



*WOMEN'S TRANSFORMATION*

**“THE REAL UNLIMITED YOU :  
CONFIDENCE, RADICAL SELF  
LOVE & STRESS FREE”**

**TRANSFORMING SELF-ESTEEM, STRESS, &  
EMOTIONS**



WORKSHOP WORKBOOK



WRITTEN BY CAROLINA STUKENBERG

*ABOUT THE*

# WORKBOOK



*OH HEY THERE, I'M CAROLINA.*

I'M SO EXCITED TO HAVE YOU HERE AND I CAN'T WAIT TO HELP YOU TRANSFORM YOUR LIFE.

THE AIM OF THIS WORKBOOK IS TO HELP YOU ASSESS AND REFLECT YOUR OWN EMOTIONAL HEALTH.

THROUGH THIS WORKBOOK, YOU WILL EXPLORE YOUR EMOTIONAL HEALTH AND FIND OUT IF YOU ARE READY TO ACTUALLY TRANSFORM THOSE PESKY NEGATIVE THOUGHTS, LOW SELF-ESTEEM, AND LOW SELF WORTH. YOU WILL GO THROUGH THESE QUESTIONS AND FIND OUT IF YOU ARE READY FOR LIFE CHANGING TRANSFORMATION.

SO LET'S JUST JUMP STRAIGHT IN AND GET A START ON YOUR JOURNEY!

*Carolina xoxo*



# SUPRESSTION TEST - EMOTIONAL HEALTH AUDIT QUIZ

## THE QUIZ

♥ Name: \_\_\_\_\_ ☎ Phone: \_\_\_\_\_

👍 Age: \_\_\_\_\_ ✉ E-mail: \_\_\_\_\_

When in a group of people, do you hold yourself back from joining in, afraid of looking stupid or saying something embarrassing that you suppress your voice?

Yes       No

Do you constantly say things about yourself to yourself that are so demeaning you would never say that to others, especially a child you wanted to raise with self-esteem?

Yes       No

Do you feel like a freak, a weirdo and are afraid people will see you that way too?

Yes       No

When attracted to someone, is your thought "will they like me", rather than "will I like them"?

Yes       No

Are you afraid of shame or rejection so much that you try to be someone you aren't, and do whatever keeps the peace instead?

Yes       No



# SUPRESSTION TEST - EMOTIONAL HEALTH AUDIT QUIZ CONTINUED.

If asked about your good points, would you come up with less than 3?

- Yes       No

Do you assume new friends won't like you soon?

- Yes       No

Do you people please so much that you tolerate their disrespectful behaviour, and find you not only don't speak up, but you actually still do things for them as well?

- Yes       No

Do you secretly loathe or resent people just because they have more, or are thinner, prettier or more successful than you?

- Yes       No

Do you respond to loved ones in a way that's out of control and you constantly regret?

- Yes       No

Is your fear more like a terror or anxiety that you feel is frazzling your nervous system?

- Yes       No

Do you feel unsafe but can't explain why?

- Yes       No



# SUPRESSTION TEST - EMOTIONAL HEALTH AUDIT QUIZ CONTINUED.

Do you feel anxiety to the point of your heart speeding up more than once a week?

- Yes       No

Do you constantly feel 'less than' in comparison to the majority of people?'

- Yes       No

Do you feel unheard or unseen in more than one area of your life?

- Yes       No

Do you notice your problems are a pattern for you and possibly seen in your family?

- Yes       No

Does resentment arise often to injustices from long ago?

- Yes       No

Do you think you don't deserve to be fixed, all good, and happy?

- Yes       No

Do you feel like you have tried all different types of methods to deal with your self-esteem & emotions and nothing has worked?

- Yes       No



# SUPRESSTION TEST - EMOTIONAL HEALTH AUDIT QUIZ CONTINUED.

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WHAT'S YOUR SCORE?

# ADD UP YOUR POINTS



ADD UP ALL THE QUESTIONS YOU ANSWERED "YES"  
TALLY YOUR TOTAL AGAINST 19

/19

## 0 - 6

IF YOU GOT 6 OR BELOW - YOU ARE BEING YOUR AUTHENTIC SELF & ROCKING YOUR LIFE

## 7 - 12

IF YOU GOT 7-12 YOU ARE EXPERIENCING REAL SELF DOUBT AND LOW SELF-WORTH AND LIKELY VERY EMOTIONAL ABOUT PAST ISSUES AND TRAUMAS, AND STRUGGLING TO TRUST YOURSELF AND THE WORLD AROUND YOU

## 12 AND ABOVE

IF YOU GOT MORE THAN 12, YOUR EMOTIONAL HEALTH, HEART AND SPIRIT ARE NOT OK, AND IT'S TIME TO ASK FOR HELP. THINGS CAN CHANGE! HAVE HOPE!



# RATE THESE TOPICS

WHICH ARE THE MOST INTENSE AND RELEVANT TO YOU, PLAYING OUT IN YOUR LIFE.

**0 = DOESN'T BOTHER ME**  
**10 = MASSIVE ISSUE, DEEPLY FEEL THIS**

# LOW SELF ESTEEM

- SUPPRESSED/ LESS THAN/ NOT GOOD ENOUGH
- UNSAFE
- WEAK / PATHETIC / USELESS
- IT'S NOT FAIR / INJUSTICE
- I CAN'T
- UNWANTED
- UNLOVED
- NOT BELONGING / LONELY
- ANXIOUS
- DISMISSED / UNSEEN / UNHEARD
- WHAT OTHERS THINK
- JUDGED / CRITICIZED



## 60 OR ABOVE

YOU ARE EXPERIENCING SEVERE LOW SELF ESTEEM AND SELF WORTH

## 30 - 60

THERE IS DEFINITELY SOME WORK TO BE DONE, BUT THE PAIN IS STILL MANAGEABLE OR TOLERABLE, BUT IT IS WEARING YOU DOWN, THAT'S WHY YOU HERE

## 0 - 30

YOU ARE COPING WITH THINGS, PRETTY FINE, JUST SOME SPECIFIC THINGS ARE BOTHERING YOU. THIS CAN ACCUMULATE OVER TIME AND BECOME WORSE IF NOT DEALT WITH



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# EMOTIONAL REGULATION

- WORRY
- TERRIFIED / SCARED / FEAR
- HURT / BROKEN HEARTED / HEARTACHE
- LOSS / GRIEF / SAD
- HATE
- IT'S NOT FAIR
- ANGER
- ALONE
- GUILT
- BETRAYED / RESENTMENT
- ATTACKED / BELITTLED / DESTROYED
- GASLIT



## 60 OR ABOVE

YOU ARE EXPERIENCING SEVERE LOW SELF ESTEEM AND SELF WORTH

## 30 - 60

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Break unhealthy cycles, overcome anxiety & negative self-talk, low self-esteem, over-emotionalizing & deeply rooted insecurities.

Be your **UNLIMITED YOU**, authentic, confident, positive thought patterns, radical self-love, heart healing, raised emotional intelligence, stress response re-setting & releasing anxiety.



## *OH HEY THERE, I'M CAROLINA.*

CAROLINA STUDIED, HEALTH COACHING, INTEGRATIVE NUTRITION, CHEF, AND PERSONAL DEVELOPMENT.

NOW A PRACTICING WOMEN'S HEALTH COACH AND TRANSFORMOLOGIST, WITH YERAS OF EXPERIENCE & PASSION FOR SETTING WOMEN HEARTS FREE, ONCE AND FOR ALL.

TO FOLLOW MORE OF CAROLINA'S WORK, VISIT HER AT [WWW.PRIMEINTEGRATIVENUTRITION.COM](http://WWW.PRIMEINTEGRATIVENUTRITION.COM) OR EMAIL HER AT [CAROLINA@PRIMEINTEGRATIVENUTRITION.COM](mailto:CAROLINA@PRIMEINTEGRATIVENUTRITION.COM). YOU CAN ALSO FIND HER HANGING OUT ON:



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*Carolina xoxo*

