



Mind Energy Body
School of Transformation

Worksheets For Let Your Empowered, Loving Bitch Awaken!

1. In recent times, do you tend to freeze, fight, or run away when you feel attacked, unseen, unloved, projected upon or unsafe?
 - A. What situations make you freeze and is this how you reacted as a child? Explain.
 - B. What situations make you fight and is this how you reacted as a child? Explain.
 - C. What situations make you flee and is this how you reacted as a child? Explain.

2. What is the emotional pain or trigger that prevents you from healthy self-protection?

3. How does this emotional pain or trigger relate to your attachment system? For instance, my emotional trigger is that I felt less than, not valuable. I also felt I had no right to exist. As a result, when my dad yelled, attacked or judged me, I would collapse and shrink. What is your story?

4. Step 1 is awareness, so after exploring the above questions, what are your healthy and unhealthy self-protective patterns? In the in person training, we will address how to shift these unsupportive patterns in greater detail. I hope you can join us!