

EMOTIONAL DÉJÀ VU WORKSHEET

My brain uses my thoughts and feelings to shape my reality. As I change my thoughts, I change my reality.

1a I am upset because (who/what) _____ triggered my (feelings) of _____
_____ when _____

1b The thoughts behind this are _____

1c. An earlier memory of similar thoughts and feeling was _____

1d My first instinctive punishing reaction for 1a/1c is _____

2 I want to feel better

I take responsibility for what is in my own mind. Every reality is changeable.

I reconnect with my inner guiding force I follow its guidance

I return love as the motivation over my reality and my behavior

3 I now use my thoughts of retaliation against them to show me what I need to heal in myself.

4 Verbal release:

I let go of my feelings of... [Breathe] I let go of my need to retaliate [Breathe]

I release my thoughts that... [Breathe] I let go of my need to be right [Breathe]

5 I am willing to go through the symptoms of healing

6 A loving thought I can think about 1a is _____

and 1c is _____

7 What I really want out of the situation in 1a is _____

8 I am not upset by this person (interaction) but by a thought or reality in me

9 I release my need for (7)

10 Now I feel _____

And I can now see/understand _____

11 I am grateful to (1a) _____ for showing me what I needed to repair.