

The background of the top half of the image is a dark, textured surface covered with numerous small, glowing hearts in shades of pink, red, and gold. The hearts are out of focus, creating a bokeh effect.

Resonating Relationships

The Energy of Romance

EVALUATION FORM

The bottom half of the image shows an open book with white pages, resting on a surface. The book is slightly out of focus, with the pages appearing soft and layered.

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I understand that I may not perform counseling or related services unless I am licensed to do so. This document has not been designed to assist me in engaging in a dialogue about personal issues with those I work on, and I am aware that doing so or giving mental health or relationship advice is unlawful unless I am licensed to do so.

I will not use this document for anyone who may become mentally or emotionally agitated or unstable, instead I will suggest that anyone fitting this description consult his or her mental health care professional to see if energy work is a viable option. I am aware that document contains sensitive questions that may make some people uncomfortable. If this occurs, I will empower those I work on to stop the session at any time, or request to skip answering questions they are not comfortable with. I will never tell anyone they have been abused, sexually or otherwise, even if I suspect it or believe I have confirmation of it. I will also never suggest to a parent that their child is being or has been sexually abused.

I will keep all information that I obtain from my client confidential and will not make any information available to any other party. However, if I become aware of a situation of domestic violence, abuse or any other illegal activity, I will follow local laws and report this activity to the proper authorities.

Please type your name below in place of an electronic signature:

Section 1

Information about the client and their feelings about relationships can be used to identify what to work on during a session and to measure results later.

Basics	Name: <input type="text"/>
	Date: <input type="text"/> Age: <input type="text"/> Gender: F <input type="checkbox"/> M <input type="checkbox"/>
	Relationship Status: <input type="text"/>
	Heart-Wall: HW Free <input type="checkbox"/> Has HW <input type="checkbox"/> Has Re-Built HW <input type="checkbox"/>

Stats	<i>In general:</i>
	<input type="checkbox"/> How comfortable are you to express your true self and speak your mind? <input type="checkbox"/> How valued are your contributions and communications by others? <input type="checkbox"/> How respected and important to others do you feel you are? <input type="checkbox"/> How important is it to have quality sexual intimacy in a relationship? <input type="checkbox"/> How hard have you worked (lately) to create / nurture a relationship?
<i>Please rate the following from 1 to 10, 10 being the best or most possible, based on your average, overall experience.</i>	<i>If in a relationship:</i>
	<input type="checkbox"/> How healthy would you say your relationship is, on average?
	<input type="checkbox"/> How comfortable do you feel to express disagreement with your partner?
	<input type="checkbox"/> How satisfied are you with the sexual intimacy in your relationship?
	<input type="checkbox"/> How important is it to improve the sexual intimacy with your partner?
	<input type="checkbox"/> How much effort do you put into communicating love to your partner?
	<input type="checkbox"/> How able and willing is your partner to communicate love to you?
	<input type="checkbox"/> How able are you to receive the love your partner communicates?

Conflict Resolution	<i>Our Conflict Resolution style impacts all our relationships. Work toward always being a Collaborator. Number the appropriate boxes to designate your primary 1 or 2 styles. See page 16 for more info.</i>
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What is your typical conflict resolution style?
Avoid <input type="checkbox"/> Accommodating <input type="checkbox"/> Competing <input type="checkbox"/> Compromising <input type="checkbox"/> Collaborating <input type="checkbox"/>
(If in a relationship) What is your partner's typical conflict resolution style?
Avoid <input type="checkbox"/> Accommodating <input type="checkbox"/> Competing <input type="checkbox"/> Compromising <input type="checkbox"/> Collaborating <input type="checkbox"/>

Section 2

This section is to identify the difficulty of various issues, both to provide questions to ask during a session using *The Body Code* as well as to measure results later.

Pain Evaluation

Please rate the following issues from 1 to 10, based on your average weekly or monthly experience. On the Universal Pain Scale, a one is most minor, a ten is the most severe pain. If any other issues come up that are not on this list, write them in the space(s) below.

