

Name:

Date:

## How do you *Feel*?

Humans are gifted with the ability to differentiate between our emotions – the internal response to stimuli that *Alerts!* our *Lesson Plan* – our thoughts – the litanies, scripts and stories employed by *The Mind* to maintain and support our *Lesson Plan* – and our *Feelings* – the definitive, heart-centered sensations generated by *The Authentic Self* to guide us like a lighthouse guides a ship through fog.

Please perform a quick inventory of your general physical health. What hurts? What doesn't? What persists? Any chronic or recurring pains or conditions? How's your bod?

Please perform a quick inventory of your general emotional wellness. What rests easily? What disrupts? How is it on a good day? When under pressure? Stressed? What does a bad day look like? What does *The Voice My Head* say at the end of a pressurized, stressed, or otherwise bad day? Does it *Feel Good*?

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Please perform a quick inventory of general sanity. Is *The Mind* at ease or buzzy-busy? Do the litanies, scripts and stories *Stop!*? Are things ever finished? Is the life chaotic or peaceful or something else? Is there a *List of Things That Are Wrong With Me*? Is there a *List of Things That Are Wrong With Everything and Everybody Else*? What's on them? Does it *Feel Good*?


Please identify anything that does not *Feel Good* in this moment and and make note of any mental, physical or emotional *Defensive* or *Protective* response. What happens with internal systems upon *Lesson Plan Activation*?


What can you *Recognize? Acknowledge? See? Learn* about the self? What *Feels Good*? What doesn't?
