

Heal Your Situation WORKSHEET

[If you need additional blank worksheets, you can print them from your downloads]

NOTE: Please do *not* fill out this worksheet in advance. Wait to do so, until you are actually listening to the Session audios. You'll be given specific instructions in each audio.

Session 1

Date _____

A. Tune In to the Situation

Describe the history of the Situation, in as much detail as you can fit on the four lines provided.

Describe the Situation as it is right now, and how it impacts your life:

Diagnosis? _____

Short Phrase _____

Symbol or Image of the Situation (optional):

B. "Before" Measurement

Tune in to your Situation. Right at this moment, how much of a problem is it in your life; how much does it bother you? 0 = No Problem, 10 = Worst Possible. _____

C. Components of the Situation

Components of the Situation	Measurement Now What's your number, right now? 0 = No Problem, 10 = Worst
PHYSICAL: How does it feel in your body, or in a part of your body? Overall measurement	
Sensation 1 (describe)	
Sensation 2 (describe)	
Sensation 3 (describe)	
Sensation 4 (describe)	
Sensation 5 (describe)	
MENTAL: How much do your thoughts / self-talk about it bother you? Overall measurement	
Thought 1 (describe)	
Thought 2 (describe)	
Thought 3 (describe)	
Thought 4 (describe)	
Thought 5 (describe)	
EMOTIONAL: How much do your emotions about it bother you? Overall measurement	
Emotion 1 (describe)	
Emotion 2 (describe)	
Emotion 3 (describe)	
Emotion 4 (describe)	
Emotion 5 (describe)	

Now put this worksheet away, and listen to the rest of the session. You will be instructed when to return and fill out the next section.

D. “After” Measurement – Session 1

Tune in to your Situation, right at this moment (*not* how it was before).

How much of a problem is it; how much does it bother you?

0 = No Problem, 10 = Worst Possible. Currently: _____

Components of Situation	Measurement Now What’s your number, now, at this very moment? Fill this entire column out first.
Physical: How does it feel in your body, or in a part of your body?	
Mental: How much do your thoughts and self-talk about it bother you?	
Emotional: How much do your emotions about it bother you?	

I *Align* with allowing this situation to be at zero, at *Center*... now.

Write “yes” or “no” _____

Session 2

Date _____

A. “Before” Measurement

Tune in to your situation that you worked on in Session 1. How does it feel?

Get a general measurement of it: 0 = No Problem, 10 = Worst Possible. _____

To what degree are you blocked from Healing?

0 = totally open and allowing healing, at *Center*, calibrated to zero with zero blockages. 10 = totally blocked from healing, nothing works, healing cannot happen. _____

B. What are your Attachments to Outcome?

Coming from *Center*, observe your top two or three attachments.

C. “After” Measurement - Session 2

Coming from your *Centered, Infinite Self*, observe the field of your situation as it appears in the NHworkspace. How much of a problem is it; how much does it bother you?

(0 = No Problem.) _____

Session 3

Date _____

A. “Before” Measurement – Thinking About your Situation

0 = No Problem, Neutral, Everything’s Fine. 10 = Worst Possible Thoughts.

How much does it upset or bother you to think about your situation? _____

What do you expect will happen?

What is your self-talk about the situation?

Get a number on your expectations and self-talk (0 = No Problem) _____

B. Objections to Healing Your Situation

Write your top two or three objections to doing this work, to healing your situation.

C. “After” Measurement – Thinking About your Situation

0 = No Problem, Neutral, Everything’s Fine. 10 = Worst Possible Thoughts.

How much does it upset or bother you to think about your situation? _____

Session 4

Date _____

A. “Before” Measurement

Tune in to your situation. Where do you feel it in your body, and how does it feel?

0 = No Problem, 10 = Worst Possible. _____

How does your body feel in general, regardless of the specifics of your situation?

0 = No Problem, 10 = Worst Possible. _____

B. “After” Measurement

Tune in to your situation. Where do you feel it in your body, and how does it feel?

0 = No Problem, 10 = Worst Possible. _____

How does your body feel in general, regardless of the specifics of your situation?

0 = No Problem, 10 = Worst Possible. _____

Session 5

Date _____

A. “Before” Measurement

Tune in to your situation as it is right at this moment, and get a number on it.

0 = No Problem, 10 = Worst Possible. _____

B. “After” Measurement

Tune in to your situation as it is right at this moment, and get a number on it.

(0 = No Problem) _____

Session 6

Date _____

Components of the Situation	Measurement Now What's your number, right now?
PHYSICAL: 0 = no problem Overall measurement	
Sensation 1 (describe)	
Sensation 2 (describe)	
Sensation 3 (describe)	
Sensation 4 (describe)	
Sensation 5 (describe)	
MENTAL: 0 = non-attached and neutral – assumptions, self-talk. Overall measurement	
Thought 1 (describe)	
Thought 2 (describe)	
Thought 3 (describe)	
Thought 4 (describe)	
Thought 5 (describe)	
EMOTIONAL: 0 = <i>Centered</i> , no problem. Overall measurement	
Emotion 1 (describe)	
Emotion 2 (describe)	
Emotion 3 (describe)	
Emotion 4 (describe)	
Emotion 5 (describe)	

