

Passionate Practices Pathway to Freedom

Passionately Alive

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Incomplete past experiences (resentments) keep us in pain, stuck, drain our energy and prevent goodness, peace and happiness from occurring in our lives. This worksheet may assist you to complete your experience.

THE ISSUE

I want to complete with my relationship with.....

1. The resentments (facts - what they actually did) are.....

- 1.....
- 2.....
- 3.....
- 4.....
- 5.....
- 6.....
- 7.....
- 8.....

2. State your criticisms, judgements and assumptions

I think you are.....
.....
.....

3. What they should or shouldn't do

For me to be happy I want you to.....
.....

4. What you do not want to experience with them (or anyone else)

I am unwilling to ever again be.....
.....

5. Heart Opening. Emotional release - Feel into body, breathe and Express verbally

To Heal you must feel and release the emotional energy from your body!

Express your anger, pain, sadness and fear energetically, freely - unedited.

As you express your feelings consider:

When did this wound first happen to me?

What limiting decisions did I make and what behavior did I adopt?

DO NOT CONTINUE UNTIL YOU HAVE EXPRESSED THE EMOTIONAL ENERGY

6. Limiting Decisions and Behaviours

In response to this experience the limiting decision (story) I made up about myself

"I decided that I was.....
.....

"The behaviour I adopted was to.....
.....