



IN

A COURSE

self love

THE PEACE TREATY





Inner peace is a precious thing.

It's one of the most noble endeavors you could ever pursue not only because it has a profound impact on everyone you care about. But also because **inner peace is the gateway to everything you deeply desire.**

Not just getting the things- though it helps immensely with that- but actually letting yourself enjoy the life you have. Feeling not only like you earned it, but that you actually deserve it!

And that's just the beginning, because if you're anything like me, the things are cool, but it's the experiences you're really after.

Did you realize that every single experience in your life is colored by your relationship with yourself? And when you're fighting with yourself, you can't enjoy your life. At best you get little snippets here and there where everything is kind of ok, while you wait for the other shoe to drop. Then it's back to the grind.

When you can't enjoy your life, or only enjoy it in fleeting moments, **it gets exhausting really fast.**

That's why I created The Self Love Peace Treaty.

Whether this is the first time you've considered that you might be able to have a different kind of relationship with yourself, or you've been working on yourself for years...

Let this be a new beginning to being IN Self Love.

Here's to new beginnings,



STEP
one

NAMING THE VOICES IN YOUR HEAD



Step 1: Naming the voices in your head

Have you ever considered who is actually fighting inside you? I mean, it's all you, right?

Well... Yes...and no...

It's all you because they are all parts of you. This is the biggest reason to make peace. Because when you're fighting with yourself, no matter who wins, YOU LOSE.

So we want to be able to have a better conversation about who exactly is fighting. Because if we're going to make an agreement, we need at least 2 parties. And I have a very simple exercise that will help you to identify some of the players.

Grab yourself a notepad or use the section below to write down your answers.

I'd like you to call up the voice of your loudest inner critic. And before you start arguing, take a deep breath and really listen to the voice.

Pay attention to the language and tone. Does it remind you of someone in your life? A parent or teacher? A boss (current or former)? Someone else?

It's not too important for our purposes here that you put a specific person on it, though many people recognize it right away.



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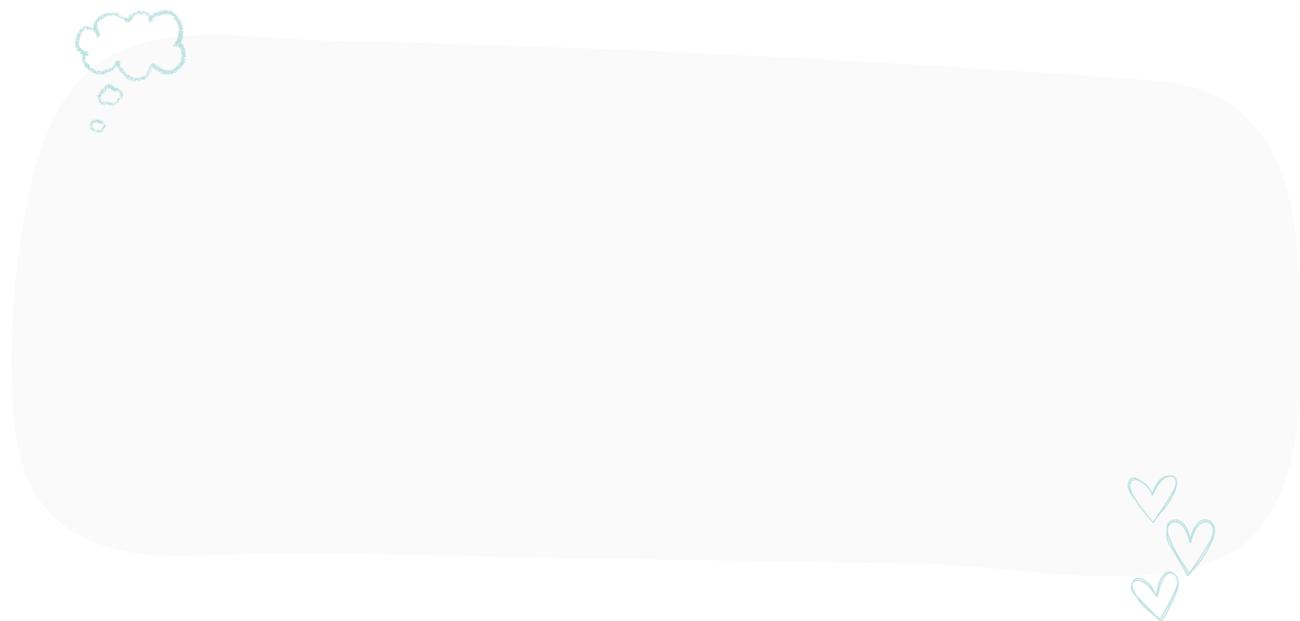
What's most important is that you recognize it as a unique persona that lives inside of you. Not separate from you. Not an enemy. Part of you. Because you've adopted it.

