

**Area #1: People in the World:**

**What do you think of people in the world?**

Some are judgmental, some are nice, most are ungrateful

**How do you feel about people in the world?**

I have mixed feelings I do not trust them at the same time I feel i am a part of them

**How do you behave toward people in the world?**

I defend myself.

**How does the way you think, feel, and behave toward people in the world impact your life and others' lives?**

I live a defensive life. I do not open up. I don't feel free and I can't trust people. This isolates me.

**When people in the world are looking at you, what do you assume they think about you?**

They judge me. They think I am not pretty enough or smart enough. some want to take advantage of me

**When people in the world are looking at you, how do you assume they feel about you?**

They do not like me.

**When people in the world are looking at you, how do you assume they behave toward you?**

They either pay no attention or they want to take advantage of me

**How has the way that you assume people in the world think, feel, and behave toward you when they are looking at you impacted your life and others' lives?**

I became indifferent and suspicious. It takes away my freedom and joy.

**When you are present with people in the world, what do you think about yourself?**

I think I am not good enough.

**When you are present with people in the world, how do you feel about yourself?**

I feel unimportant

**When you are present with people in the world, how do you behave toward yourself?**

I shield myself from others

**How does the way that you think, feel, and behave toward yourself around people in the world impact your life and others' lives?**

It keeps me from connecting with them, from being the real me, from opening myself up to love and community

**When you say I feel unimportant, how do you feel?**

I feel sad and depressed

**Where do you experience this feeling in your body?**

On my chest

**On a scale of 0-to-10, what is the intensity of that feeling?**

8

**Close your eyes. Focus on the area of your body where you experience that feeling.**

**Go into that emotion and allow it to take you to the first time you ever**

**experienced this feeling and told yourself I am not important.**

**What do you think he or she thinks about him/herself?**

She thinks she is not as important as others. She thinks no one cares about her.

**What does she or he feel about her/himself?**

She feels unsafe. no one cares about her safety

**Open your eyes. Write down or speak this memory and what you found in visiting it. Now what is the intensity of your emotion?**

4

**Look over what you have uncovered about this memory again. As you focus on this memory, what do you think about yourself? What do you feel about yourself?**

I think I was very young and couldn't defend myself. I think I was an innocent child who had to endure molestation in a very young age.

**Where do you experience this feeling in your body?**

In my lungs and heart

**On a scale of 0-to-10, what is the intensity of that feeling?**

9

**Now close your eyes and focus on the area of your body where you experience that feeling.**

**Open your eyes. What is the intensity of that emotion from 0-to-10 now?**

5

**Area #2: Your Acquaintances and Extended Family:**

**What do you think of your acquaintances and extended family?**

They are very judgmental and jealous.

**How do you feel about your acquaintances and extended family?**

I respect them but I do not feel a part of them. I feel alienated.

**How do you behave toward your acquaintances and extended family?**

I leave them alone. I do not make any contact.

**How does the way you think, feel, and behave toward your acquaintances and extended family impact your life and others' lives?**

I am alone most of the time and I feel I do not belong.

**When your acquaintances and extended family are looking at you, what do you assume they think about you?**

They think I am not normal, they judge me all the time.

**When your acquaintances and extended family are looking at you, how do you assume they feel about you?**

They don't like me. Some feel jealous.

**When your acquaintances and extended family are looking at you, how do they behave toward you?**

They treat me like an outsider.

**How has the way that you assume your acquaintances and extended family think, feel, and behave toward you impacted your life and others' lives?**

I do not feel as a part of family. I feel unwanted. It has made me very self conscious.

**When you are present with your acquaintances and extended family, what**

**do you think about yourself?**

I think I am not good enough. Even my family does not accept me the way I am.

**When you are present with your acquaintances and extended family, how do you feel about yourself?**

I feel unwanted and lonely.

**When you are present with your acquaintances and extended family, how do you behave toward yourself?**

I become defensive and distant.

