

CHECK LIST

ENERGY LEVEL: *low, balanced, high*

EMOTIONAL CHARGE: *negative, neutral, positive*

ALIGNMENT: *fragmented, integrated*

ANXIETY: *neutral, mild, moderate, high*

OVERWHELMED: *yes, no*

BRAIN DUMP

Empty the contents of your mind.

Write down anything you do not wish to forget.

Put all other agendas aside.

DESCRIBE feeling, sensation, thought, image, impulse, breath

SHELVING TECHNIQUE

Mind shelf

Heart shelf

Body shelf