

“A practical and inspirational whole-self guide to getting your life back!”

– Deanna Minich, PhD

Hope

in a

Dark Tunnel

Guidebook

Your

roadmap to

well-being

when

navigating

chronic

illness

Bev Roberts

Hope in a Dark Tunnel

Guidebook

Hello and welcome to you beautiful soul.

I feel so delighted that as a reader of my book '*Hope in a Dark Tunnel*' you are ready to change your journey to well-being, one small step at a time.

'Hope in a Dark Tunnel' gives you actionable steps to create your path back to well-being and build positivity, hope and resilience without false promises.

Navigating with this roadmap, you will

- decrease your likelihood of wasting time and incurring unnecessary expenses,
- understand how to deal with medical practitioners and well-meaning friends and family,
- be guided to support yourself physically, mentally, emotionally and soulfully,
- learn to approach the nourishment of your body, mind and soul with consistency, not perfection, and
- learn to trust your inner guidance system.

This Guidebook (printable PDF) is a companion workbook to the '*Hope in a Dark Tunnel*' book so that you can begin to implement some of the strategies from the book right away.

My recommendation is to see the process of reading and taking action as a journey, not a race.

When you are navigating invisible chronic illness, it can be easy to want to change many things to get out of the turmoil yet end up feeling overwhelmed and do nothing. While this Guidebook lays out every activity from the book please set your own pace.

An alternative to doing this process self-directed is to join the ONLINE BOOK CLUB.

Be surrounded by people who understand how challenging the simplest things can be. Who cheer you on and encourage you. The ONLINEBOOK CLUB is for you to receive the accountability to help you to stay on track as you read and implement the strategies from 'Hope in a Dark Tunnel' with people who get you.

Feel understood and supported to take back and use your personal power to enhance your well-being.

Need support to put these steps in place? Reach out by emailing me at hello@livingfabulously.com

My wish for you is to be Living Fabulously and Living Well!

Bev xo

Hope in a Dark Tunnel

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LIVING *Fabulously*
with BEV

This Guidebook is intended to supplement, not replace, the advice of a trained health professional. The material is for general information and the purpose of educating individuals. Should you have any health-related questions, please consult with your doctor or other trained health professional before embarking on a new treatment, diet or exercise program. The author specifically disclaims any liability, loss, or risk, personal or otherwise, that is incurred as a consequence, directly or indirectly, of the use and application of any of the contents of this Guidebook.

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In other words, please do the right thing

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Begin with the end in mind

Your Intention

An Intention is a future-oriented positive and descriptive set of statements. We use an Intention to harness the neuroplasticity of the brain to support our journey to well-being.

1. Set and write down your Intention, which covers your REASON, DESIRE and COMMITMENT, in a way that allows you to really connect with all the things you'd love to *do*, *have*, *be* and *feel*.
2. How will you know you have created your Intention? Set and write down your success measures.
3. Once you have crafted your Intention, make it visible.
4. Once you have created it, read it out loud as often as you can.

Here is an example from my life so you get the idea.

My reason for desiring well-being is to create a life that's joyful, filled with opportunity and pleasure.

My desire is to actively participate in my granddaughters lives **so that** they flourish and truly experience the love I have for them.

My Intention is to *have* more energy to *do* what I choose to do and when. I will *be* playful, curious and spontaneous. I will therefore *feel* more joyful and happy, with a deeper connection to people in my life.

My reason for
desiring well-
being is to

My desire is to

so that

My Intention is
to

How will you
know you have
created your
Intention
(Success
measures)

Wrestling with feeling ill

Naming the beast

Pay attention to the signals your body is giving you. Look at each of the four aspects - physical, mental, emotional, soulful - to see where one is out of balance.

Physical Signals

Mental Signals

Emotional
Signals

Soulful Signals

Reaching acceptance

Write the first things which come to mind as you read each step. No angst or judgement, only curiosity.

Step 1

Understanding the need to let go of feeling a victim, hopelessness, helplessness

What are the recurring thoughts and patterns keeping you stuck?

Step 2

Decide to take ownership from this moment forward

What do you need to take ownership of? What can you choose to let go of?