**How does the way that you think, feel, and behave toward yourself when you are present with your acquaintances and extended family impact your life and others' lives?**

I am always self-conscious and feel different and not accepted. I always feel others will leave me or judge me.

**When you say you feel not accepted, how do you feel?**

I feel sad and lonely.

**Where do you experience this feeling in your body?**

In my throat.

**On a scale of 0-to-10, what is the intensity of that feeling?**

7

**Close your eyes. Focus on the area of your body where you experience that feeling. Go into that emotion and allow it to take you to the first time, or some memorable moment, when you experienced this feeling and told yourself I am lonely.**

**How do you think about yourself as you recall this memory?**

I think I haven't done anything wrong. I got punished because my parents were doing better financially.

**How do you feel about yourself as you recall this memory?**

I feel I was judged unjustly. I feel discriminated.

**Open your eyes. Write down or speak this memory and what you discovered in visiting it. Now what is the intensity of your emotion?**

[L]3

[L]  
[SEP]

**Area #3: Your Career/Job or Education:**

**What do you think of your career, job, or education?**

I like it.

**How do you feel about your career, job, or education?**

I feel it is not appreciated.

**How do you behave toward your career, job, or education?**

I have some fears I behave with lack of self confidence.

**How does the way you think, feel, and behave toward your career, job, or education impact your life and others' lives?**

I do not move forward as I should. I do not use my full potential to help others.

**When people who know you look at the way you approach your career, job, or education, what do you assume they think about you?**

They think I am a workaholic

**When people who know you look at the way you approach your career, job, or education, what do you assume they feel about you?**

I am not sure

**When people who know you look at the way you approach your career, job, or education, how do they behave toward you?**

They ask for my help as a professional

**How has the way that you assume people who know you think, feel, and behave toward you in relation to your job or career impacted your life and others' lives?**

I feel a big responsibility to be the best. It has turned me into a perfectionist. I am never satisfied with what I know and do.

**When you are present with your career, job, or education, what do you think about yourself?**

I am not good enough. I am not an expert. I am a fraud.

**When you are present with your career, job, or education, how do you feel about yourself?**

I feel incompetent. I feel not good enough.

**When you are present with your career, job, or education, how do you behave toward yourself?**

I treat myself as a fraud. I punish myself.

**How does the way that you think, feel, and behave when you are present with your career, job, or education impact your life and others' lives?**

It prevents me from moving forward faster. It makes me be fearful and that affects my confidence.

**When you say not good enough, how do you feel?**

I feel less than others. I feel disgusted with myself.

**Where do you experience this feeling in your body?**

On my chest and in my stomach.

**On a scale of 0-to-10, what is the intensity of that feeling?**

9

**Close your eyes. Focus on the area of your body where you experience that feeling. Go into that emotion and allow it to take you to the first time, or some memorable moment, when you experienced this feeling and told yourself I am not good enough.**

**Open your eyes. Write down or speak this memory and what you found in visiting it. Now what is the intensity of your emotion?**

**Area #6 : Money and Wealth:**

**What do you think of money and wealth?**

It is good to fulfill my dreams

**How do you feel about money and wealth?**

I like it but for everyone.

**How do you behave toward money and wealth?**

I don't really care. I earn and spend without calculating it. I always have enough.

**How does the way you think, feel, and behave toward money and wealth impact your life and others' lives?**

I do not save enough and I do not make more than I feel is enough.

**When people who know you look at the way you approach money and wealth, what do you assume they think about you?**

They think I am well off.

**When people who know you look at the way you approach money and wealth, what do you assume they feel about you?**

Some feel jealous, some feel I am generous.

**When people who know you look at the way you approach money and wealth, how do they behave toward you?**

Most expect me to help them financially

**How has the way that you assume people who know you think, feel, and behave toward you in relation to money and life impacted your life and others' lives?**

It makes me upset sometimes and guilty and upset with myself and others.

**When you are present with money and wealth, what do you think about yourself?**

I think I am a regular person who has to support others.

