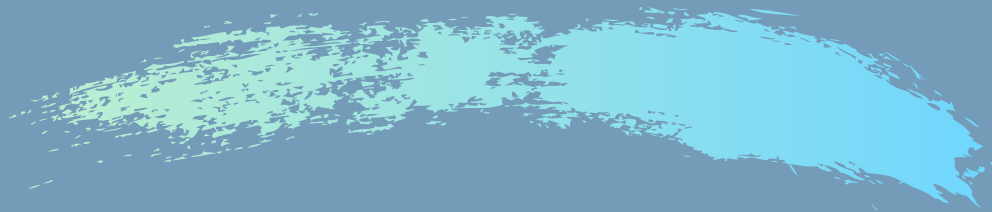




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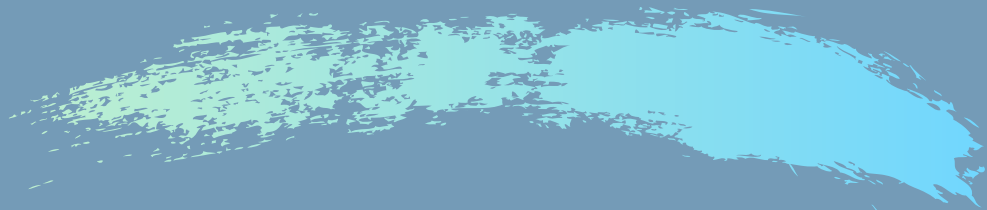
## **THE WORKBOOKS**

Getting through the darkness  
one page at a time.



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# Laying it All Out



Right now, we are all pretty much just trying to get through...this pandemic, our hurdles, and even day-to-day life. Some have it easier, some have it hard.

And some of us, me included, could use a little help. Thus I am releasing the NBU Getting Through Guide and this accompanying set of WorkBooks a little earlier than I anticipated. Originally, this was intended to be a guided online course and comprehensive program; But, at this time of upheaval, I feel that anything that might help should be released. So, here we go.

What is our objective with NBU Getting Through? Getting you through whatever you are facing by helping you find and face the REAL you and empowering you to move onward and upward through it all. At the end of this process, i want you to feel like the strongest version of yourself, not only equipped to get by, but ready to fly high in the the face of all that you have been through and might face again.

Within each section, there will be questions, typically followed by a brief reflection.

We use these eight sections/workbooks as a guided process to expose our darkest darks, and then see our lights and find amazing things within ourselves that we never even knew existed.

Through this process, I also infuse some of my additional teachings to give you breaks and assist you in overcoming curveballs and moving through.

Let's begin.

# NeverBroken You



First and foremost, I want to assure you of something. You are not broken. You may feel broken. But you - the actual you, deep within - is still there, and it's all you. It may be quiet, it may be muddied. It may be covered, or have a wall built up. But you're still in there. We'll find you. And you are NeverBroken.

In all that I teach and do, your wholeness is at the fundamental core. As much as we have been taught to think that we are breakable beings, as an identity, you are forever whole, and it is what is around you that is broken. For getting through anything, this understanding can greatly facilitate the process, which is why I bring it up here. For some, that knowledge may be the "click" that makes it all make sense. For others - me included - getting through takes a whole lot more than just accepting a concept or idea, especially when the idea of our own fragility has been ingrained in us since birth, then confirmed by our own experience and emotions.

In asserting our neverbrokenness, I do not intend nor desire to negate our life experiences or our heart-wrenching feelings of sadness and brokenness. Instead, I hope to empower us all to see our own abilities, or lack thereof, through a veil less obscuring and less tainted by conditioned belief and thought.

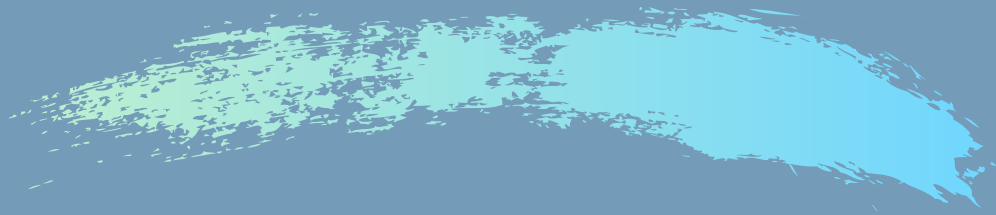
For now, considering we have a whole slew of stuff to get through, the mention of our neverbrokenness will stop here. But just remember - you are stronger than you think, under the layers, under the muck, under the broken. You are still there and we will find you. We will get you through.



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## **MURKBOOK**



Welcome to the first section, the MurkBook. Here is where you will lay it all out. All the mucky muck you that are going through, all the garbage, all the hurt, all the pain, all the shame. You may even want to shred it, burn it, or rip it up when it's done (at the very end, though, because you will be referring back to it later in this process).

Get it ALL out.

# NBU MurkBook

Here, we want to explore how you really are.

Maybe you are stuck in something, a rut, an old pattern, a bad relationship. Maybe you are just tired of the same old thing and want to move up in life. But you could also be at the end of your rope, desperate for an out, a glimmer, a lifeline.

Please hang in there.

But Caution, this process will ask you to delve into your darkneses. It is the first step toward finding light. Just hang in there. We WILL get through, together.

But we need to start somewhere, to understand where you are, in order to move forward. Answer as honestly as you can. This MurkBook is for you. Here we go.

How are you? Truly?

What has gotten you to this point?



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# NBU MurkBook



What happened? Please tell all.

Do you feel stuck? If so, how?

Are there any people involved?  
(If so, don't go into too much detail about them just yet. Just get it out.)

How often do you think about your murk?



# NBU MurkBook



How does it affect your mood?

How does it affect your work?

How does it affect your relationships?

What has been done to you that you might call murky?  
How long ago was this?





# NBU MurkBook



How greatly, would you say, does this affect your overall attitude toward life?

Is this your only darkness? If not, what else is there?

Are there patterns in the darkneses of your life?

Why can you not "get over" your challenge?



# NBU MurkBook



Who can you not forgive and why?

What hurts the most?

Do you feel BROKEN? If so, why and by what?

How do you cope with this feeling?



# NBU MurkBook



Do you see any light?

(If you do not, please seek professional guidance. There is absolutely NO SHAME in seeking and accepting help. I have. Please do. We all need help sometimes.)

If you do see a glimmer, what do you find it in?

Whoa, that was heavy stuff. But now it's all out.

Please, if there is more in there you that need to expel, use this space to do so:

Then, move on to the IrkBook.

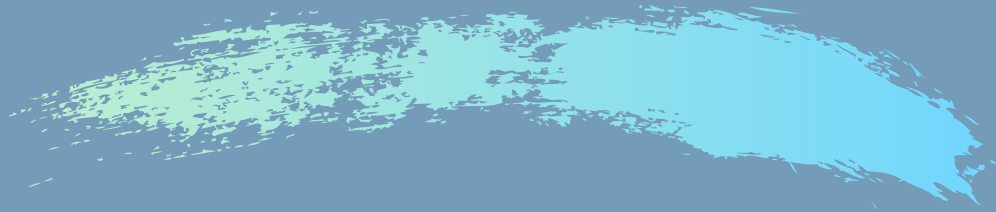




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**IRKBOOK**



With the IrkBook, we move from downer doozies to annoyances.

Here is where we air our grievances with life. We whine, we complain...  
What has not served you well? What is bugging you now? What has  
sucked in the past?

It's gonna be a bumpy ride, so let's dig right in.

# NBU IrkBook



What is your biggest pet peeve. Does anyone in your life embody this or do it often? (We'll get more into the who in the next book).

Why does this thing annoy you so much?

What are your feelings in regard to the state of the world?

What truly irks you?



# NBU IrkBook



What would you change if you could?

How does this affect you on a daily basis?

Can you change the thing that is irking you? Why or why not?

Is there another way of looking at it? If you cannot change it, is there another perspective or angle you can approach it from?



# NBU IrkBook



Is there a small thing you can do to work around it?

What else annoys you?

Do you have any haunts or bad habits from the past?

Why do you think these still affect you now?



# NBU IrkBook



How much do they affect you?

Do they help or hinder you getting through your current challenges?

What would it take for you to let them go?

The things that annoy you just do. There is no changing that. But similar to how we choose how to perceive our brokenness or a broken heart, we can also CHOOSE how we see and behave in regard to our annoyances. We can walk away. We can put up healthy boundaries. We can tune them out. We aren't going to necessarily change the thing; but we can change how much it gets to us by re-routing and choosing something better.

Speaking of not being able to change others,  
onward to the JERKBOOK.



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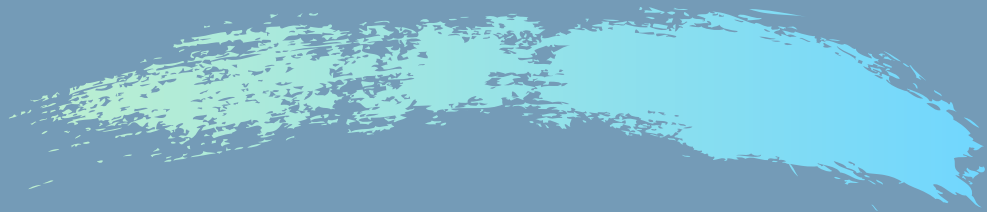




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## **JERKBOOK**



The JerkBook is similar to the IrkBook and the MurkBook in airing grievances, but more specific to the "whos" in your life. First, it will prompt you to slammy slam ALL who have affected you in negative ways. Let it rip. Don't hold back. No one's reading this but you.

It may seem counterproductive, but you NEED to get out everything out and in front of you, not just complaining or gossiping to friends. Seeing it on your page is a little different.

Then, Part Two of the JerkBook is slamming yourself. What don't you like about yourself and why? Be a jerk. Just for now, though. Don't worry, there is a point to this.

Let's get started and get it over with.

# NBU JerkBook



Does anything make you feel like a jerk in your everyday life?

What really gets to you?

Who do you hate most of all?

If you hate no one, who gets under your skin?



# NBU JerkBook



Why do these people affect you? What have they done? Please TELL ALL.

How have they wronged you?

How bad does it hurt?

How do they suck?



# NBU JerkBook



Are they overall bad people or just to you? And why, if you know?

Is this person or people still in your life?

Can you avoid them? If so, how do you?

If not, why? How do you cope?



# NBU JerkBook



What kind of people do you just not like?

Do you find yourself around these types of people often?

Do you feel you attract these people into your life?

What is your biggest pet peeve?



# NBU JerkBook



Do you tolerate this from anyone?

What do you think that says about you?

Do you like yourself? If so, are there things you do not? If not, why?

Be really mean, now...list everything you don't like about yourself or would possibly change if you could.



# NBU JerkBook



From the previous question, why do you not like these things? Could it be possible that they aren't true?

Gosh, that was harsh. You were a real jerk. In this case, though, that's good. You're not really a jerk, I'm pretty certain. But we had to get all that out, one way or another.  
Don't worry, we're getting there.

Before we move on, list some of the feelings this brought up for you:

Next step - a brief pause for some much-needed light,  
then the LURKBOOK.



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# Pause: Keeping the Light in Sight



In dark times, I often think of hiking through some of my favorite forests. Deep, dark caverns of greens and browns, seeming ominous, especially in cloudy weather, pre-dawn, or twilight.

But then, there they are, shafts of light. The first sunrise, the sun through the clouds, or the last sunset. So warm. I use that word to describe the color too, because orange, yellow, gold doesn't quite cut it. They glow. They fill the little holes inside of me. They remind me that there are shafts of light, ready to shine in at any moment. They can hopefully help the light to also shine out.

But, for now, I just take it in. I allow and I feel.

You try it.

Now, back at it. After the MurkBook, IrkBook, and JerkBook, you may be wondering why you signed up for this. It all seems a large bag of negative. Well, it is for a reason. It's getting it all out. It's expelling it and getting it out of your way for your journey through.

The next workbook, the LurkBook, will have you turning the tide. It uses the outside world to bring it back in, to you and what you really want. So, let's go.





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## **LURKBOOK**

The LurkBook is a mixed bag. In some ways, it seems like a jealousy and envy rant; but it also determines and demonstrates, with a sneaky sideways approach, what you want out of life and also may bring to light why you have slammed some people in the JerkBook.

That's okay, though. It's part of the point. The LurkBook is for writing down what you want that you see in other people including material things, personality things, and even great accomplishments.

# NBU LurkBook



It's sometimes easier to dig into our own wants using other people. It is less invasive and elusive, seeking from the outside in. Why don't you have these things? We'll broach that too. They may not be yours now, perhaps, but who knows...

Here we go.

If you could be anyone, who would you be?

If that person is you, what about someone else would you like to add to your persona? Who do you admire and want to emulate?

If that person is another person than yourself, what about this person makes you want to be like them? Is it their life or the actual person?



# NBU LurkBook



Of all your friends and family, who do you envy most? Why? What for?

Of any other acquaintances, who do you envy? Anyone? Why? What for?

Who is your favorite public figure? Name ten if you can.  
Circle your top three. What about these people do you admire most?

1)	6)
2)	7)
3)	8)
4)	9)
5)	10)

What are your favorite characteristics in a person?



# NBU LurkBook



What are your favorite characteristics in a partner?

Do you have any of these characteristics?

What are your favorite "toys" that you have?

What "toys" do you want but don't have? Does anyone you know have these? Does anyone you not know have these (like famous people)? Who?



# NBU LurkBook



What activities do you love to do?

What have you always wanted to try but haven't? Why?

What do you admire that someone does that you would never want to try?

What is your job?



# NBU LurkBook



Do you like your job?

If so, what do you like about it? Does it feel "you"? If not, why do you do it?

If you could do anything and get paid for it, what would you be doing?

What do you consider your greatest accomplishment thus far?



# NBU LurkBook



What do you hope to accomplish, moving forward?

If you could have any kind of life, would it be the one that you are in?  
What would you change it, if you could?

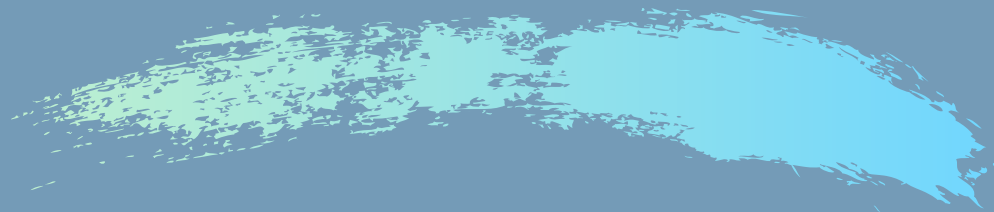




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## QUIRKBOOK



Here is where we take a turn further into the light.

In the JerkBook, we lightly (or heavily) touched on some of the things that you do not like about yourself. Here, we will go a bit more into those things, but in order to find out what makes you unique and special. We explore how the "bad" could potentially be good. Whether you like these things or not, they are you, or at least your perception of you. We will figure out if these things really ARE the real you and then see the light in these things.

The Quirkbook is about celebrating what sets you apart and makes you exquisitely, beautifully different, and sets you up for amazing things.

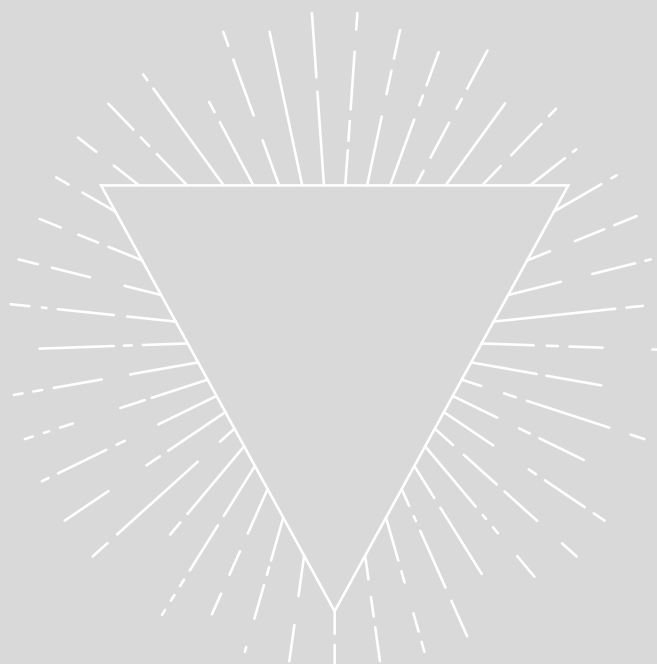
On top of that, we will uncover what you already see as great; then, we will start to amplify your greatness on this road to more. So, without any further ado...



# NBU QuirkBook



What do you like about yourself?  
(You see what I did there? I gave you PLENTY of space.)



What do you not like about yourself? Why?



# NBU QuirkBook



What do you think other people like about you?

What do you think other people do not like about you?

What sets you apart as different?

Who told you this was different?



# NBU QuirkBook



Do you believe it? Do you like that it is different?

What is your biggest hindrance or hurdle to the life you want to live? What is your attitude toward this thing? What, in your personality, is contributing to this hurdle being there?

What has been your worst failure to date? Was it really a failure? Any other things that you have failed at? What did you do to cause these failures?



# NBU QuirkBook



What has been your biggest success up to this point? Any other successes?

What did you do to contribute to these successes? What characteristics do you have that made these things happen?

What was/is your best relationship? What makes this your best? What do you contribute to the relationship?

What was/is your worst relationship? What makes it the worst? Any patterns in other relationships?



# NBU QuirkBook



What is your VERY BEST quality?

What is your VERY WORST quality?

Is there anything in your worst that might help your best?

What makes you special? (Because you really are.)





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## PERKBOOK

Here is where you DREAM. The PerkBook is for finding what YOU deem satisfaction and reward. What do you see as success? What do you see as vacation? What do you see as acknowledgement? How often do you allow these things into your life? Is it your fault or another's that these perks aren't readily available if they are not? This book is finding the reward; because if you don't know what you want, big or small, how will we get it?

This is where we let it all loose in a very positive way. We've been holding our breaths a bit, up to this point, digging through the ups and downs. Now, we get to exhale.

There. Let it out. Deep breath, then let it out again.  
Close your eyes and clear your head for just a moment.

# NBU PerkBook



Now, you're back, and the world is a bit more open.

The key for these questions is to answer quickly. Allow the answers to come as they do. Some things might seem repeated from the LurkBook, but they're supposed to. Now, they are yours. And knowing is the first step to allowing. Do not edit. Just answer on impulse. Trust your gut and write. You might be surprised by your answers.

Any first thoughts or desires?

What do you want out of life?

What do you see as success?



# NBU PerkBook



What do think of when you think of fulfillment?

If you could go anywhere, where would you go? List places and be descriptive. Have fun!

If you could live anywhere, where would you live?

If you could be anything, what would you be?





# NBU PerkBook



If you could do anything, what would you do?

If you could have anything, what would you have?

What is your dream home like?

What is your dream family like?



# NBU PerkBook



Who is your dream partner?

What is your favorite food?

What is your favorite music?

What is your favorite book?



# NBU PerkBook



What is your favorite movie?

What do you really like to do?

Name the most amazing fun time you have ever had.

Name the most beautiful thing you have ever owned.



# NBU PerkBook



Name the most beautiful thing you have ever seen.

If you could grab onto something right now and keep it, anything, what would you grab?

What do you think of when you think of hope?

What do you think of when you think of light?



# NBU PerkBook



These things are more important than you know. They aren't just dreams, or perks; They are Visions, Possibilities, Hopes, and Realities you just haven't lived...YET.

Use this space to expand on any of the ideas you have come across.  
Go for it!

Onward to the WorkBook.



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**WORKBOOK**

Not that the other workbooks weren't challenging. Believe me, I KNOW that they were, especially digging into the tough stuff.

But in this one, the WorkBook, I actually put you to work on yourself. This is where we put all the other books together and clarify what we have uncovered in a way that moves you forward.

# NBU WorkBook



We condense all the other books into mini-sections: Part One: Murk, Part Two: Jerk, Part Three: Lurk, Part Four: Quirk, and Part Five: Perk. That way, we have it ALL in front of us - what has hurt, who, how they have hurt us, what we want instead, and who we are to deserve all we want.

We have explored your personal powers and strengths and now put them to great use, shining a very large and warm light on your unique powers. The WorkBook is about change, about moving forward through, and about realizing your wholeness once the darkness falls away.

Please be advised, some of these questions may trigger you and seem to make small of that which I know is very big for you. Although much of this tries to be gentle, here is where we truly need to pull off the band-aid to get through. Just try, as much as you can, to be honest, yet also give yourself time, breaks, and compassion whenever necessary.

So, let's go, starting with the heavy, ending with the light.

## Part One: MURK

What were your biggest discoveries in the MurkBook?

What is your darkest dark?



# NBU WorkBook



Why have you not faced this until now (or if you have tried, why do you think you have not succeeded)?

Did you do anything to cause it? If not, why do you think it happened to you? Is it necessary that there be an explanation?

What effect does this thing or occurrence have on your daily life? Is there a reason you let it run you?

What do you wish were different?





# NBU WorkBook



What is stopping this from happening?

## Part Two: IRK

From your IrkBook, what is your greatest irksome thing? What annoys you the most?

Have you figured out why this bothers you so much?

Is there a memory attached?



# NBU WorkBook



What does this say about you?

Is there a way to avoid or change this irksome thing?

On your path to clearing the way to yourself, if you cannot avoid the irk, can you change your way of looking at it?

## Part Three: JERK

From your JerkBook, who is the biggest trigger in your life?  
What do they do to set you off?



# NBU WorkBook



Who else annoys you?

What do they have most in common (if anything)?

Who hurts you the most?

How do they hurt you?



# NBU WorkBook



If not, is there a reason (other than residual pain) that it continues to affect you daily?

How often do you run the story and script above through your head? How often do you tell the story to other people?

Are you letting the repetitive script keep you captive in a cycle of guilt, pain, shame, or stuck?

How can it get better?



# NBU WorkBook



## Part Four: LURK

If you could be anybody, who, according to your LurkBook, would you be?

What qualities does this person or these people have that you want?

What things do these people have that you want?

Did you find anything surprising in digging into your envies or your ideal self and life?



# NBU WorkBook



Why have you kept yourself from these things or from being the kind of person you want to be?

Why do you think others deserve this life more than you?

## Part Five: QUIRK

What is ultimately your most unique feature or characteristic? List some other things that makes you particularly you and special

Of the things you listed as shortcomings or failures, could they be seen in a different light?



# NBU WorkBook



How could any of these features help you achieve any of the things from the LurkBook?

What can you do that no one else can?

What is your most beautiful feature?

What is your quirkiest feature?



# NBU WorkBook



## Part Six: PERK

From the PerkBook, what does your dream life look like?

What are your biggest goals (name at least five)?

Have you done any work toward these goals? If not, why not?

Has anything from the Murk, Irk, or JerkBooks stopped you from pursuing your dreams and/or goals?





# NBU WorkBook



From the last question, do they have a direct effect on whether or not you think you can achieve these things?

Is it true? Or have you just bought into the belief?

When was the last time you had fun?

Did you do anything from your lists in the PerkBook? If not, why not? What are you waiting for?



# In Summation to the Workbook



Now, after all of that work, take a deep breath. Do you still feel broken? It's okay if you do. But do you realize, now, after examining and dumping, just how very much goes into that feeling?

Here's the thing: YOU are not broken. Things happen for you, to you, around you, and in you. But the actual YOU is still in there, entirely whole, no matter what happens or has happened.

The Murk comes in. The Jerks arrive. We Lurk and we want what we don't have. We stop ourselves from allowing these things in our lives because of the damage from the Murk and the Jerks, which can include us. We can get caught in jealousy or longing. We convince ourselves that we are broken, unworthy, and undeserving. We buy into the belief that we are incapable, because of mental, physical, financial, or situational limitations.

But it's there. Our happiness. And we are there, waiting and whole, ready to be tapped into for our full potential and getting through. It's just a matter of seeing it, seeing ourselves, and, especially, seeing our Quirks for all of their greatness, and then allowing the Perks to flow.

Now, a brief break to look at some ways to more easily recall your greatness. Then, onward to the TwerkBook.

# Pause: A Good Strategy - The In-Sights



At our earlier pause, I did something. I asked you to visualize. You may not have even realized it. But did it possibly bring you into the light, at least for maybe a moment? Hopefully it did. But even if it didn't, maybe another visual could and would.

A helpful strategy I use for getting through dark or blockade moments is what I call in-sight visualization. It's a little different than your typical kind of visualizing, as it is comprised of already-established, easy-to-recall visualizations that, in some cases, force a laugh or light-hearted approach. They are meant to be "in sight," hence the title, when you need them most.

One of my favorites, for example, is what I call the Shooting Bollards In-Sight. At one point during my college years, I worked on a military base. While I was there, they installed metal bollards, or posts, that could shoot up out of the ground if a vehicle tried to speed past the checkpoint. Quite a visual, right?

Well, I use this visual when dealing with people or energies that undermine or somehow negatively affect my journey, especially when they sneak up on me. I'll be talking to someone and then realize that they are basically bashing what I do or making me feel less than who I really am...and then - POW - there go my bollards, shooting up out of the ground, blocking, as best they can, the negative vibes like a protection spell.

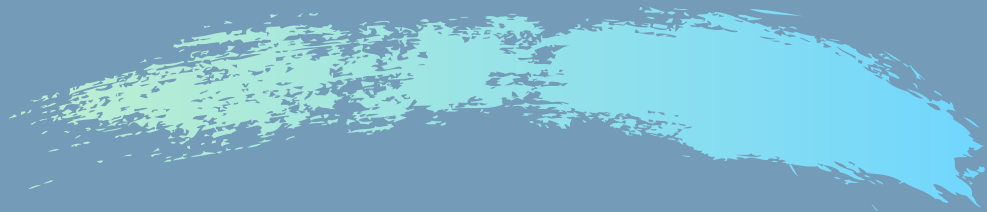
The In-Sights are not meant to belittle your stuff; they are, instead, meant to belittle the other stuff, and strengthen your own resolve. To learn more about In-Sight Visualization and find a slew of In-Sights dealing with a wide variety of situations, find them at [NeverBrokenYou.com/in-sights](https://NeverBrokenYou.com/in-sights)



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## **TWERKBOOK**



Yes, it is a silly name.  
But it makes you laugh or roll your eyes, right?  
It's supposed to.

This is the FunBook, the one for moving, jumping, and dancing into the light. The TwerkBook is for being silly and for celebrating YOU - the one that you are and the one you are becoming - through this process, through the darkness, and will continue to be, now that you know your truth.

# NBU TwerkBook



This TwerkBook is your reward for getting this far in this process. It was work, wasn't it? But I have a good feeling that, if you actually did the work, it will open up all kinds of windows and doors into your life and in your world. Most of all, it will bring you closer to yourself, which will allow you to be closer in every aspect of your awesome existence.

Animals will flock to you like Cinderella, wealth will flow like water, and love will come to you from every angle...oh wait, that's my dream. What was yours again? Yes, the darkness could still potentially take ahold every now and again. We are, after all, very human. But now we know what it's all about and we can confidently move beyond it.

And we can Twerk! Here's our book of celebration:

What will you do for fun today?

Name one thing you used to do for fun that you don't do any more.  
Why did you stop doing it?  
Would it still be fun now? If so, go for it.  
If not, what would you find equally as thrilling now?  
Let's find you the same vibe.



# NBU TwerkBook



What is your best childhood memory?  
Can we relive that somehow?

Name ten places you'd like to go.  
Set tentative dates to go to these places.

- |    |     |
|----|-----|
| 1) | 6)  |
| 2) | 7)  |
| 3) | 8)  |
| 4) | 9)  |
| 5) | 10) |

Name ten things you'd like to do.  
Set tentative dates to do them.

- |    |     |
|----|-----|
| 1) | 6)  |
| 2) | 7)  |
| 3) | 8)  |
| 4) | 9)  |
| 5) | 10) |

What is your favorite animal?  
Have you ever seen one in person? How could you?  
If it involves travel, plan a trip around seeing this animal.



# NBU TwerkBook



Here's a list of fun, off-the-wall, suggestions:

- Run into the ocean or jump into a pool with your clothes on.
- Eat something REALLY spicy with a friend and laugh at each other's reaction.
- Throw eggs at your own garage door (then clean it up before it peels the paint).
- Throw an impromptu dance party, partners and kids (and doggos) included.
- Go for a beach or trail ride on a horse.
- Go for a slow walk in a nature park.
- Go for a hike at a National Park.
- Buy cheap paint, a brush, and paint an abstract masterpiece in your favorite colors.
- Drive with the window down and the heater or AC on, because why not?
- Have a slumber party at home and sleep somewhere different.
- Once a month, pick a kind of food you're less familiar with and have it..
- Give yourself permission to take a bath and luxuriate.
- Go for a drive just because. No destination necessary. See where you end up.
- Try something different - meditation, yoga, energetic healing.

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Aside from kids, animals, selfies, significant others, or other people, what is your favorite photo, either on your phone or on your wall?

If it is a place, have you been there? If not, go. If you have, go back.

If it is a thing, what about this thing do you love so much? Is it a feeling it gives you? Is there a memory attached? How can we produce this wonder in realtime?





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What felt scary at the beginning of this process, but doesn't feel as scary now?  
Let's do it.

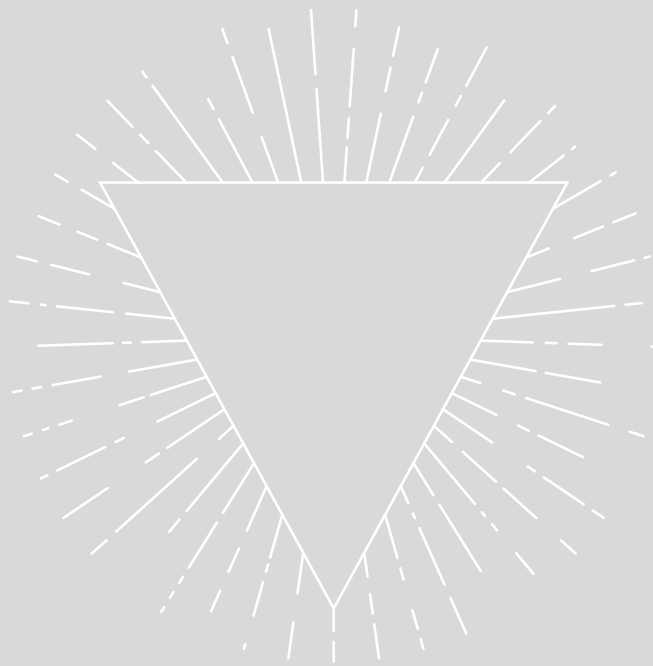
Name your glimmers. What is getting you through?



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Are You Getting Through?



NeverBroken  
You

# The Next Step



You made it! Hopefully, by now, you are well on your way to getting through whatever it is that you are going through. But it is not always as easy as one, two, three. This process is just one way to get you rolling. Repeat as necessary, or definitely seek further help if you need it. The point is that YOU WILL GET THROUGH.

If you are a social person, I would encourage you to share your feelings, ups, downs, challenges, successes, and funs with friends.

For even more help, please feel free to check out additional strategies, community, and resources at [NeverBrokenYou.com](http://NeverBrokenYou.com).

You are never alone. In fact, we are all in this thing called life together. Just remember, you are always whole, deep within, And you are amazing, just the way you are.

Love,