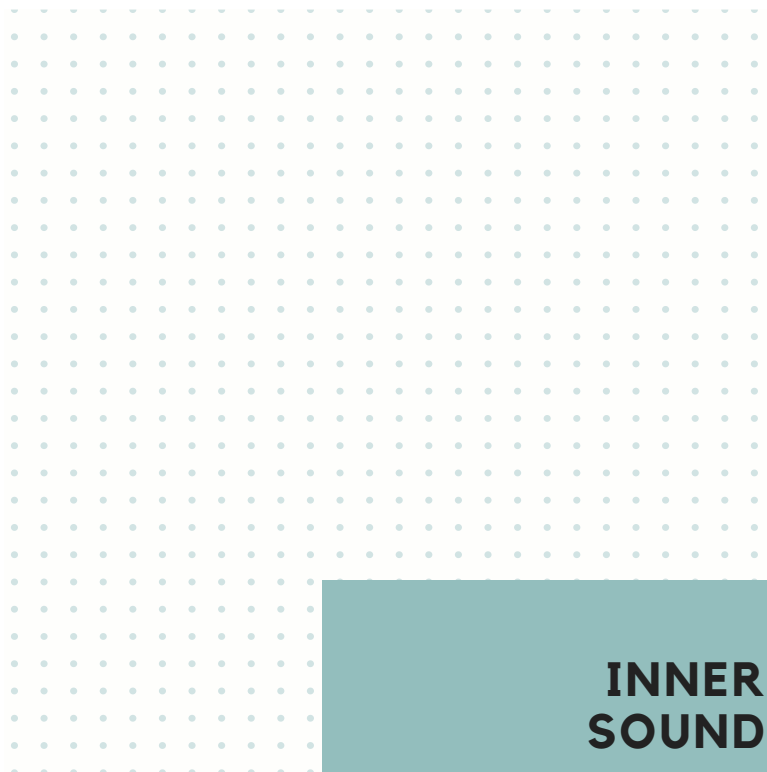
SESSION #12 - KEEP EXPERIMENTING!

At the beginning of this e-course you started with what you wanted this process to be about (session #1) and you worked towards creating a Sound Sensitivity Health Plan (session #10 + 11).

You wrote down what you would like to achieve for yourself and perhaps you even wrote down what goals you have per theme and what you will do to achieve that goal.

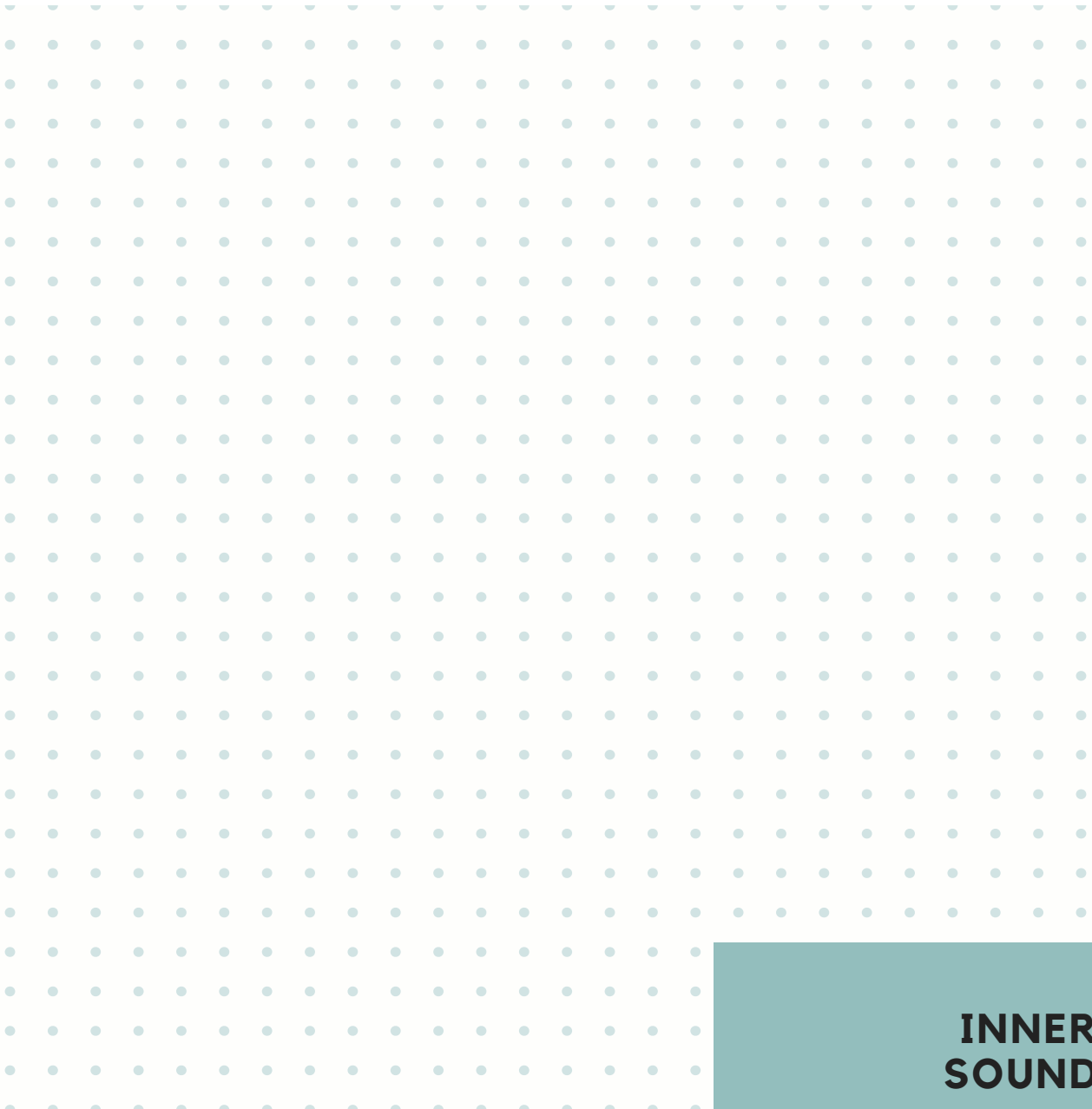
What it comes down to is that you went from creating awareness around your sound sensitivity towards evaluating what will need to be adjusted and/or changed to be able to live in a world full of impulses and sounds. This 12th session will guide you onwards on that journey.

Are you ready to continue on that journey? Use the next page for notes if you'd like to register anything that has crossed your mind so far.



SESSION #12 - KEEP EXPERIMENTING!

Space for notes



SESSION #12 - KEEP EXPERIMENTING!

Once you start taking action on working towards your sound sensitivity goal(s), make sure you keep liking the exploration and experiment you started.

This 12th session is all about how you can keep on flowing whilst experimenting with tools that help you deal with the impulses and sounds around you.

By signing up for this e-course you took action on your wish to be less affected by impulses and sounds around you. I truly hope that this e-course has guided you on what you will NOT do anymore and with you WILL DO daily, weekly, monthly and even yearly to take better care of yourself.

The more you take care of yourself and love yourself, the lower your stress levels will be. The more relaxed you are, the better you will be able to cope with and respond to what's happening inside of you and around you.

There might even be days that you are less aware of what's happening around you soundwise. Why? Because perhaps you have learned to focus on something that's dear to you and you might have learned to refocus when you get distracted.

Like I have said before on this e-course: *“What you pay attention to grows. If your attention is attracted to negative situations and emotions, then they will grow in your awareness.”*

– Deepak Chopra