**When you are present with money and wealth, how do you feel about yourself?**

I feel upset and responsible.

**When you are present with money and wealth, how do you behave toward yourself?**

I pressure myself to get more.

**How does the way that you think, feel, and behave when you are present with money and wealth impact your life and others' lives?**

It makes others life easier and mine more difficult as I always support others.

**When you say I have to support others, how do you feel?**

I feel suffocating, and lonely.

**Where do you experience this feeling in your body?**

On top part of my chest.

**On a scale of 0-to-10, what is the intensity of that feeling?**

6

**Close your eyes. Focus on the area of your body where you experience that feeling. Go into that emotion and allow it to take you to the first time, or some memorable moment, when you experienced this feeling and told yourself suffocation and loneliness.**

**Open your eyes. Write down or speak this memory and what you found in visiting it. Now what is the intensity of your emotion?**

2

**Area #7: Your Close Friends:**

**What do you think of your close friends?**

Most of them are negative and needy.

**How do you feel about your close friends?**

I love them.

**How do you behave toward your close friends?**

I support them always.

**How does the way you think, feel, and behave toward your close friends impact your life and others' lives?**

I put my priorities after their needs. It keeps me from growing faster. It keeps most of them dependent on my help.

**When your close friends are looking at you, what do you assume they think about you?**

They think I will always be there for them.

**What do you assume your close friends feel about you?**

They like me.

**How do your close friends behave toward you?**

They sometimes are demanding but loving.

**How has the way that you assume your close friends think, feel, and behave toward you impacted your life and others' lives?**

It has changed my priorities in life.

**When you are present with your close friends, what do you think about yourself?**

I think I am accepted and I make a difference.

**When you are present with your close friends, how do you feel about yourself?**

I like myself however I get upset sometimes on why can't I separate their negativity from my life.

**When you are present with your close friends, how do you behave toward yourself?**

I sometimes get upset.

**How does the way that you think, feel, and behave when you are present with your close friends impact your life and others' lives?**

It takes my focus away from the important things. It takes focus away from what I really want and should do.

**When you say it takes my focus away from important things, how do you feel?**

I feel frustrated.

**Where do you experience this feeling in your body?**

In my throat.

**On a scale of 0-to-10, what is the intensity of that feeling?**

5

**Close your eyes. Focus on the area of your body where you experience that feeling. Go into that emotion and allow it to take you to the first time, or some memorable moment, that you experienced this feeling and told yourself I am frustrated.**

**Open your eyes. Write down or speak this memory and what you found in visiting it. Now what is the intensity of your emotion?**

2

SEP

**Area #9: Your Siblings:**

**What do you think of your siblings?**

He is very kind but lazy

**How do you feel about your siblings?**

I love him. He sometimes frustrates me

**How do you behave toward your siblings?**

Sometimes I judge him, sometimes I try to be a parent to him.

**How does the way you think, feel, and behave toward your siblings impact your life and others' lives?**

I feel responsible. It makes me feel under pressure and worried all the time. I become overprotective.

**When your siblings are looking at you, what do you assume they think about you?**

I judge him. I am arrogant.

**When your siblings are looking at you, how do you assume they feel about you?**

He loves me, he feels safe and protected.

**When your siblings are looking at you, how do they behave toward you?**

Needy and supportive at the same time.

**How has the way that you assume your siblings think, feel, and behave toward you impacted your life and others' lives?**

I can't trust that he will take care of my parents or himself. I always feel I have to be the one supporting him and my parents. It keeps me from living my life fully.

**When you are present with your siblings, what do you think about yourself?**

I am the caregiver and the responsible one. It is unfair.

**When you are present with your siblings, how do you feel about yourself?**

I feel guilty and overwhelmed.

**When you are present with your siblings, how do you behave toward yourself?**

I get upset with myself.

**How does the way that you think, feel, and behave toward your siblings impact your life and others' lives?**

It keeps me from doing what I like and want to do. It limits me.

