



DANCE WITH YOUR MONSTERS!

**A FRESH OUTLOOK ON
MENTAL HEALTH**

WWW.MARNIX.NL

EVERYBODY HAS MONSTERS!

Yes indeed. Every person on the planet has to deal with limiting beliefs and unhelpful assumptions. We all think about the world and ourselves in ways that are not helpful and sometimes even painful and damaging.

Let's call those things monsters. Not because they're ultimately scary or literally dangerous, but because they LOOK bad and we don't really like to face them.

This little book is about a very simple and fresh way to befriend (or refriend) your monsters, so they'll stop getting in your way.



SHAME

EXAMPLES OF MONSTERS

- shame
- guilt
- self-sabotage
- victimhood
- addiction
- dread
- self-pity
- depression
- shyness
- pleasing
- rage
- insecurity
- resentment
- anxiety
- lack
- disappointment
- envy
- jealousy
- self-criticism
- depression
- self-harm
- self-doubt
- trust issues
- aggression



RAGE

MONSTERS HAVE TWO SIDES

No matter how much we hate our monsters and no matter how much they can make life hard for us, they always have a 'positive' side, or at least some kind of personal value.

All monsters are created to keep us where we are. To hold us within our trusted beliefs about life, within specific, tight boundaries. And it's all about security and **safety**.

We've learned to believe in a very specific idea about life and ourselves since our early childhood, and the monsters keep that world in place for us. They are there to guard what is known to us, for our relative comfort.

Monsters have many different ways to protect us or keep us away from change.

- They can freak us out (anxiety) so we're lost in the feeling and don't go anywhere
- They can seduce us to numb out or look for distraction (addiction, self-harm)
- They can put our attention on other people so we don't have to look at ourselves (rage, envy)
- They can make us feel really bad about ourselves so we stay small, invisible, and incapable while feeling like shit (shame, guilt, self-doubt, self-criticism)
- They can promise we'll be safe as long as we keep everybody happy (pleasing)
- They can set us up for failure so we'll feel lost and devastated (disappointment)

**SELF-
DOUBT**



WHY DANCE WITH YOUR MONSTERS?

**Because it's fun! Because it's kinda crazy.
And because it liberates both you and them.**

The thing is: your monsters are not there to ruin your life. They are ultimately invented and created **to protect you**. To keep you far away from change. That's incredibly smart and brilliant, and once you can recognize that, you can start releasing the monsters.

The monsters have been hidden in your life, their task is to keep you safe, so if you can show them you're doing fine, they'll stop being so dominant, urgent, and limiting.

Once the monsters start to understand that you're safe and well (and dancing will get you in that mood), they can stop protecting and controlling you like they're used to.

The monsters will release their grip on you, they'll get more relaxed, and you can start to let go of habits and traits and old programs that kept you locked up in life.

Monsters are in place to help you stay safe no matter what. But the idea of safety you have is often created through the eyes of a child, when you were very young, and it doesn't serve the adult version of you. So you don't need it anymore. Dance it away!



ANXIETY

STEP 1

The first step is to map out your monsters. Sit down with a piece of paper or use a digital device, and bring your monsters to the surface. As many as possible!

I already gave you a list of monsters that live in most people, so you can use that. Or you can think about specific patterns in your life, things that hold you back, assumptions and beliefs about the world that keep you from growing and learning and feeling free. Think about it for a while, come up with all the habits that don't serve you, and find the stuff that limits you.

Write down all the monsters.



ENVY

STEP 2

Time to get on the dancefloor! Face them!

Create a moment for yourself (you deserve it). Put on some cool music that inspires you to move, close your eyes, and think about all the monsters inside of you. *The whole gang!* Now invite them over for a dance.

See them as colorful, clumsy, and a bit weird. **They are not your enemies.** They love you in their own twisted way, and they care deeply for you. They really do!

Now return the favor. Love them back as much as you can. Keep them in your mind and dance with them. Are they moving with you?

SHYNESS



KEEP GOING!

Moving your body and dancing are well-known ways to release trauma and pain.

So shake that booty, twist and turn and jump, throw your hands in the air (*like you just don't care*), and keep dancing.

See how the monsters are there with you, how happy they are that you're finally acknowledging them, and how **trusted and welcome** they feel. They love it!

Can you feel the energy inside of you? Can you sense the freedom of not running away from your monsters, but cherishing them?



PLEASE

A NEW PRACTICE

You can dance only once. Or you can give yourself the gift of *regular monster dancing*.

The more fun you have with them, the more you accept them as hidden parts of you that have always been there to protect you and serve you (in a sometimes twisted way, for sure), the less hurtful and limiting they'll be.

It's really about accepting the habits you've **innocently cultivated** to stay safe and feel protected, the habits that prevent you from moving on and creating new adventures.

Keep dancing, keep releasing!



**GET MOVING,
YOU BEAST!**

**LOOKING FOR A
DANCE PARTNER?**

WWW.MARNIX.NL