In general:

- How problematic are your romantic relationship issues as a whole?
- How stressed are you about your relationship / lack of relationship?
- How severely does stress about relationships interfere with your day to day activities?
- How much control do your relationship issues have over your happiness?
- How blocked do you feel from nurturing romantic relationship(s) now or in the past?
- How unlikely does it seem that you will ever be able to have a healthy, loving relationship?
- How blocked do you feel from achieving the results of your relationship related efforts?
- Do you feel any shame directly related to romantic relationships? If so, how much?
- How many times out of 10 do you avoid social plans due to relationship stress / being alone?
- How difficult have you found it to communicate calmly with any partner(s) now or in the past?
- How often do you put aside your own needs or feelings in order to keep the peace?
- How likely are you to become defensive during an argument or disagreement? (*with anyone*)
- How likely are you to become emotional or argue if there is a disagreement? (*with anyone*)

If in a relationship:

- How hesitant do you usually feel to have difficult conversations with your partner?
- How often or severely do you express frustration toward your partner?
- How blocked do you feel from sending and receiving love with your partner?

If Single:

- How difficult do you find it to meet someone you feel a connection with?
- How blocked do you feel from creating a romantic relationship?

Is there anything else that is particularly painful or that you would like to mention?

History: Family and Traumas

How stable was your family as a unit during your childhood? (1-10)

Please describe your parents' (or primary caregivers) romantic relationship(s) while growing up. Was it committed and harmonious? Or was there significant fighting, abandonment, back and forth, etc. Was it abusive? If so, which partner was abusive?

Do you identify with either your mother or your father? Both? In what ways?

Are there any traumas you feel may be related to romance, even indirectly?

Do you have any history of sexual related trauma and/or abuse?

Do any immediate family members have any history of sexual related trauma and/or abuse?

Are there any family members who have or have had romantic difficulties?

Conscious Awareness Evaluation

Are you aware of any reasons you have avoided either creating or nurturing a relationship in the past?

Are you aware of any reasons you are avoiding creating or nurturing a relationship in the present time?

Are there any issues that you are aware of that have negatively affected the health of relationships in the past? (e.g. *Communication difficulty, addiction to drugs or pornography, fear of commitment, etc.*)

If in a relationship: Are there any issues that are negatively affecting the health of your current relationship? (e.g. *Communication difficulty, addiction, fear of commitment, etc.*)

Have any partners ever told you of a recurring issue that you struggle with in the relationship? Have you ever been accused of anything, whether or not you agreed with it?

In what ways would you like to improve in your own behaviors or feelings regarding relationships?

Section 5

Begin to identify and create the vibration of the reality you want. This enables your subconscious computer to look for conflicts and makes doing work with The Body Code easier and more targeted, which can help you to achieve your goals faster!

Visualization Exercise

What does your ideal relationship look and feel like? If you're single, what do you want and need? If you're already in a relationship, what do you want to add or improve, and what do you already love and appreciate about your partner?

What feelings would you like to have toward your partner?

How do you want your partner to support you on a daily basis, as well as when you're stressed or busy?

How do you want to support your partner on a daily basis? And when he/she is stressed or busy?

What activities would you like to do together with your partner?

All partners have disagreements. What emotions would you prefer to experience when you disagree with your partner? What would you like the communication to look like between you?

How will having a healthy relationship improve your life?

How would you feel if you knew that you never had to worry about being alone or unsupported again?

Section 6

This section is to help you identify issues with vibrations in the body and /or subconscious. Some will seem similar, however, words can carry different meanings, much like a Google search. Please follow the directions carefully.

Identifying Conflict with Positive Vibrations or Lack of Positive Vibrations

One at a time, say each statement on the list and perform a muscle test. If the response is "no" or your muscle test is weak, check the box in the "Problem" column. If the muscle test gives a "yes" or a strong answer, you can leave it blank. Anything with a check mark in the "Problem" column indicates there are imbalances that need to be released in order to make that statement true, OR it may just never have been part of your reality and needs to be used as an affirmation (rare). Mark the statements as Resolved as they are addressed in your sessions.

