



DAY 4

WORKBOOK



MATCH YOUR HEALING

PTSD/Trauma

Somatic Experiencing, Bodywork, Bioenergetics, Hypnotherapy, EFT/Tapping, Yoga, Tai Chi, Qigong, Meditation, Sound Healing, Art Therapy, Dance/Movement Therapy

negative thoughts

Hypnotherapy, EFT, NLP, Repetition, Reframing

relationship struggles

Hypnotherapy, NLP, EFT/Tapping, Somatic Experiencing, Bodywork, Bioenergetics, Mindfulness Meditation, Loving-Kindness Meditation

low self esteem

Reiki, Chakra Balancing, Hypnotherapy, NLP, EFT/Tapping, Yoga, Mindfulness Meditation, Loving-Kindness Meditation, Art Therapy

depression

Reiki, Healing Touch, Chakra Balancing, Hypnotherapy, NLP, EFT/Tapping, Yoga, Tai Chi, Qigong, Meditation, Aromatherapy, Sound Healing, Art Therapy, Dance/Movement Therapy

trust issues

Hypnotherapy, NLP, EFT/Tapping, Somatic Experiencing, Bodywork, Bioenergetics, Mindfulness Meditation, Loving-Kindness Meditation

anxiety

Reiki, Healing Touch, Chakra Balancing, Hypnotherapy, NLP, EFT/Tapping, Yoga, Tai Chi, Qigong, Meditation, Aromatherapy, Sound Healing, Art Therapy, Dance/Movement Therapy

attachment issues

Hypnotherapy, NLP, EFT/Tapping, Somatic Experiencing, Bodywork, Bioenergetics, Mindfulness Meditation, Loving-Kindness Meditation

Fear of Abandonment

Hypnotherapy, NLP, EFT/Tapping, Somatic Experiencing, Bodywork, Bioenergetics, Mindfulness Meditation, Loving-Kindness Meditation



MATCH YOUR HEALING

emotional
dysregulation

Reiki, Healing Touch, Chakra Balancing, Somatic Experiencing, Hypnotherapy, EFT/Tapping, Yoga, Tai Chi, Qigong, Meditation, Sound Healing

Chronic Stress

Reiki, Healing Touch, Chakra Balancing, Somatic Experiencing, Hypnotherapy, NLP, EFT/Tapping, Yoga, Tai Chi, Qigong, Meditation, Aromatherapy, Sound Healing

guilt & shame

Reiki, Healing Touch, Chakra Balancing, Hypnotherapy, NLP, EFT/Tapping, Yoga, Mindfulness Meditation, Loving-Kindness Meditation, Art Therapy

self doubt

Reiki, Chakra Balancing, Hypnotherapy, NLP, EFT/Tapping, Yoga, Mindfulness Meditation, Loving-Kindness Meditation, Art Therapy

Difficulty in Emotional
Expression

Bioenergetics, Somatic Experiencing, Dance/Movement Therapy, Art Therapy, Hypnotherapy, EFT/Tapping, Yoga

sleep issues

Reiki, Healing Touch, Chakra Balancing, Hypnotherapy, EFT/Tapping, Yoga, Tai Chi, Qigong, Meditation, Aromatherapy, Sound Healing

isolation

Reiki, Healing Touch, Hypnotherapy, EFT/Tapping, Yoga, Meditation, Art Therapy, Dance/Movement Therapy, Group Therapy, Mindfulness Meditation

Self-Harm

Reiki, Healing Touch, Hypnotherapy, EFT/Tapping, Somatic Experiencing, Yoga, Meditation, Art Therapy, Dance/Movement Therapy, Mindfulness Meditation

Perfectionism

Hypnotherapy, NLP, EFT/Tapping, Somatic Experiencing, Mindfulness Meditation, Loving-Kindness Meditation, Yoga, Art Therapy



WHAT COMMUNICATION STYLE DO I HAVE?

WHERE DID MY COMMUNICATION STYLE COME FROM?

WHAT CAN I DO TO GET TO THE NEXT LEVEL OF COMMUNICATION?



COMMUNICATION CHEAT SHEET

4 Communication Styles

Direct Aggression:

bossy, arrogant, bulldozing, intolerant, opinionated, and overbearing

Indirect Aggression:

sarcastic, deceiving, ambiguous, insinuating, manipulative, and guilt-inducing

Submissive:

wailing, moaning, helpless, passive, indecisive, and apologetic

Assertive:

direct, honest, accepting, responsible, and spontaneous

6 Main Characteristics of Assertive Communication

Eye contact:

demonstrates interest, shows sincerity

Body posture:

congruent body language will improve the significance of the message

Gestures:

Appropriate gestures help to add emphasis

Voice:

A level, well modulated tone is more convincing and acceptable, and is not intimidating

Timing:

Use your judgement to maximise receptivity and impact

Content:

How, where and when you choose to comment is probably more important than WHAT you say

6 Assertive Communication Techniques

1. Behaviour Rehearsal:

which is literally practising how you want to look and sound. It is a very useful technique when you first want to use "I feel" statements, as it helps dissipate any emotion associated with an experience and allows you to accurately identify the behavior you wish to confront.

2. Repeated Assertion (the 'broken record'):

this technique allows you to feel comfortable by ignoring manipulative verbal side traps, argumentative baiting and irrelevant logic while sticking to your point. To most effectively use this technique use calm repetition, and say what you want and stay focused on the issue. You'll find that there is no need to rehearse this technique, and no need to 'hype yourself up' to deal with others

3. Fogging:

this technique allows you to receive criticism comfortably, without getting anxious or defensive, and without rewarding manipulative criticism. To do this you need to acknowledge the criticism, agree that there may be some truth to what they say, but remain the judge of your choice of action. An example of this could be, "I agree that there are probably times when I don't give you answers to your questions.

4. Negative enquiry:

this technique seeks out criticism about yourself in close relationships by prompting the expression of honest, negative feelings to improve communication.

To use if effectively you need to listen for critical comments, clarify your understanding of those criticisms, use the information if it will be helpful or ignore the information if it is manipulative.

5. Negative assertion:

this technique lets you look more comfortably at negatives in your own behaviour or personality without feeling defensive or anxious, this also reduces your critics' hostility.

You should accept your errors or faults, but not apologize. Instead, tentatively and sympathetically agree with hostile criticism of your negative qualities.

6. Workable compromise:

Only if you feel that your self-respect is not in question, consider a workable compromise with the other person.

You can always bargain for your material goals unless the compromise affects your personal feelings of self-respect.

However, if the end goal involves a matter of your self-worth and self-respect, THERE CAN BE NO COMPROMISE. Like if he tells you in order to make it right, you have to bow down and beg.. Loike come on now.. Hell no!

HEART CONNECTION MEDITATION