**When you say it limits me, how do you feel?**

I feel sad.

**Where do you experience this feeling in your body?**

In my stomach.

**What is the intensity of the feeling?**

6

**Close your eyes. Focus on the area of your body where you experience that feeling. Go into that emotion and allow it to take you to the first time, or some memorable moment, that you experienced this feeling and told yourself I am sad.**

**If you are seeing yourself at a young age, it may help here to look at yourself as that child part of you and ask: what do you believe he or she thinks about him or herself? How do you think she or he feels about her/himself?**

**Open your eyes. Write down or speak this memory and what you found in visiting it. Now what is the intensity of your emotion?**

2

[SEP]

[SEP]

**Area #11: Sex:**

**What do you think of sex?**

[SEP]It is not easy for me

**How do you feel about sex?**

[SEP]I like it but am terrified of it at the same time.

**How do you behave toward sex?**

[SEP]Mostly I ignore it

**How does the way you think, feel, and behave toward sex impact your life and others' lives?**

[SEP]It prevents me from having a long, loving relationship.

**When people you know are looking at you, what do you assume they think about you and your relationship to sex?**



**[L]**  
**[SEP]** They think I am too serious and too full of myself.

**When people you know are looking at you, what do you assume they feel about you regarding your relationship to sex?**

**[L]**  
**[SEP]** They feel confused.

**When people you know are looking at you, how do they behave toward you regarding your relationship with sex?**

**[L]**  
**[SEP]** I hide my real thoughts and feelings.

**How does the way you assume people you know think, feel, and behave toward you regarding your relationship with sex impact your life and others' lives?**

**[L]**  
**[SEP]** It isolates me. I have to pretend.

**When you are present with your sexuality, what do you think about yourself?**

I am scared of experiencing real sexiness and sex. I feel unworthy of real intimacy. **[L]**  
**[SEP]**

**When you are present with your sexuality, how do you feel about yourself?**

I feel unworthy and not normal.

**When you are present with your sexuality, how do you behave toward yourself?**

I punish myself.

**How does the way that you think, feel, and behave toward yourself when you are present with your sexuality impact your life and others' lives?**

It keeps me from having a fun relationship. Others do not get close to me.

**When you say you feel unworthy, how do you feel?**

**[L]**  
**[SEP]** I feel sad and upset.

**Where do you experience this feeling in your body?**

**[L]**  
**[SEP]** In my throat.

**On a scale of 0-to-10, what is the intensity of that feeling?**

7

**Close your eyes. Focus on the area of your body where you experience that feeling. Go into that emotion and allow it to take you to the first time, or some memorable moment, when you experienced this feeling and told yourself I am not worthy.**

**Open your eyes. Write down or speak this memory and what you found in visiting it. Now what is the intensity of your emotion?**

3

**[L]**  
**[SEP]**

**Area #12: Your Past Intimate/Romantic Relationships:**

**What do you think of your past romantic or intimate relationships?**

It was a complete mistake. It was really abusive. **[L]**  
**[SEP]**

**How do you feel about your past romantic or intimate relationships?**

I am disgusted by it.

**How do you behave toward your past romantic or intimate relationships?**

I avoid even remembering it.

**How does the way you think, feel, and behave toward your past romantic or intimate relationships impact your life and others' lives?**

It keeps me from getting into a new relationship.

**What do you assume your past relationship partners thought about you?**

They thought they could keep me in the way they want it.

**How do you assume your past relationship partners felt about you?**

They loved me.

**How did your past relationship partners behave toward you?**

Controlling.

**How has the way that you assume your past relationship partners thought, felt, and behaved toward you impacted your life and others' lives?**

Made me avoid relationships.<sup>[SEP]</sup>

**When you consider your past romantic or intimate relationship, what do you think about yourself?**

I am a fool.

**When you consider your past romantic or intimate relationships, how do you feel about yourself?**

I feel stupid.