Resolved	Problem	Positive Vibrations
<input type="checkbox"/>	<input type="checkbox"/>	I deserve to have love
<input type="checkbox"/>	<input type="checkbox"/>	I am okay with having love
<input type="checkbox"/>	<input type="checkbox"/>	I deserve to love freely
<input type="checkbox"/>	<input type="checkbox"/>	I am capable of loving freely
<input type="checkbox"/>	<input type="checkbox"/>	I deserve to choose what I do with my life
<input type="checkbox"/>	<input type="checkbox"/>	I trust myself to choose a partner who is safe
<input type="checkbox"/>	<input type="checkbox"/>	I trust myself to attract a partner who will love and uplift me
<input type="checkbox"/>	<input type="checkbox"/>	I trust myself to create a loving relationship
<input type="checkbox"/>	<input type="checkbox"/>	I am capable of creating a loving relationship
<input type="checkbox"/>	<input type="checkbox"/>	I am capable of nurturing a loving relationship
<input type="checkbox"/>	<input type="checkbox"/>	I am okay with being successful in love
<input type="checkbox"/>	<input type="checkbox"/>	I am okay with loving the right person
<input type="checkbox"/>	<input type="checkbox"/>	I am okay with being attractive
<input type="checkbox"/>	<input type="checkbox"/>	I am okay with being attracted to the right person
<input type="checkbox"/>	<input type="checkbox"/>	It is safe to be desired
<input type="checkbox"/>	<input type="checkbox"/>	It is safe to desire my partner
<input type="checkbox"/>	<input type="checkbox"/>	It is safe to be in love
<input type="checkbox"/>	<input type="checkbox"/>	It is safe to be seen for who I am
<input type="checkbox"/>	<input type="checkbox"/>	It is safe for me to say what I need
<input type="checkbox"/>	<input type="checkbox"/>	I am okay with being loved for who I am
<input type="checkbox"/>	<input type="checkbox"/>	It is safe to be the real me

Section 7

This section is to help you identify negative vibrations in the body and /or subconscious. Some will seem similar, however, words can carry different meanings, much like a Google search. Please follow the directions carefully.

Identifying the Presence of Negative Vibrations

One at a time, say each statement on the list and perform a muscle test. If the response is "yes" (or strong), check the box in the "Problem" column. If the response is "no" (or weak), leave it blank. Anything with a check mark in the "Problem" column indicates there are imbalances that need to be released in order to make that statement false. Mark the statements as Resolved as they are addressed in your sessions.

Resolved	Problem	Negative Vibrations
<input type="checkbox"/>	<input type="checkbox"/>	Others will be jealous if I have love
<input type="checkbox"/>	<input type="checkbox"/>	Being attractive is not okay
<input type="checkbox"/>	<input type="checkbox"/>	Being desired is not okay
<input type="checkbox"/>	<input type="checkbox"/>	It is not okay to have or enjoy physical intimacy
<input type="checkbox"/>	<input type="checkbox"/>	It is not okay to be in love
<input type="checkbox"/>	<input type="checkbox"/>	I will be rejected if people see the real me
<input type="checkbox"/>	<input type="checkbox"/>	It is dangerous for me to say what I need
<input type="checkbox"/>	<input type="checkbox"/>	I am not important
<input type="checkbox"/>	<input type="checkbox"/>	I am a burden to others
<input type="checkbox"/>	<input type="checkbox"/>	I am not wanted
<input type="checkbox"/>	<input type="checkbox"/>	I am not loved
<input type="checkbox"/>	<input type="checkbox"/>	I am not capable of loving freely
<input type="checkbox"/>	<input type="checkbox"/>	I am not worthy of receiving love
<input type="checkbox"/>	<input type="checkbox"/>	I am not enough
<input type="checkbox"/>	<input type="checkbox"/>	I am not good enough to be loved
<input type="checkbox"/>	<input type="checkbox"/>	I am not a good person
<input type="checkbox"/>	<input type="checkbox"/>	I am a cruel partner
<input type="checkbox"/>	<input type="checkbox"/>	I am a victim
<input type="checkbox"/>	<input type="checkbox"/>	I'm not responsible
<input type="checkbox"/>	<input type="checkbox"/>	I don't have control over my life
<input type="checkbox"/>	<input type="checkbox"/>	I don't trust my partner to listen to me
<input type="checkbox"/>	<input type="checkbox"/>	I don't trust my partner to take care of me
<input type="checkbox"/>	<input type="checkbox"/>	I don't trust my partner with my heart
<input type="checkbox"/>	<input type="checkbox"/>	I will be abandoned

Section 8

This section is to help identify some numbers that can give us a good overall idea of how likely you are to connect with and/or nurture a healthy relationship with the right person.

