

# DECONDITIONING

## WORKSHEET

These lessons are where my highest Potential for wisdom/learning comes from in this lifetime:

(Circle the ones that apply to you. You're white chakras)

### UNDEFINED CENTER

### NOT-SELF THEME

Undefined Root ..... I have to get busy and rush to get things done

Undefined Sacral ..... I have so much to do, so many people to take care of, I have to do it all

Undefined Spleen ..... I don't know what is safe or good for me

Undefined Solar Plexus ..... I am afraid to confront the truth

Undefined Heart ..... I have to prove myself to be worthy

Undefined G Center ..... I have to know or find what I love and care about otherwise I'm incomplete

Undefined Throat ..... I have to talk otherwise I won't get attention

Undefined Anja ..... I have to have an opinion

Undefined Head ..... I have to be inspired

PERSONAL WORKSHEET

WHEN I THINK BACK TO MY CHILDHOOD MY ONE DEEPEST WOUND IS:



MY STRATEGY IS:



I CAN HEAL MY CHILDHOOD WOUNDS BY USING MY STRATEGY - HOW CAN I APPLY THIS STRATEGY TO MY DAY TO DAY LIFE?:



PERSONAL WORKSHEET

MY SOUL CHOSE MY MOTHER TO LEARN FROM HER:

A large, empty white rectangular box intended for the user to write their response to the prompt "MY SOUL CHOSE MY MOTHER TO LEARN FROM HER:". The box is centered horizontally and occupies a significant portion of the page's vertical space.

AND I TEACH HER:

A large, empty white rectangular box intended for the user to write their response to the prompt "AND I TEACH HER:". The box is centered horizontally and occupies a significant portion of the page's vertical space.

PERSONAL WORKSHEET

MY SOUL CHOSE MY FATHER TO LEARN FROM HIM:

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AND I TEACH HIM:

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PERSONAL WORKSHEET

WHAT THINGS IN MY LIFE HAVE I DONE BECAUSE OF PRESSURE FROM OTHERS:



WHAT THINGS DO I WANT TO DO BUT THINK THEY WON'T BE ACCEPTED BY OTHERS:

