

Identifying & Transforming Unwanted Health Patterns

Page 1



***Plan some alone time (with no interruptions) to really reflect and complete this form.
You'll be glad that you did. Print, but don't read past this page until then.***

I, _____ (name) commit to myself to take 30 minutes
on _____ (day) at _____ (time) because I and my health are so worth it, and
because I have many others who care about me and want what is best for me! Be sure to
mark your calendar and inform other family members that this is "your time." You deserve it.



Identifying & Transforming Unwanted Health Patterns

Page 2



Identifying & Transforming Unwanted Health Patterns

Page 3



1. My triggers for stress, emotional eating, or unhealthy patterns relate to (these situations)

2. And/or the following concerns seem to propel me towards unhealthy patterns:

3. These things are related to feelings of... *(There are no wrong answers. Feelings are just valuable road signs that can point you in the direction of healing. Pause and let yourself feel the emotions that rise when you think about the above scenarios. List as many emotions that you sense or that come to mind. Then go back and put an intensity level of 1-10 by each one.)*

4. Choose your highest intensity emotion from above. This negative (or positive) emotion first began when... *(Close your eyes and belly breathe slowly to allow your body to be at ease. If you are one to pray, ask God to reveal to you when these feelings first began, and trust him to do so. Otherwise, just be still and let your memory be your guide. List the emotion, along with the experience that first sparked it. Remember, this is for holistic healing to come to you.)*

Identifying & Transforming Unwanted Health Patterns

Page 4



Identifying & Transforming Unwanted Health Patterns

Page 5

5. The emotion(s) that I listed seems to be directed at (person/people)... *(Again, no shame related to this. It is good to realize the reason and direction of your emotions, if you want to experience freedom from them. I find that feelings can be directed towards ourselves, others, or even God or a higher power in which we put our trust. Freedom from negative emotions and patterns means freedom to choose healthy actions. This results in a more whole and healthy you! Hang in there. You are doing great! You are not alone, and if you feel that you need to discuss this with someone else, please do. I am available for consulting, as well. But please continue with the process, if you can. Imagine your freedom right around the corner!)*

6. I seem to believe that _____ (emotion) directed towards

_____ (person) will help me by... *(List some practical ways that come to mind. These do NOT need to be logical. Our rationale, especially if these thoughts were developed early in our lives, is not always well-planned or thought out. It is what we believed as a result of our experiences, not necessarily with all facts or reasoning in place. Some examples might be: by protecting myself from..., by bringing justice to..., by easing my conscious of..., etc. This can be very powerful and possibly draining, so plan to take a couple of minutes after answering this question to just relax, breathe, pray, or take a short break.)*

7. Re-read and reflect on the entire statement above. I (agree / disagree) with it from a purely logical perspective. In other words, I (believe / disbelieve) what I have written is the best use of _____ (emotion) to bring me the desired result of *(listed last above, which is most likely a very legitimate need that you have that has not yet been met in a positive and healthy way.)*

and it is working well for me and bringing me greater health, freedom, & connection to others, especially those closest to me. I am contented and happy where I am.

(If you circled "disagree," be encouraged. Your needs are very important, and there are healthy ways of having them met. You are not done yet with your healing process! Keep moving ahead.)

You can do it!

Identifying & Transforming Unwanted Health Patterns

Page 6



Identifying & Transforming Unwanted Health Patterns Emotional Healing Strategy

Page 7



If you completed the entire previous page of questions, including the last question, you have come to a definite conclusion. This conclusion was most likely based on logic. However, your beliefs might very well be based on feelings. And feelings and beliefs most naturally come from your own personal experiences. They are also reinforced by similar or related experiences throughout your lifetime. Can you see that pattern in your own life? I certainly can in mine, and I have found great freedom!

On the other hand, real truth comes from facts, as well as the important values that you believe transcend all else. So, if you'd like to continue on this road to freedom, and you are deciding that you want to somehow shift from reacting out of feelings based on past experiences and beliefs, you can continue on with this process with the hope of finding greater freedom and greater overall health and well-being. You don't have to have the answers at this point...just a willingness to continue.

If you have concluded that the actions you are currently taking are the best ones for your situation, then there is no need to complete this page or feel guilty. You are content with your situation and feeling that your goals of health and connectedness are being met. You're right where you want to be!

Identifying & Transforming Unwanted Health Patterns

Page 8



1. I feel that my emotion of _____ towards _____, which is driving behaviors that are not healthy or helpful to me or others, and I am open and desiring to experience change in this area. I acknowledge that my need(s) of _____ is important and legitimate and that I want to see this met in a healthy way. I am willing to explore thoughts & ideas that bring true and lasting healing and freedom to me.

