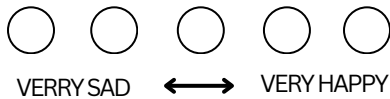


Journal Audio Tracker: The Residue of Trauma:LH

Chapter Four- fill out before listening to audio Date: _____

Mood/Emotion Before Audio

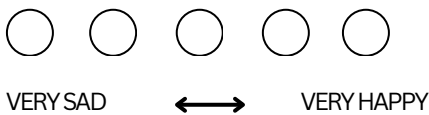


What are you doing that is working?

What do you want to create?

Reflections: What did you notice shift during the audio session?

Mood/Emotion After Audio



What kills your inspiration?

What freaks you out the most?

What do you feel paralyzed in your life?

What is your most dis-empowering belief?

List topics you still want to work on that relate to this chapter