Journaling & Workbook Process



VISUALIZATION I PROCESS

CLEANSE KEY: THE CUBICAL OPENER TO; BLOCK, STOP AND FLAT-LINE

Issue:			
EMOTIONAL VIDEO TITLE:	Date:	Time:	
My Affirmation For Today	:		
		emember you have already built t possible, capture every image ev	
(0 no Impact 10 severe Impa Internal Balance Routine fo			
(Yoga, Walk, Meditation, etc	e.)		

A LETTER TO MYSELF

In this letter talk about the journey you have embarked upon, what you are feeling right now about this journey and where you want to settle. Address the video you have been viewing and what you learned about the situation, how the situation has hurt or helped you and how you want to resolve the situation and cleanse the memory. At some point in this process, also write letters to those individuals involved in creating the emotional blockages that have caused the invasion of the emotional intruders.

Date:					
List of the in	lividuals that I need to w	rite letters to (these	letter do not have	to be sent):	
			-		

SENSITIZATION PROCESS

BODY SENSATION BAROMETER THE CUBICAL OPENER TO; BLOCK, STOP AND FLAT-LINE

BODY SCAN AND LOCATION OF SENSATION:				
Intensity Of Sensation: 0 to 10				
IMPACTED FEELINGS:				
Internal Balance Routine for Today:				

RELEASE

1.	How did the release occur?
2.	How are you feeling about releasing the memory?
3.	What coping skill were installed?
4.	How did your supports assist in the process?
5.	What helped you to release the memory and bring closure to the story?
	RESPONSE TO ABOVE 5 QUESTIONS:
1.	
2.	
3.	
1 .	
5.	

NOTES: FOR CLEANSE KEY

(VISUALIZATION/SENSITIZATION/RELEASE)

	•		,
			_
			
			_
			
-			