

## STRESS RELEASE WORKSHEET

### MOTHER FIGURE

- What thoughts and feelings do I hold around my mother?

- Expectations regarding her role?

- What actions are triggered by my outdated or negatively motivated intentions?

It is safe for me now to release those intentions and goals.

### FATHER FIGURE

- What thoughts and feelings do I hold around my father?

- Expectations regarding his role?

- What actions are triggered by my outdated or negatively motivated intentions?

It is safe for me now to release those intentions and goals.

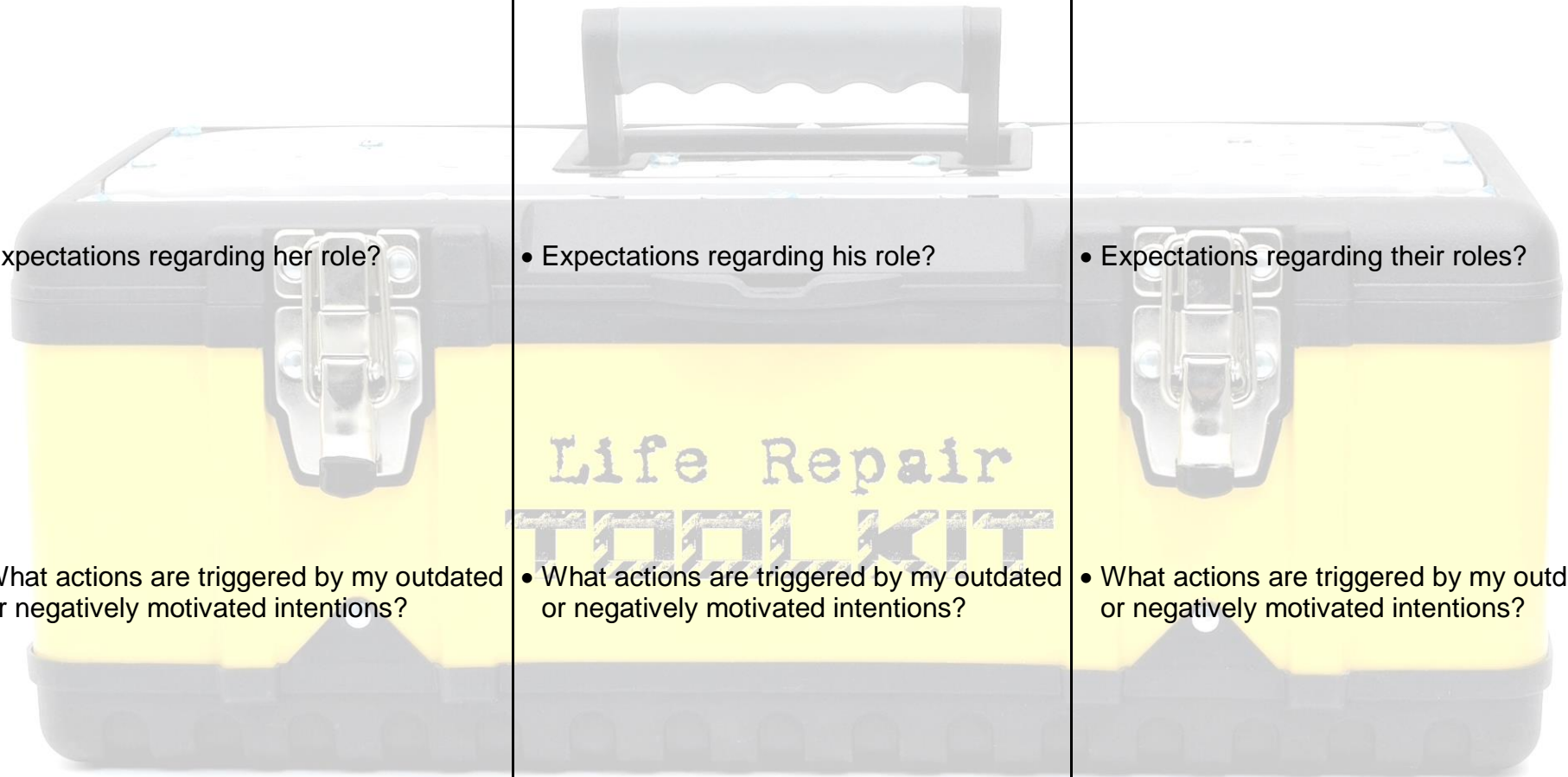
### SIBLINGS

- What thoughts and feelings do I hold around my brothers & sisters?

- Expectations regarding their roles?

- What actions are triggered by my outdated or negatively motivated intentions?

It is safe for me now to release those intentions and goals.



## FRIENDS

- What thoughts and feelings do I hold around my friends?

- Expectations regarding their roles?

- What actions are triggered by my outdated or negatively motivated intentions?

It is safe for me now to release those intentions and goals.

## SELF

- What thoughts and feelings do I hold around myself?

- Expectations regarding my role?

- What actions are triggered by my outdated or negatively motivated intentions?

**TOOLKIT**

- Achievement/Career?

- Acceptance?

- Education?

- Religion?

- Body/Self-image?

- Relationships?

- Other?

It is safe for me now to release those intentions and goals