Step 3

Forgive yourself and others

Self

Others

Letting go

Step 1

Identify the thoughts that come to mind around how you got to this place of being so ill

Step 2

Expand the list of things that you feel you need to forgive yourself for

Step 3

Expand the list of things that you feel you need to forgive others for

Step 4

Use the four elements of Ho'oponopono either silently or out loud

1. I acknowledge the part I played in (the issue) in my life and I'm sorry.
2. Please forgive me.
(Repeat this sincerely several times as you recall your apology in #1.)
3. Thank you.
(Thank your body for all it does for you, yourself for being the best you can be, your spiritual leader, your awareness etc.)
4. I love you.
(Say it to your body, to your chronic health challenges, the air you breathe, the food that nourishes you, the house that shelters you, your family and friends.)

Use the [fill in the blank] template on the next page by printing several copies and writing up each section.

Ho'oponopono Script

1. I acknowledge Describe the issue to be addressed
the part I
played in (the
issue) in my
life and I'm
sorry.

2. Please forgive Highlight the behaviour or emotion
me.
(Repeat this
sincerely several
times as you
recall your
apology in #1.)

3. Thank you. Area(s) you are thankful or grateful for
(Thank your
body for all it
does for you,
yourself for
being the best
you can be,
your spiritual
leader, your
awareness etc.)

4. I love you. Aspect(s) that you love
(Say it to your
body, to your
chronic health
challenges, the
air you breathe,
the food that
nourishes you,
the house that
shelters you,
your family and
friends.)

Explore the road to here

A different type of Stocktake

Explore the physical, mental, emotional and soulful aspects through the lens of life events.

What 'major' life events have occurred in the last seven to fourteen years?

What feelings do you hold about each event?

What still holds an emotional charge for you and where does this show up in your body?

What has your Stocktake revealed?
Review the emotional energy centres diagram in the book and see how this connects with the chronic health challenges you may be experiencing right now.

Your role**I.AM Enquiry**

Reflect on the following statements from each aspect of your body. You will get the best results when you can do this truthfully, with a sense of curiosity and without judgement.

<p>MENTAL ASPECT</p> <p>I am cultivating ‘fragrant’ thinking and self-talk</p> <p>I am taking responsibility for my behaviours and actions</p> <p>I am open to new perspectives or different opinions</p>	<p>SOULFUL ASPECT</p> <p>I am clear on the purpose for my life at this time</p> <p>I am living aligned with my values each day</p> <p>I am connecting with people who are uplifting</p>
<p>PHYSICAL ASPECT</p> <p>I am making daily choices to deeply nourish my body</p> <p>I am valuing daily activity and movement</p> <p>I am prioritising rest and quality sleep each day</p>	<p>EMOTIONAL ASPECT</p> <p>I am bouncing back from setbacks with ease</p> <p>I am feeling my emotions fully and don’t suppress or label them</p> <p>I am expressing my emotions healthfully, with care for myself and others</p>

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Wherever you have answered NO, sit with this in contemplation, without judgement, and then journal by hand what comes to mind or respond to the following questions.

How has this way of being kept me safe thus far?

What’s the problem and why do I need to do anything at all?

What do I need to change and why?

What are my feasible options and their pros / cons?

What is the best option for me based on either experience, intuition or what I am willing to give a go right now?

How will I achieve this change? What actions do I need to take and when will I implement these?

What obstacles may I face?

What support do I need to stay on track?

Role of the physical environment

Note what needs to change in your physical environment short, medium or long term.

Noise and air
quality

Food quality

Chemical exposure

Experience of normalising the abnormal

What good health and well-being looks like

What would good health and well-being look like for you?

Use positive forward-looking statements

e.g. instead of no pain > free to do yoga when I choose

Update your Intention if required.

Your role vs your practitioner's role

- Track recurring or infrequent symptoms or other aspects of well-being for at least four weeks.
- Use a tool like *MySymptoms Food Diary and Symptom Tracker*: <http://skygazerlabs.com/wp/> or recreate the table below in a notebook or in a word processor.
- Explore the underlying patterns you observe in the data.

Timeframe	Symptom	Intensity (H, M, L)	Duration	Frequency

Journey through the medical system

How to find a Functional or Integrative Medicine Practitioner

Step 1:

Understand what you need

What are your primary well-being issues?

What type of practitioner are you wanting to work with?

What functional medicine services are covered by your health insurance?

Step 2: Do your high-level research

Who can you ask for a referral? (Your own network, support group or forum)

What are the reputable credentialed or certified bodies for your country?

Google search and Google map search for “functional medicine (and town name)” and see what results you get e.g. functional medicine Sydney. Do the same for surrounding towns and similar keywords. Note the ones that resonate with you.

Step 3: In-depth research to create a shortlist

- Explore the practitioner’s website(s) and confirm their listed credentials.
 - Read their blog(s).
 - Find them on Facebook and read the reviews.
 - Find them on Google and review articles, especially publications.
 - Find them on YouTube and get an experience of them on video.
 - If they have a book, read the reviews online, or preferably read the book yourself
-

What level of confidence do you feel having read the information?

Have they blogged or talked about your specific health challenges?

Do you feel comfortable with their treatment approach? If not, why?

Does it seem as if you will get along well with them?

**Step 4:
Investigate
your shortlist**

Contact the practitioner's office. Will they do a free / low cost phone consultation with new patients?

What questions will you ask in the consultation?

Your health summary

Maintaining four areas of content in your health summary ensures the practitioner is up to date quickly and this proves effective:

1. Medical events and date of occurrence.
2. Chronology of tests and outlier results (i.e. top, bottom or outside the test scale).
3. Current medication and supplements including the brands and dosages.
4. Continuous versus intermittent symptoms, including their intensity, duration and frequency.

Here is an example and over the page you will find a template you can fill-in or recreate in a word processor.

Date	Diagnosed Medical Conditions / Operations / Results / Events
1998	Hypothyroidism
2011	Hemochromatosis C282Y Heterozygous
Mar 2015	Adrenal hormones – Cortisol low @ 12pm, high @ 10pm; DHEA-S at top of range

SUPPLEMENT / MEDICATION	DOSE
Eltroxin 100 mcg	1 x morning on waking (since 1998)
Bioceuticals Vit C powder	1t x morning
Herbs of Gold Liver Tonic	10 ml x 2 daily

Current Issues

Timeframe	Symptom	Intensity (H, M, L)	Duration	Frequency
Since Sep 2013	Fatigue – exhaustion (worse post exertion), non-restorative sleep & lack of stamina	H	Waves over the day	Ongoing Daily
Since Sep 2013	Joint pain & stiffness – hands, wrists, elbows, hips, knees (sometimes associated with exercise or when sleeping)	H – M	Across the day	Intermittent Daily
Since Sep 2013	Sudden severe headache (not a migraine). Feels like an ice-pick through my head	H	Average 2 – 24 hours	Intermittent Fortnightly

Past Issues

Timeframe	Symptom	Intensity (H, M, L)	Duration	Frequency
Sep 2013 – Sep 2016	Brain fog, poor recall - improved with ongoing cleansing and avoiding all chemicals however can regress for no obvious reason	H	Across the day	Ongoing Daily
Until Jun 2018	Bloating and flatulence – improved with SIBO protocol and low FODMAP diet	H – M	After every meal for several hours	Ongoing Daily

Current Issues

Timeframe	Symptom	Intensity (H, M, L)	Duration	Frequency

Past issues

Timeframe	Symptom	Intensity (H, M, L)	Duration	Frequency

Finding your support crew

What do you need?

What practical help do you need?

Which people may be the best fit to help you practically?

Who can you enlist to be your sounding board?

Who can help you create a list of pros and cons when you need to make big decisions?

Who is a really good listener?

Who will provide unconditional support for your choices?

Make contact with these beautiful people in your life and ask for the support you need. Be specific and open to receive.

Healthy boundaries you own

Note where and with whom do you need to set healthy boundaries. Prepare a succinct request or response in advance so you can own your personal power.

RESULTS lens:
setting your
boundary regardless
of whether the other
person agrees or not

SELF ESTEEM
lens: speaking up and
sharing my truth
while I set the
boundary

RELATIONSHIP
lens: set the
boundary in a way
that is collaborative
and win-win for both
of us in a trusting
relationship

Practice holding your healthy boundaries in areas that you feel most equipped. As your confidence grows then move onto other areas.

“I give myself grace as I learn to set stronger boundaries and trust that, with practise, my boundaries will become “just the way it is” and won’t take so much effort and energy. But any energy I do spend on my boundaries is well worth it...because I am worth it.”

Your body – your vehicle for life

Nourish well

Pick one of these actions and focus on creating a new habit. When you feel you are on track then pick another action. This way you will avoid any overwhelm.