**When you consider your past romantic or intimate relationship, how do you behave toward yourself?**

<sup>[SEP]</sup>I punish myself.

**How does the way that you think, feel, and behave toward yourself when considering your past romantic or intimate relationships impact your life and others' lives?**

I do not allow any new relationships to form. I live a lonely life.

**When you say you are lonely, how do you feel?**

I feel alone and sad.

**Where do you experience this feeling in your body?**

In my lungs.

**On a scale of 0-to-10, what is the intensity of that feeling?**

<sup>[SEP]</sup>8

**Close your eyes. Focus on the area of your body where you experience that feeling. Go into that emotion and allow it to take you to the first time, or some memorable moment, when you experienced this feeling and told yourself I am stupid.**

**Open your eyes. Write down or speak this memory and what you found in visiting it. Now what is the intensity of your emotion?**

4

<sup>[SEP]</sup>

**Area #14: Your Parents' Relationship:**

**What do you think of your parents' relationship?**

<sup>[SEP]</sup>It is an abusive relationship.

**How do you feel about your parents' relationship?**

I don't like it.<sup>[SEP]</sup>

**How do you behave toward your parents' relationship?**

I leave it to them. I do not get involved.

<sup>[SEP]</sup>**How does the way you think, feel, and behave toward your parents' relationship impact your life and others' lives?**

<sup>[SEP]</sup>It keeps me from getting closer to them and others.

**When your parents within their relationship are looking at you, what do you**

**assume they think about you?**

They think I am not good enough.

**When your parents within their relationship are looking at you, how do assume they feel about you?**

[SEP] They love me but they wish I was normal.

**When your parents within their relationship are looking at you, how do they behave toward you?**

[SEP] They judge me.

[SEP] **When you are present with your parents' relationship, what do you think about yourself?**

[SEP] I am never fulfilled their dreams.

**When you are present with your parents' relationship, how do you feel about yourself?**

[SEP] I feel guilty.

**When you are present with your parents' relationship, how do you behave toward yourself?**

[SEP] I become defensive.

**How does the way that you think, feel, and behave when you are present with your parents' relationship impact your life and others' lives?**

It keeps me from living a free life.

**When you say I am not free, how do you feel?**

[SEP] I feel trapped.

**Where do you experience this feeling in your body?**

In my stomach.

**Don't forget to breathe into that part of your body or, if you are comfortable doing so, place your hands there.**

**On a scale of 0-to-10, what is the intensity of that feeling?**

7

**Close your eyes. Focus on the area of your body where you experience that feeling. Go into that emotion and allow it to take you to the first time, or some memorable moment, when you experienced this feeling and told yourself I am trapped.**

**Open your eyes. Write down or speak this memory and what you found in visiting it. Now what is the intensity of your emotion?**

3

[SEP]

**Area #15: Your Father:**

**What do you think of your father?**

[SEP] He is a very smart, controlling and angry man.

**How do you feel about your father?**

[SEP] I love him and feel bad for him.

**How do you behave toward your father?**

I protect him.

**How does the way you think, feel, and behave toward your father impact your life and others' lives?**

[SEP] I do not trust men. I stay away from them.

**When your father is looking at you, what do you assume he thinks about you?**

[SEP]He thinks I am not good enough.

**When your father is looking at you, what do you assume he feels about you?**

[SEP]He loves me.

**When your father is looking at you, how does he behave toward you?**

[SEP]He tries to control me.

**How has the way that you assume your father thinks, feels, and behaves toward you impacted your life and others' lives?**

[SEP]It keeps me from getting close to men.

**When you are present with your father, what do you think about yourself?**

[SEP]I am not good enough.

**When you are present with your father, how do you feel about yourself?**

[SEP]I feel guilty.

**When you are present with your father, how do you behave toward yourself?**

[SEP]I dislike myself.

**How does the way that you think, feel, and behave when you are present with your father impact your life and others' lives?**

It keeps me from being myself around others.

