

2nd Key



RESTORE

THE HEALING PROCESS: SENSITIZATION PROCESS

BODY SENSATION BAROMETER

BODY SCAN AND LOCATION OF SENSATION:

INTENSITY OF SENSATION: 0 to 10 _____
(0 no Impact 10 severe Impact)

IMPACTED FEELINGS: _____
(sad, mad, scared, happy, etc.)

INTERNAL BALANCE ROUTINE FOR TODAY: _____
(Yoga, Walk, Meditation, etc.)

RELEASE

FORGIVENESS AND HEALING TO BLOCK, STOP AND FLAT LINE

1. How did the forgiveness occur?
2. How are you feeling about forgiving the memory?
3. What coping skill were installed?
4. What helped you to forgive the memory and bring closure to the story?
5. How did you find healing?
6. Have your forgiven yourself?

RESPONSE TO ABOVE 6 QUESTIONS:

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

NOTES: FOR RESTORE KEY

(VISUALIZATION/SENSITIZATION/EXERCISES/RELEASE)

RESISTANCE

Dear Journal:

As I move through this process, I am beginning to feel overwhelmed by these feelings that I have worked so hard to bury. How can it be so difficult to revisit past memories; and so easy to put those thoughts, images and feelings away into their “do not open” box. I somehow feel consumed by these emotions and do not want to continue to remember them. But...yet I know that they are holding me back in many ways and I am feeling them penetrate my body and soul. How have I lived with this for so long? I want to detox my emotions, but it is so very painful. I wish there was an emotional detox suction machine that I could just release these emotional toxins into.

How bad can it be? These are things that I have experienced and want to release. However, I am still moving forward, although, there are times I experience physical complaints, mood changes, palpitation in my heart and internal rage or sadness. Perhaps, if I can just take one of these and eradicate the sensation, the experience, the change, and leave it in another box outside of my soul and spirit; then perhaps I could move forward with more ease.

Okay.....I am going to slow down, deal with the cubical that is holding me back, even if it takes longer than expected. I am an intelligent person and I know that in order to achieve internal success I will have to confront these intruders, reduce these intruders to a size of unimportance then leave them behind. I will not stand victim to myself nor to memories that have no importance in my emotional growth. If these memories are stifling my emotional growth, then I must find a way to unlock that cubical, keep the door open, until the cubical is cleansed then I can begin to restore.

I am ready to return to my emotional detoxing process, with all my supports in place, I will continue on my journey to total emotional wellness. I will list the three most problematic memories that I feel are hindering me from emotional success and create my plan to release/resolve.

INCIDENT	AGE	MEMORY	RELEASE/RESOLVE
<u><i>I.e., Divorce</i></u>	<u><i>8</i></u>	<u><i>losing father</i></u>	<u><i>Sadness and fear/write story</i></u>
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____