



KEY

E = Event	Th = Thinking
HL = Hope Liberty	Em = Emotions
D = Discomfort	Bh = Behaviours
Tsu = Trust self/us	Di = Dissociative
To = Trust others	Do = Doing
Present DNA	Be = Being
Essence	P = Purpose
Post DNA	M = Memory
Post External experiences of self	
Present experience of self	
Post Internal experiences of self	