

RELEASE
NOVEMBER 11,
2023

VOL.1

SESSION 1

INNER SOUND



JOURNAL

42

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INNER SOUND

Session #1

Are you ready to continue? Let's start with the exercises for week #1 - Your Daily Life.

SESSION #1 - YOUR DAILY LIFE

Welcome to session 1. All sessions on this course will include an introduction to each topic and reflective questions and exercises.

I'm happy that you are here and that you decided to go on this journey. It shows me your courage to move forward on your path. Please do not worry about how quick or slow you are going. Please allow yourself time to go through it at a pace that suits you.

Remember to see this journey as a process. It is about engaging with your questions and answers again and again. Do the exercises when you feel like it. Allow yourself to 'play' with the exercises, questions and answers. Rest when you need to.

I know that even reading about and thinking about sounds can trigger you, so definitely stop when you need a break. But stay curious along the way too. Yes, that is possible, even with such a daunting topic as the one from this e-book.

You are doing these exercises for yourself and nobody else. See it as a little party of befriending that Sound Sensitive part of you more and more.

Creating more awareness will be your starting point in order to handle your sound sensitivity in a healthy way. Do not worry if you can't answer the questions right away. Just answer them when the answers come bubbling up to the surface. **Let's do this together!**

SESSION #1 - YOUR DAILY LIFE

In session #1 I'd like you to start creating more awareness about what your days look like and how your sound sensitivity influences your daily life.

Please answer the next questions:

- What activities do you do in a week?
- How much time do you need per activity?
- Where do you do these activities?
- With whom do you do (some of) them?

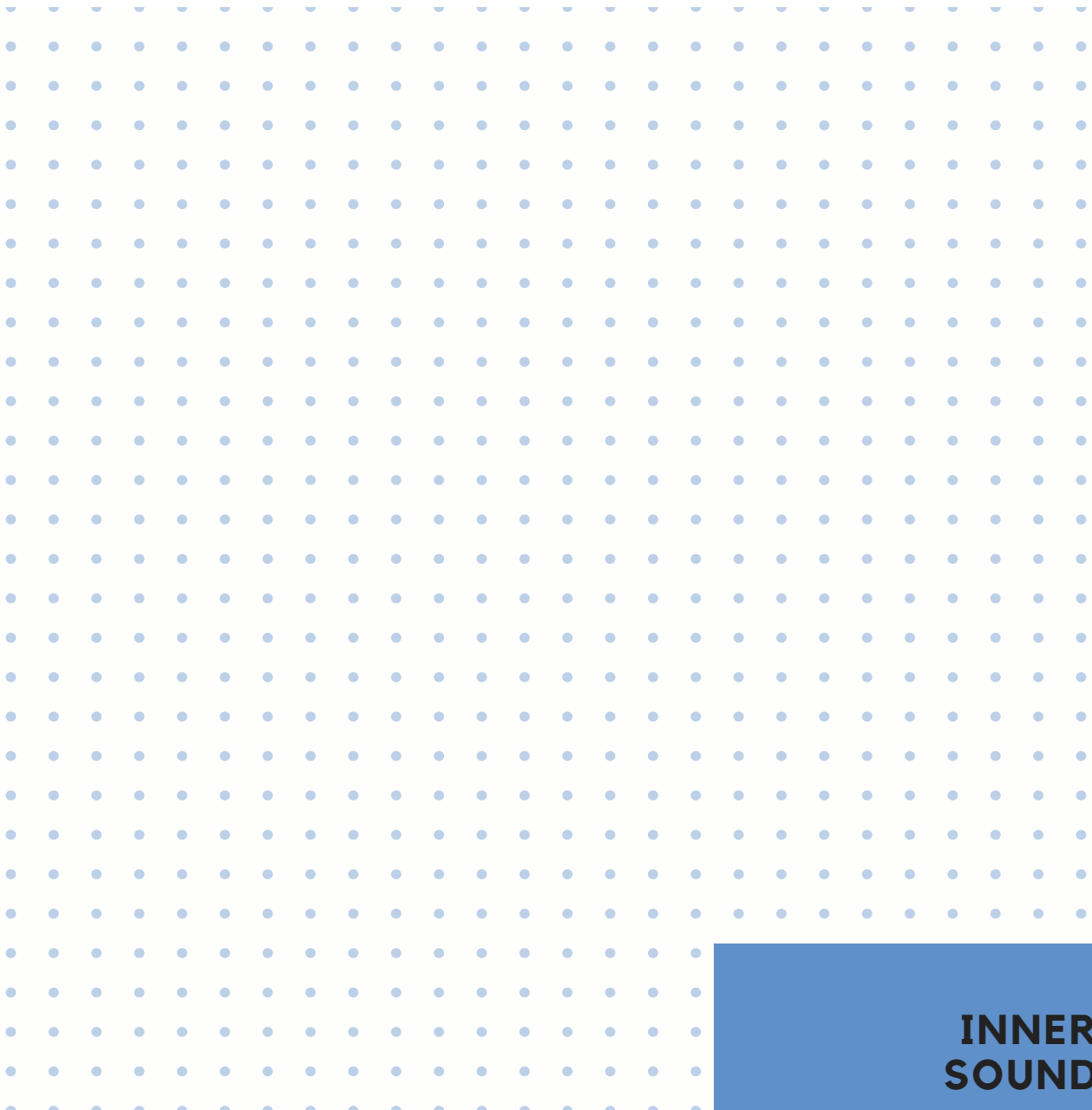
I love making mind-maps, since it is easy and gives you a great overview. Perhaps try it too.

- Perhaps take a page in a paper notebook.
- Write 'My Week' in the middle of the page.
- Now write the activities that you do around it.
- Per activity, write down the amount of time you spend on it per week, the place where it happens and with whom you partake in these activities.
- Even include things like sleeping, showering, doing the groceries and so on.

Make a good overview of all that you do in a week. Write it down or draw it. Or use an online tool to make a mind-map if you like.

SESSION #1 - YOUR DAILY LIFE

Weekly schedule



SESSION #1 - YOUR DAILY LIFE

Is your weekly overview ready? Let's continue. Are you affected by sounds or not when doing your activities?

- Which of your activities are negatively affected by your sound sensitivity?

I'd like you to mention on your mind-map whether you are or aren't affected by sounds whilst doing these activities and tasks.

Perhaps put signs next to the mentioned activities.
For example, write down

- + = Not affected by triggering sounds (positive)
- /- = Affected by triggering sounds (negative)

Remember that when resting or sleeping (which you can see as an activity) you might also be affected by sounds.