2. I, _____, acknowledge that I was accepting something that was neither true nor in my best interest as a basis for my beliefs, and my resulting actions have not helped me. I am sorry that I used this as my basis for getting my legitimate needs met. Instead, I now look to (God or my highest values of _____) to allow my need of _____ to be met, and I choose to turn to this as my source of comfort and strength, instead of *(the unhealthy, resulting behavior that you are wanting to see changed in this process)*.

3. To complete this process and to further free myself, I choose to acknowledge that my unhealthy connection to (person that the emotion was directed towards) _____ will need to change. I choose to release this person and to respond in a way that reflects my newly stated belief from which I now live, knowing that this does not change prior experiences or condone them. **I accept freedom!**



Congratulations! You have completed this very intimate, life-giving, and potentially life-changing exercise. Use this revelation and relief to continue to propel yourself towards your goal of greater holistic health!

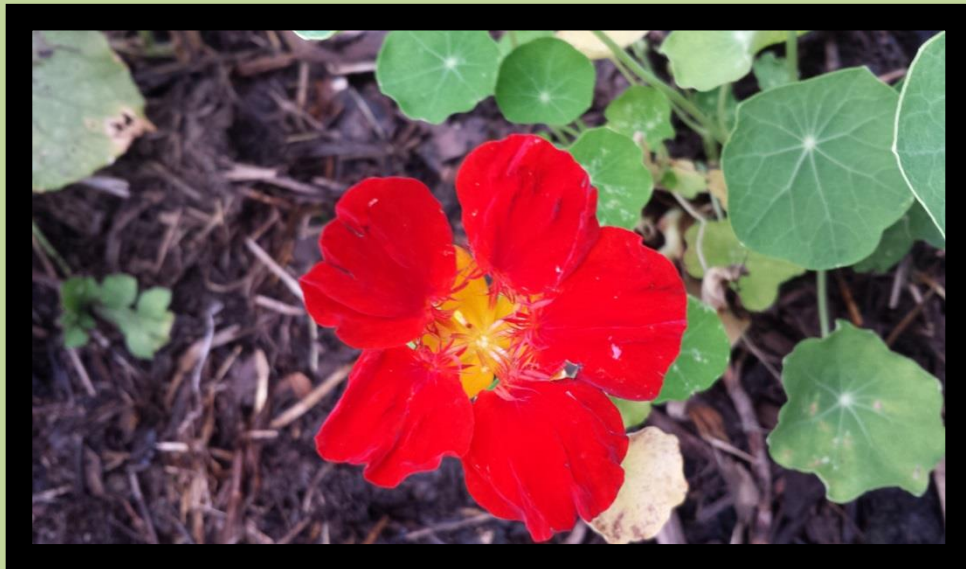
I am so very proud of you. The journey of continued healing is not an easy one, nor is it for those who are complacent with their areas of pain and unrest. We're all on a journey together, one way or another! Why not choose health?

My hope and prayer for you is that you will continue to find freedom and health, as well as revitalized connections with those that you love and all people with whom you come in contact. I also trust that the level of intensity of your identified problem emotion has already, or soon will, decrease--allowing you to make the choices that you truly desire.

Identifying & Transforming Unwanted Health Patterns

Page 10

Please keep your Emotional Healing Strategy (p.7) handy where you can read it and be reminded of your newly-adopted beliefs. This can help you to respond from that healthy place, until your new responses to triggers become more second-nature. Also, remember to be grateful for the changes you have been allowed to make and the freedom that you experienced. Also, be kind and forgiving to yourself if you ever fail to live life from a place of the healthy belief system that you have adopted. Meditate, pray, repeat the process, ask others for help, and know that this is a journey. There is forgiveness for all, and you are not alone. Please always remember that. You are NOT alone. Others are here to help you.



If you have questions, or want to give a report of your experience into greater health, please don't hesitate to contact me at fitmehealthy@gmail.com; I love to hear positive reports of transformation! I am available to you through online consultations or health coaching. Please contact me to schedule an appointment. I believe in holistic healing-- encompassing the physical body, along with the emotional and spiritual aspects. They are all intertwined and open for discussion.

Many blessings to you, my friend!

You did it!!! I always knew you could.

Identifying & Transforming Unwanted Health Patterns

Page 11



Identifying & Transforming Unwanted Health Patterns

Page 12

Experience and ENJOY your new FREEDOM!