**When you say I dislike myself, how do you feel?**

[SEP]I feel unwanted.

**Where do you experience this feeling in your body?**

[SEP]In my throat and lungs.

**On a scale of 0-to-10, what is the intensity of that feeling?**

8

**Close your eyes. Focus on the area of your body where you experience that feeling.**

**Go into that emotion and allow it to take you to the first time, or some memorable moment, when you experienced this feeling and told yourself I am not worthy.**

**Open your eyes. Write down or speak this memory and what you found in visiting it. Now what is the intensity of your emotion?**

[SEP]4

[SEP]

**Area #16: Your Mother:**

**What do you think of your mother?**

[SEP]I think she is kind, caring and sacrifices herself for her family.

**How do you feel about your mother?**

[SEP]I love her very much.

**How do you behave toward your mother?**

[SEP]I behave lovingly and caring.

**How does the way you think, feel, and behave toward your mother impact your life and others' lives?**

[SEP]I care for others.

**When your mother is looking at you, what do you assume she thinks about you?**

[SEP]She thinks I am smart but not what she wanted me to be.

**When your mother is looking at you, what do you assume she feels about you?**

[SEP]She loves me but feels pity for me because I am not married.

**When your mother is looking at you, how does she behave toward you?**

[SEP]She behaves lovingly and sometimes with judgment.

**How has the way that you assume your mother thinks, feels, and behaves toward you impacted your life and others' lives?**

[SEP]I always doubt what I do is good enough. I act with doubt all the time.

**When you are present with your mother, what do you think about yourself?**

[SEP]I think I failed her.

**When you are present with your mother, how do you feel about yourself?**

[SEP]I feel like a failure.

**When you are present with your mother, how do you behave toward yourself?**

[SEP]I dislike myself.

**How does the way that you think, feel, and behave toward yourself when you are present with your mother impact your life and others' lives?**

I care for others but I never feel I am doing enough.

**When you say dislike myself, how do you feel?**

[SEP]I feel sad

**Where do you experience this feeling in your body?**

[SEP]In my throat.

**On a scale of 0-to-10, what is the intensity of that feeling?**

8

**Close your eyes. Focus on the area of your body where you experience that feeling. Go into that emotion and allow it to take you to the first time, or some memorable moment that you experienced this feeling and told yourself I am sad.**

**Open your eyes. Write down or speak this memory and what you found in visiting it. Now what is the intensity of your emotion?**

4[SEP]

**Area #20: Love:**

**What do you think of love?**

It is a great feeling.[SEP]

**How do you feel about love?**

[SEP]I love it.

**How do you behave toward love?**

[SEP]I am very careful about it

**How does the way you think, feel, and behave toward love impact your life and others' lives?**

[SEP]I don't trust love. I hold myself back from falling in love.

**How do you assume other people feel about you in relation to love?**

They feel indifferent.

**How do you assume other people behave toward you in relation to love?**

They do not care.

**What do you assume other people think of you in relation to love?**

They think I am not lovable.

**How does the way that you assume other people think, feel, and behave toward you in relation to love impact your life and others' lives?**

[L]  
[SEP]I do not show my love and prevent myself from experiencing real love.

**When you are present with love, what do you think about yourself?**

[L]  
[SEP]I think I am not worthy of love.

**When you are present with love, how do you feel about yourself?**

[L]  
[SEP]I feel unworthy.

**When you are present with love, how do you behave toward yourself?**

[L]  
[SEP]I hold myself back.

**How does the way that you think, feel, and behave toward yourself when you are present with love impact your life and others' lives?**

I do not allow myself to fall in love and don't show my love to others.

**When you say Hold myself back, how do you feel?**

[L]  
[SEP]I feel angry.