If you're thinking about kicking it to the curb, not so fast. Because, like I said, this is part of you now. So let's start listening...

Can you tell what this voice wants? What it's afraid of? Is it trying to protect you in some way?

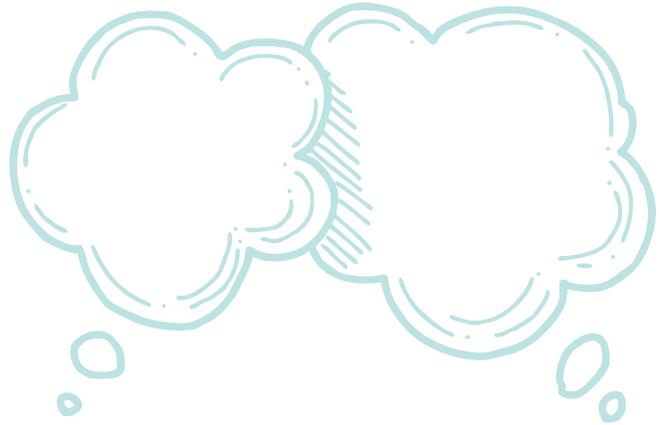
Write down whatever you hear.

You can give this voice a name if you want. We'll refer back later.



Now that you've let it be heard, you can move it aside. And turn your attention to any other voices that chimed in. Do exactly what you did with the voice above and write down your answers.

It's ok if you only find one to start. They can be sneaky that way...

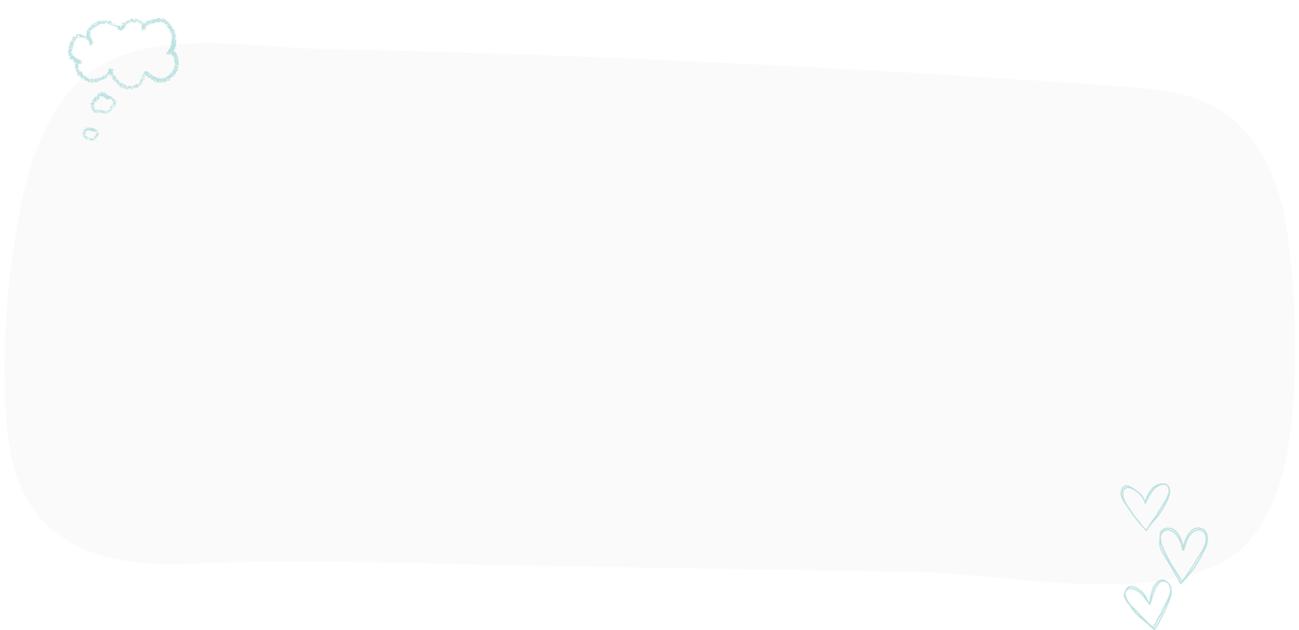


Now we'll make a list...

The Parties of the Agreement

List the voices below. These will each be written into your peace treaty...

1. You- the real you- your Full Potential You
2. Voice 1
3. Voice 2
4. etc...





STEP
Two

THE GRIEVANCES



Step 2: The Grievances

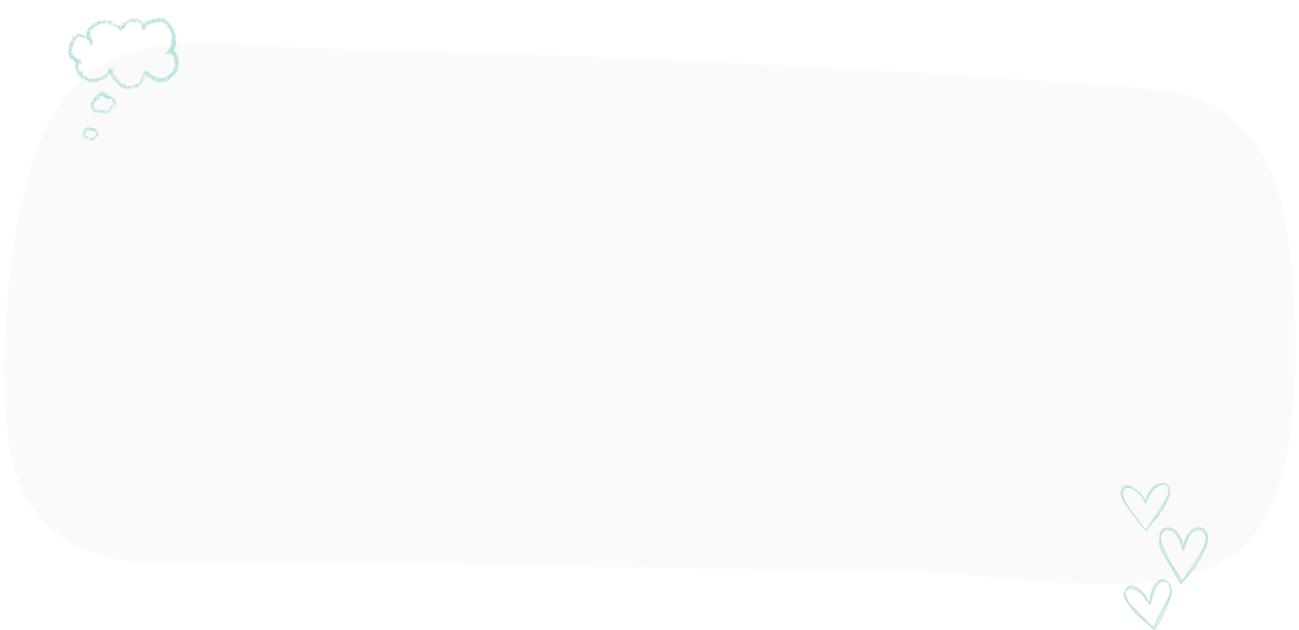
You're fighting because the different aspects of you have grievances with one another.

They either want different things, or they have radically different ideas about how to accomplish the same things.

Just like in any other relationship, you might hear things like, "There you go again. You ALWAYS do that annoying thing," or "I can't believe you did that!" or "How could you be so stupid?! That doesn't make any sense."

Now we want to be a little more specific about what, exactly, each part of you is so angry about.

Not just the critics either. The "good" part of you is probably plenty pissed about being constantly harassed by the other parts. That's fair.



Try to be specific.

Is it certain behaviors? Habits or patterns?

Is it particular decisions you've made?

Maybe it has to do with speaking up for yourself or holding boundaries.

List them all out. Listen into each part of you, each voice, and let them share their grievances.

If I had to guess, I'll bet there are some pretty fair points in there. And some others that seem ridiculous or completely unreasonable. **We're not here to judge. Just list them out.**

When you're done, move onto the next step...





STEP
three

THE PEACE TREATY



Step 3: The Peace Treaty

This is the fun part. I've provided a very basic guide to get you started, but you'll want to take this and write it into something that's unique to you.

Get creative. Write it in legalese if you want. Or old English. Heck, write it in Elvish or Huttese if it helps you to engrave this on your heart.

I've read dozens of these. Some very stern. Some more whimsical. I've loved them all.

You really can't do it wrong. And remember- if you don't like it, you can change it whenever you want. You're an adult. Adults can do that.

One important thing to realize is that you're making new agreements with yourself, and these agreements will shape your life.

This is powerful.

And it can be simple. In fact, the power is in the simplicity of it all.

So take a few minutes to read through the examples below, and then get to writing.

If you want a google doc to work from, [click here](#) and you can copy it to your own google drive.

This agreement, being entered upon on this day, [DATE] by and between [You, voice 1, voice 2, etc.], herein after referred to as First Party, Second Party, etc. or collectively as Parties.

All Parties formally declare a state of peace within themselves and among all other parties. This peace is entered into with full understanding that new decisions must be made individually and collectively. As well, that every effort to support said decisions (both listed here and any future decisions) in the best way possible.

It is further stated that all Parties agree to adhere to the code of conduct as follows:

- Treat each party, including oneself with absolute respect by default.
- To listen with care before responses are made.
- To make every effort to communicate clearly and compassionately. To that end, no assumptions are to be made. Rather, clarifying questions are invited and encouraged.

These agreements will heretofore apply to all areas of life, including, but not limited to physical, mental, emotional, relational, financial and spiritual aspects of the human experience.

All acts of aggression, no matter how large or small, are hereby banned.

First Party Cites the following grievances to be reconciled on an ongoing basis...

EXAMPLE

- Incessant criticism for mistakes and misjudgments, particularly with respect to _____
- Refusal to listen to my body and other physical responses to stress and fatigue
- Second-guessing and/or ignoring intuitive insights
- All forms of self-punishment, including, but not limited to _____
- Etc.

Second Party Cites the following grievances to be reconciled on an ongoing basis...

- Grievance 1
- Grievance 2
- Grievance 3

From this day forward, All Parties commit fully to whatever actions, intentions, or activities are needed to keep this peace, without exception. Additionally, All parties commit to revisiting and revising this agreement on an ongoing basis, and as often as necessary.

Should any party or parties break this peace, All parties agree that there will be a concise and productive “meeting” in order to determine corrective measures and make any necessary amends.

Blame, shame, judgement, criticism, punishment, and manipulation shall play no role in any such corrective measures, nor in the communication in determining corrective measures, as agreed upon by all Parties.

Rather, all efforts will be made to deeply understand the offending parties needs, fears, and positive intentions. Further, every effort will be made to accommodate these needs, and allay any fears in order to honor said positive intentions in the most efficient and productive way possible.

This treaty is hereby agreed to in perpetuity from this day forth.

Signed: _____
(Your Full Potential Self hereby representing all parties)

Date: _____

I _____ formally declare a state of peace within myself. This peace applies to all aspects of my being (physical, mental, emotional, relational, financial, and spiritual). All acts of aggression, no matter how large or small, are hereby banned.

I cite the following grievances to be reconciled among all parties on an ongoing basis

- Incessant criticism for mistakes and misjudgments, particularly with respect to _____

- Refusal to listen to my body and other physical responses to stress and fatigue
- Second-guessing and/or ignoring intuitive insights
- All forms of self-punishment, including, but not limited to _____
- Etc.

From this day forward, I commit myself fully to whatever actions, intentions, or activities are needed to keep this peace, no matter what. Additionally, I commit to revisiting and revising this agreement as often as necessary.

Should this peace be broken, I agree that there will be a concise and productive “meeting” in order to determine corrective measures and make any necessary amends.

I further agree that this “Meeting” shall be free from any and all blame, shame, judgment, criticism or punishment. This treaty is hereby agreed to in perpetuity from this day forth.

Signed: _____

Date: _____



STEP

four

DAILY PRACTICE



Step 4: Daily Practice

Great work!

Hopefully the insight and awareness gained so far has been useful for you. Oftentimes, we just lump all of those voices together, which makes effective communication pretty much impossible.

However, there is one more step that will help you anchor this newfound peace and usher it into reality as your new norm.

Because this inner conflict has been going on for a long time, and we're not just looking for an armistice while everyone regroups before they get back to fighting. We want a lasting peace.

More, we want to make these parts of ourselves into loyal allies. To that end, I recommend reading your treaty out loud to yourself every day for a month.

It might seem like a little overkill, but trust me, it will pay off.

Peace is worth it.

It will help to keep those impulsive invoices in check, and over time, you will form new patterns of communication and understanding within yourself.

What do you have to lose?

A headful of conflict?

Incessant chatter chipping away at your confidence?

Invisible naysayers dragging you down?



Now what do you have to gain?

A real sense of inner peace.

A healthier way of communicating with yourself.

The possibility of recruiting these different aspects of you and getting them on your side.

More than anything, healing.

Healing in a way that only you can create for yourself.

It's healing to be on your own side!

Peace,

Nick

The Mystic Next Door

P.S. This is just the beginning. Making peace opens the doors to all kinds of interesting opportunities for healing and growth. That's why I created the Five Foundations of Self Love™.

And mastering these foundations changes literally every aspect of your life for the better. If you'd like to learn more about my revolutionary course, In Self Love, go to <http://www.nickhansinger.com/loveyourself>.



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