

## Dissolving Subconscious Blockers Worksheet

Q1: Describe in detail, the situation in which this unwanted behavior occurred.




Q2: Describe the body feelings associated with this blocker or unwanted behavior. Remember to describe bodily sensations and not emotions or thoughts.



Q3A: Ask your subconscious mind to give you a memory where the blocker body feeling was present that is appropriate and for your highest good to remember right now. Take what you get and write it down, even if it's just fragments of a memory.



Q3B: Ask your subconscious mind to give you another memory where the blocker body feeling was present that is appropriate and for your highest good to remember right now. Take what you get and write it down, even if it's just fragments of a memory.



Q3C: Ask your subconscious mind to give you another memory where the blocker body feeling was present that is appropriate and for your highest good to remember right now. Take what you get and write it down, even if it's just fragments of a memory.



Q3D: Ask your subconscious mind to give you another memory where the blocker body feeling was present that is appropriate and for your highest good to remember right now. Take what you get and write it down, even if it's just fragments of a memory.



Q3E: Ask your subconscious mind to give you **your earliest memory** where the blocker body feeling was present that is appropriate and for your highest good to remember right now. Take what you get and write it down, even if it's just fragments of a memory.



Q4A: Describe how you would have ideally liked the situation described in Q3E to have occurred whilst still keeping the basic situation the same.



Q4B: Describe how you would have ideally liked the situation described in Q3D to have occurred whilst still keeping the basic situation the same.



Q4C: Describe how you would have ideally liked the situation described in Q3C to have occurred whilst still keeping the basic situation the same.



Q4D: Describe how you would have ideally liked the situation described in Q3B to have occurred whilst still keeping the basic situation the same.



Q4E: Describe how you would have ideally liked the situation described in Q3A to have occurred whilst still keeping the basic situation the same.



Q5: Now go through Q4A-E and read through them looking for common themes. List the common themes below.



Q6: Rewrite your memory of the original situation you described in Q1. How would you have liked this situation to have played out. Do this in a way that incorporates all of the merged reframe themes.



Q7: Rewrite a future situation in which you think this blocker may occur. Write the situation exactly the way you would like it to occur.