**Where do you experience this feeling in your body?**

In my head

**On a scale of 0-to-10, what is the intensity of that feeling?**

[L]  
[SEP]8

**Close your eyes. Focus on the area of your body where you experience that feeling. Go into that emotion and allow it to take you to the first time, or some memorable moment, that you experienced this feeling and told yourself I am angry.**

**Remember to ask yourself, if appropriate, what you are thinking and feeling about yourself as you allow this memory in. Allow ample time for the experience to be completed, and breathe into your feelings.**

**Open your eyes. Write down or speak this memory and what you found in visiting it. Now what is the intensity of your emotion?**

[L]  
[SEP]4

**Area #21: Being with Yourself, Looking at the Mirror:**

**As you look at yourself in the mirror, what do you think?**

[L]  
[SEP]I think I am not good enough.

**As you look at yourself in the mirror, how do you feel?**

[L]  
[SEP]I feel unlikable.

**As you look at yourself in the mirror, how do you behave toward yourself?**

[L]  
[SEP]I don't like what I see.

**How does the way you think, feel, and behave toward yourself as you look at yourself in the mirror impact your life and others' lives?**

[L]  
[SEP]It keeps me from growing to my fullest potential.

**When the you in the mirror is looking back at you, what do you assume he or she thinks about you?**

[L]  
[SEP]I am not pretty, desirable or lovable.

**When the you in the mirror is looking at you, how do you assume she or he feels about you?**

[L]  
[SEP]Feels disgusted and disappointed.

**When the you in the mirror is looking at you, how do you assume he or she**

**behaves toward you?**

[L]  
[SEP] Doesn't really care.

**When the you in the mirror is looking at you, how has the way that you assume she or he thinks, feels, and behaves toward you impacted your life and others' lives?**

[L]  
[SEP] It keeps me from experiencing happiness and joy.

**When you look through your own eyes looking back at you in the mirror, what do you think about *yourself*?**

[L]  
[SEP] I am a coward.

**When you look through your own eyes looking back at you in the mirror, how do you feel about yourself?**

[L]  
[SEP] I feel judged.

**When you look through your own eyes looking back at you in the mirror, how do you behave toward yourself?**

[L]  
[SEP] I judge myself for everything.

**How does the way that you think, feel, and behave toward yourself as you look through your own eyes looking back at you in the mirror impact your life and others' lives?**

Since I am not good enough for myself I don't try to get to relationships as I don't think others will find me worthy.

**When you say I judge myself, how do you feel?**

[L]  
[SEP] I feel disgusted.

**Where do you experience this feeling in your body?**

[L]  
[SEP] In my nose and sinuses.

**On a scale of 0-to-10, what is the intensity of that feeling?**

8

**Close your eyes. Focus on the area of your body where you experience that feeling. Go into that emotion and allow it to take you to the first time, or some memorable moment, that you experienced this feeling and told yourself I feel disgusted.**

**Open your eyes. Write down or speak this memory and what you found in visiting it. Now what is the intensity of your emotion?**

3  
[SEP]

**Area #22: Being in Nature:**

**What do you think of nature?**

[L]  
[SEP] It is the most beautiful and relaxing thing for me.

**How do you feel about nature?**

I love it. I feel connected to it.

**How do you behave toward nature?**

I enjoy it very much.

**How does the way you think, feel, and behave toward nature impact your life and others' lives?**

I love being in nature. I connect with nature.

**When nature is looking at you, what do you assume it thinks about you?**

[L]  
[SEP] It thinks I am very small and insignificant.

**When nature is looking at you, how do you assume it feels about you?**

[SEP]It feels I am not important.

**When nature is looking at you, how do you assume it behaves toward you?**

[SEP]It includes me in it.

**How has the way that you assume nature thinks, feels, and behaves toward you impacted your life and others' lives?**

[SEP]It keeps me humble and insignificant.

**When you are in nature, what do you think about yourself?**

[SEP]I think I am a slave of new age.

**When you are in nature, how do you feel about yourself?**

[SEP]I feel nauseous.

**When you are in nature, how do you behave toward yourself?**

[SEP]I like myself.

**How does the way that you think, feel, and behave about yourself when you are in nature impact your life and others' lives?**

It relaxes me.

**When you say I am insignificant, how do you feel?**

I feel sad.

**Where do you experience this feeling in your body?**

In my heart

**On a scale of 0-to-10, what is the intensity of that feeling?**

[SEP]7

**Close your eyes. Focus on the area of your body where you experience that feeling. Go into that emotion and allow it to take you to the first time, or some memorable moment, that you experienced this feeling and told yourself I am insignificant.**

**Open your eyes. Write down or speak this memory and what you found in visiting it. Now what is the intensity of your emotion?**

3[SEP]

**Area #23: Being in the Universe:**

**What do you think of being in the universe?**

[SEP]I think I am a very small part of it.

**How do you feel about being in the universe?**

[SEP]I feel blessed yet insignificant.

**How do you behave toward being in the universe?**

[SEP]I behave with gratitude.

**How does the way you think, feel, and behave toward being with the universe impact your life and others' lives?**

[SEP]I live life but not to the fullest.

**When the universe is looking at you, what do you assume it thinks about you?**

I am just a very small part of it.

**When the universe is looking at you, how do you assume it feels about you?**

It feels upset.[SEP]

**When the universe is looking at you, how do you assume it behaves toward you?**



[L]  
[SEP]It behave neutral.

**How has the way that you assume the universe thinks, feels, and behaves toward you impacted your life and others' lives?**

I feel insignificant.

**When you are present with the universe, what do you think about yourself?**

[L]  
[SEP]I am not special.

**When you are present with the universe, how do you feel about yourself?**

[L]  
[SEP]I feel insignificant.

**When you are present with the universe, how do you behave toward yourself?**

[L]  
[SEP]I ignore my wants.

**How does the way that you think, feel, and behave toward yourself when you are present with the universe impact your life and others' lives?**

I do not enjoy what I like.

**When you say I ignore my likes, how do you feel?**

I feel unloved.

**Where do you experience this feeling in your body?**

[L]  
[SEP]In my heart and stomach.

**On a scale of 0-to-10, what is the intensity of that feeling?**

8

**Close your eyes. Focus on the area of your body where you experience that feeling. Go into that emotion and allow it to take you to the first time, or some memorable moment, that you experienced this feeling and told yourself I am not loved.**

**Open your eyes. Write down or speak this memory and what you found in visiting it. Now what is the intensity of your emotion?**

[L]  
[SEP]3  
[L]  
[SEP]

**Area #25: Being with Death:**

**When do you think you are going to die?**

In my 60s.

**If you died tomorrow, what would you have fulfilled in your life and what, if anything, would be left unfulfilled?**

I fulfilled being a caring friend. I have not fulfilled giving back, Making a difference, and realizing my dreams.

**What do you think of death?**

[L]  
[SEP]It is something that happens.

**How do you feel about death?**

[L]  
[SEP]I don't have feelings about it.

**How do you behave toward death?**

I do not think about it.

**How does the way you think, feel, and behave toward death impact your life and others' lives?**

I live life without fear of death.[L]  
[SEP]

**When death is looking at you, what do you assume it thinks about you?**

I am not living life as I should be.

**When death is looking at you, how do you assume it feels about you?**

It feels it is in control.

**When death is looking at you, how do you assume it behaves toward you?**

It behaves normal.

**How has the way that you assume death thinks, feels, and behaves toward you impacted your life and others' lives?**

[L]  
[SEP] Others think I am insensitive.

**When you imagine yourself facing death, what do you think about yourself?**

[L]  
[SEP] I am human.

**When you imagine yourself facing death, how do you feel about yourself?**

I feel small. [L]  
[SEP]

**When you imagine yourself facing death, how do you behave toward yourself?**

[L]  
[SEP] I get upset with myself for not living life fully.

**How does the way you think, feel, and behave toward yourself when you imagine yourself facing death impact your life and others' lives?**

[L]  
[SEP] It makes me try to live life fully.