Connection Mode

Connection Mode: %

Stagnant Mode: %

Isolation Mode: %

For singles and those in a committed relationship.

Your individual vibration needs to be just right in order to attract and connect with the right person. Measure how much of you is in Connection Mode, how much of you is pulling in the opposite direction, which is Isolation Mode. Stagnant Mode is when nothing is moving either direction. These three numbers add up to 100, or 100%. Being in Stagnant or Isolation Mode indicates an issue that needs to be worked on, either directly, by removing the underlying causes for Isolation or Stagnant Mode (found on The Body Code charts), or it could be resolved by removing the issues indicated in the Emotional Issues section (previous). Work toward 100% Connection Mode.

Nurture Mode

Nurture Mode: %

Stagnant Mode: %

Conflict Mode: %

For singles and those in a committed relationship.

Your individual vibration needs to be just right in order to be able to nurture a loving, communicative, respectful relationship. This section helps measure how much of you is in Nurture Mode, how much of you is pulling in the opposite direction, which is Conflict Mode. Stagnant Mode is when nothing is moving either direction. These three numbers add up to 100, or 100%. Being in Stagnant or Conflict Mode indicates an issue that needs to be worked on, either directly, by removing the underlying causes for Conflict or Stagnant Mode (found on The Body Code charts), or it could be resolved by removing the issues indicated in the Emotional Issues section (previous). Work toward 100% Nurture Mode.

Harmony Mode

Harmony Mode: %

Stagnant Mode: %

Discord Mode: %

For those in a committed relationship only. (Optional)

If you're with a partner, you can measure your mode as a couple. Before you begin, make sure you have permission to test and work on both partners. If you find that you, as a couple, are not vibrating at 100% Harmony Mode, you will want to work on each partner individually and remove whatever is lowering your Harmony Mode (or putting you in Stagnant or Discord Mode). Remember, these three numbers add up to 100, or 100%, and you want to work toward 100% Harmony Mode.

Section 9

This section is to help create a goal for your life with regards to a relationship, and identify how aligned you are with the goal.

Goal Alignment

Use this page if you are single or if you may not stay in the relationship you are currently in.

I am freely giving and receiving love with a partner who is:

(add in positive traits)

This relationship is healthy, supportive, and helps me to feel:

(add in positive feelings)

I am my best self in this relationship. I am also creating balance in my physical and emotional health, and spending time on other things that uplift me, such as:

(add in work, hobbies, sports, charity, other activities)

This relationship also assists me in nurturing healthy, loving friend and family relationships, and keeping all other areas of my life balanced and happy.

Create or identify a relationship related goal. Fill this section out as completely as possible, taking time to think about it if needed.

By filling in this section, you are clearly identifying or creating the energetic vibration of a relationship goal. Even though this may not be your current situation in reality, the first step toward making it your reality is creating it energetically. Make sure to be very positive, identifying the true desires of your heart.

Presenting the subconscious mind with this energy signature gives the subconscious a clear direction to fulfill the goal, and also allows it to find imbalances that are creating a conflict with the goal.

The box below prompts you to ask directly how aligned you are with achieving that goal. Work toward 100% alignment by releasing any imbalances that are lowering the Alignment Percentage.

Ask the below question and use muscle testing to find the exact percentage (out of 100%):

How aligned are you with having this relationship goal as your reality?

Alignment: %

Goal Alignment

Use this page if you are in a committed relationship and intend or desire to stay in it.

I am freely giving and receiving love equally, with my partner

, (fill in partner name)

who is:

(add in positive traits)

This relationship is healthy, supportive, and helps me to feel

(add in positive emotions)

I am my best self in this relationship, and I am also creating balance in my physical and emotional health, and spending time on other things that uplift me, such as:

(add in work, hobbies, sports, charity, other activities)

This relationship also assists me in nurturing healthy, loving friend and family relationships, and keeping all other areas of my life balanced and happy.

Create or identify a relationship related goal, as an individual but with your current partner in mind. Fill this section out as completely as possible, taking time to think about it if needed.

By filling in this section, you are clearly identifying or creating the energetic vibration of a relationship goal. Even though this may not be your current situation in reality, the first step toward making it your reality is creating it energetically. Make sure to be very positive, identifying the true desires of your heart.