Make a list of food-like substances you currently eat and what organic whole foods you will crowd these out with

Food-like

Organic whole food

Calculate how much pure water you will need to drink for well-being

1. Imperial system (pounds and ounces) - divide your body weight in half and the value is your daily water intake in ounces.
e.g. Weight = 160 lbs therefore water intake = 80 ounces
2. Metric system (kilograms and litres) - multiply your weight by 0.03 to get your daily water intake in litres
e.g. Weight = 73 kgs therefore water intake = 2.2 litres

Weight _____

My daily requirement of water is _____

Measure out your daily requirement of pure water and aim to drink most of it by midday

Review your eating protocol to determine whether removing inflammatory foods is optimal for you

Move more

Make a list of everyday and fun activities that are a good opportunity to be active within your constraints

Think outside the square and start where you are right now

Rest and Recover

Review the 8 key steps to quality sleep and decide what to implement going forward

- Make sleep a priority in your life. It's about quality of sleep, not only quantity.
 - Disconnect from electronic devices at least one to two hours before going to bed.
 - Simulate dusk in your home.
 - Create a pre-sleep routine.
 - Have a regular sleep-wake schedule.
 - Create a sleep haven.
 - Minimise likely disturbances to your sleep.
 - Keep a sleep diary
-

Which one will you begin with?

What actions do you need to take to make this a reality?

Your mind – a playground for thoughts

Thoughts become us

Capture your most common or recurring thoughts and rewrite them as ‘fragrant’ thoughts.

‘Stinky’ Thinking	‘Fragrant’ Thinking

Reflect on where there is fear or anxiety and if required, go back to the exercises from the chapter Explore the road to here and redo these.

Mind your language

Focus on building awareness of how you use language and work on switching out the automatic negative responses.

Automatic Negative Responses	Conscious Kind Responses

Herding Cats

Select a breath practice and make this part of your daily routine:

- Practice Dr Andrew Weil's 4-7-8 breath twice a day.
- Use alternative nostril breathing to support the connections of mind and body.

Select a restorative practice and make this part of your daily routine.

- Full body relaxation.
- Self-led or guided meditation.

Your soul – the essence guiding you

Shining your light on purpose

When is the first time that you remember doing something or being somewhere where you knew you were in your zone of genius, doing exactly what you needed to be doing in that moment?

How did this feel in your body?

Think of a time when you just knew everything was wrong and you're certain that you weren't living your purpose

How did this feel in your body?

Write down every 'lit up, I'm in my zone of genius, doing exactly what I should be doing' feeling that you can remember

Do you see an overall pattern or a theme of nature, animals, people, movement, family?

Where are the opportunities that really light you up and intersect with your passions but that are also in alignment with your values?

How will your purpose give meaning to your past?

A guiding framework

Complete the values refresher and communicate these to people who matter to you.

Aim to list about ten top individual and relationship values.

Prioritise your top ten until you have no more than five values.

List one main core value plus your other top four values.

Test if these values
are a good fit with
your Intention.

Would be willing to
uphold your top five
values even if you
were different?

If not then review
the top ten you listed
and test these.

Soul Pleasures

Make a list of attainable activities to bring more joy into your life, that you either do solo or can bring into relationship or connection or contribution with others.

Taking back your personal power

Exercising your choice

Review your
Intention (future
state) and your
Stocktake (current
state)

Note any insights
you have gained

Why do you need to
move forward to
your desired
Intention?

What is it that you
need for your well-
being?

To create the basis of your first draft of your Commitment Plan you will:

- Write a list of all the things you need to action to close the gap between where you are now and where you need to be with your well-being.
- Add which of the four aspects; mental, physical, emotional and soulful, each step or action supports.
- Observe the proportion of the four aspects and top up aspects that are low.
- Allocate a timeframe to each step or action
 - Within the next twenty-four hours.
 - Within the next week.
 - Within four weeks.
 - Within eight weeks.
 - Within twelve weeks.

Print multiple copies of the following template pages so you can write freely.

Making a commitment

Write down all the obstacles and objections that come up as you see your list of actions. Next write down all the counter arguments to each obstacle and objection.

Obstacles and Objections	Counter Arguments

Next steps:

- On a Sunday, take time to review what you have committed to for the week.
- Put the actions in your diary or planner and place it somewhere visible.
- Every three months come back to this process, so you can check off your progress on your original list of ideas and potentially add new ones.

Coming back to you

How do you want to show up?

Bring conscious awareness of what you don't love about yourself

Contemplate what would help you to move forward from those thoughts

What choices can you make to move forward and love yourself unconditionally?

When you catch yourself doing fabulous things, how will you reward yourself for doing them

How can you be kinder to yourself so that self-compassion becomes a natural way of being?

Shape your future

What change would you make when planning, to set your highest priorities first?

Block them out at a time of day that suits the activity or the intention

Keep growing

What new hobby or craft could you learn?

What fun and playful activities can you include that build up your joy bank?
