

Dark Night to the High Light Worksheet

Instructions: Reflect on the chapters of your life where it was **dark** - write a few lines about that experience. What did you feel? Now, proactively look for **flashlights** (support network, creative outlets, random glimmers of hope, etc.) to help you until you break through. Write about that. This may seem silly, but trust me the flashlights do exist. Think of these as guides out of the dark and into the fullness of light. Then hunt for the **highlight** and write about that experience. What did you feel?

To help you with this exercise I have documented a personal experience.

Personal Example:

Dark Night: Barely having energy to exist for a solid 4ish months. 24 hour nausea. The dang near daily face over the trash can vomit sessions. Strong food aversions. The emotional crying sessions - where I don't even know why I was crying. I felt exhausted. I felt defeated.

Flashlight A: Girlfriends that listened and encouraged me to "hang in there". They even let me send them crying pics. I felt like they just let me be, however, I was being.

Flashlight B: My husband creating space for me to lay on the couch after work, cooking dinner, entertaining the kids and putting them to bed. My husband encouraging me to throw up when I fought the feeling and sitting with me. Sometimes he would yell out gross foods that I could not eat to help me throw up. I felt like I had an in my corner coach.

Flashlight C: God somehow making it so that I had just enough strength to perform at work. Random days where I didn't have as many demands placed on me which afforded me the ability to take quick naps in my home office. I felt covered and carried.

High Light: Hearing my baby's heartbeat for the first time and seeing the burst of life dancing on the ultrasound screen. I felt joy. I felt like an overcomer.

Your Turn:

Dark Night:

Flashlight A:

Flashlight B:

Flashlight C:

High Light:

Dark Night:

Flashlight A:

Flashlight B:

Flashlight C:

High Light:

Dark Night:

Flashlight A:

Flashlight B:

Flashlight C:

High Light: