

Week 10_The Artists

Way_2026/04/26

Summary

This is a summary of the Week 10 review and Week 11 setup session for "The Artist's Way" course, featuring Abigail Barnes and Beverly. Week 10 Review: Recovering Self-Protection and Sabotage Strategies

The focus for Week 10 was recovering a sense of self-protection, which involved addressing sabotage strategies discussed in the chapter on "The dangers of the trial".

Key Concepts from the Chapter:

- **Sabotage Strategies:** The chapter discussed workaholism (being too busy for creativity), drought (between dreams), fame (the chase for self-approval and external validation), and competition.
- **Competition Reframe:** Abigail Barnes mentioned that she previously viewed others' achievements as proof that she "can't do it" or that her work wasn't needed. She learned a reframe: using others' success as "fuel" rather than allowing it to "derail" her.
- **Pivotal Week:** Abigail Barnes noted a quote from Julia, stating that sensing "real potential" and the "wide range of possibilities" scares people, causing them to reach for blocks to slow their growth.

Beverly shared her experiences related to the course content and realizations over the past 10 weeks:

- **Artist Date:** Beverly pushed past her comfort zone of favoring the beach or the woods. She went to the cinema by herself for the first time in at least five to seven years, finding she had to tell herself, "it's just like you sitting at home watching telly," to get comfortable.
- **Sabotage:** Her go-to for sabotaging creative flow is wine, which she uses for "anything and everything," though she has improved during the course.

- **Being Busy:** She acknowledged that being busy (often working sporadic hours, including weekends, to complete reports) stops her from connecting to herself. She realized she is often "doing things out of duty and not out of love" and is not present in the moment.
- **Fear of Fun:** When asked what she fears might happen if she has fun, her response was that her "whole body will go into shock." She noted that she received multiple readings suggesting she is "not having enough fun" and needs to "reconnect with your inner child".
- **Transformation:** Beverly said Week 7 was a turning point where she nearly caved due to resistance. A major realization is how "unimportant" she believed herself to be, and this belief is now shifting. She actively counters the "horrible little voice" with affirmations like, "It's my time to shine," which has helped her self-worth.
- **Presence:** She made a conscious effort to track her thoughts and found she had no "present thoughts," confirming she was always in the past, future, or a spiritual thought. She noted the one time she truly loves the presence of the moment is when she walks in the woods with her dogs.