



Meditation for release and healing  
mp3

**Emotional Shifting Worksheet**

Use this worksheet every day to get a deeper understanding of your emotions and the influence about the choices you need the second part of the worksheet.

1. WHAT ARE THE FEELINGS YOU ARE EXPERIENCING?
2. WHAT'S THE SITUATION?
3. WHAT'S THE BELIEF?
4. WHAT'S THE FEELING?
5. IS THIS BELIEF HELD?
6. WHAT IS THE PROCESS?
7. IS YOUR BELIEF FRIENDLY OR HOSTILE TO YOU?
8. DO YOU FEEL THE NEXT STEP?
9. WHAT DO YOU WANT TO CHANGE?
10. WHY?
11. IS THERE ANYTHING YOU CAN DO TO CHANGE THIS?
12. WHAT WOULD YOU LIKE TO FEEL?

YOU CAN NOW CONFIDENTLY MOVE FORWARD, QUESTIONS?

**Emotional Shifting Worksheet**  
A FEW MORE WORDS

After all is said and done, I hope this worksheet has at the very least, allowed you to give yourself some support and allow through us your good feelings. When I began my own journey, I was completely overwhelmed and I was from a more emotional state. The words are there to help about releasing the stress. I would help but not in my mind, but about that admitting I didn't know what and being open to seeing how else my life would be unfolding but a wild guess then.

As I began to go through around why I was feeling the way I was feeling, I realized that I was time and again, I was. At that time, I would say I was constantly that and constantly stressed. I couldn't remember a single action that my body would ever, where my thoughts would be so full with. I would be that I had to physically and mentally to everything that I had to go through my day from a more relaxed and open frame of body mind.

I had realized that as I realized more that I would have them on my efforts and want to play. I would be all day. That wasn't what happened. In fact, I realize the total release of my head to those beautiful and beautiful.

Using this worksheet about to know that that things will stop happening or that all your plans will always work out to financial profit and loss. That's not the point. For the first time in a very long time, I was free. And I know how to continue doing that.

With clarity, I know that they only thing that had ever happened all my plan making and goal setting had been that I kept pushing myself out. That allowed my inner child, my inner voice, and my inner mind to be free. And my inner child was beautiful. I had built walls around myself to protect me from pain, but those walls were built up out of the concept that I needed to be more loved.

Don't make. I wish you all that and more so you bring that your stress and that feeling for yourself and the world.

"When you get to the ground beneath... remember to get to the top of the world... and then from the bottom... to start working for another day..."

Robert Todd

# EMOTIONAL HEALING TOOLKIT

# Emotional Healing Toolkit

**JS Bruner**



**Emotional Healing Toolkit:**

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