Presenting the subconscious mind with this energy signature gives it a clear direction to fulfill the goal, and also allows the subconscious to find imbalances that are creating a conflict with the goal.

The box below prompts you to ask directly how aligned you are with achieving that goal. Work toward 100% alignment by releasing any imbalances that are lowering the Alignment Percentage.

Ask the below question and use muscle testing to find the exact percentage (out of 100%):

“How aligned are you with having this relationship goal as your reality?”

Alignment: %

Section 10

This section is to help identify connections with others that need to be removed in order to heal and move on.

Cords

Check to see if there any cords that are lowering any of your modes. A "Not now" answer means there is nothing available to be discovered at this time, but you may find something later. When a cord has been cleared, mark it as Resolved.

Do you have any cords lowering your Connection Mode? Yes Not now

Do you have any cords lowering your Nurture Mode? Yes Not now

Do you have any cords lowering your Harmony Mode? Yes Not now

If you got any Yes answers above, you can test to see who you are corded to now, if desired. Cords may be gut-to-gut (G-to-G), heart-to-gut (H-to-G), gut-to-heart, or heart-to-heart (H-to-H) or something else (other). Clear as needed.

Who are you corded to? (include name and relationship)	G-to-G	H-to-G	G-to-H	H-to-H	Resolved
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

VOWS

This section is to identify vows, which are vibrations in the subconscious that develop when promises are made. A vow may remain "active" even after a relationship ends; this can cause any number of problems. Identify if a vow exists, work to eliminate any underlying imbalances enforcing it, then remove the energy of the vow like you would any other trapped energy. (This is not in The Body Code but will likely be a future training we offer).

Resolved / Problem

<input type="checkbox"/>	<input type="checkbox"/>	My husband/wife/partner was the only one for me
<input type="checkbox"/>	<input type="checkbox"/>	I am committed to my husband/wife/partner, till death do us part
<input type="checkbox"/>	<input type="checkbox"/>	I will never love anyone except my husband/wife/partner
<input type="checkbox"/>	<input type="checkbox"/>	No one will ever compare to my husband/wife/partner
<input type="checkbox"/>	<input type="checkbox"/>	I will never get married again
<input type="checkbox"/>	<input type="checkbox"/>	(add your own statements below)
<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/>	<input type="checkbox"/>	

More about Positive and Negative Vibrations

Your natural state is one where you can create and nurture deep love and connection with others. However, as we go through life we can accumulate imbalances that put us in conflict with this state of love and connection.

All the statements in **Section 6** should test as true for you (shown by a strong muscle test). If a positive statement tests as false, it means that there is either something needing to be released in order to allow that vibration to become reality, or it means that you need to use the statement as an affirmation (sometimes both).

All the statements in **Section 7** should test as false for you (a weak muscle test). If a negative statement tests as true, it means there is something in the subconscious that needs to be released in order to let go of that negativity.

During your sessions, you may be directed to Section 6 or 7 to resolve a problem you found in the evaluation. Simply test to see which of the statements with a "Problem" check mark needs to be addressed, and do your work with The Body Code. Once you release all the underlying imbalances, you can check off the "Resolved" column, and then you'll be finished with that statement*.

*Some statements may show up as being problematic later on, due to deep imbalances surfacing throughout the healing process, so that is why a re-evaluation is so important.

Conflict Resolution

Knowing a person's primary or most commonly used conflict resolution style can be useful in understanding their needs. If it is any style except for Collaborating, which is healthy, you can choose to address it directly in a session. If anything, bringing this to consciousness can help one understand where they may need more conscious focus, and it can also help them understand their partner as well.

Avoiding

Avoiding or withdrawing from a conflict. Pretending there is no problem. Refusing to talk about it or do anything about it. Shutting down.

Accommodating

Can be a sign of co-dependency. Letting another's opinions or needs overrule your own. Often creates resentment in the long run. Letting another have their way.

Competing

Stubborn. Needing to win or be right. Doing anything to ensure that you win even if it hurts the other party. Refusal to give in or see both sides of the situation.

Compromising

Looking for common ground together. Negotiating the bigger issues, letting go of smaller, petty issues. Can become manipulative or passive-aggressive.

Collaborating

Listening to the other person's side. Desiring mutual understanding. Goal setting as a team. Working toward agreement, resolving a problem to create a win-win situation.