

Trauma Inventory



Where have I had trauma in my life? _____

Where do I have pain, or get hurt, or have illness in my body? _____

Of what am I really, really scared? _____

Have there been any divorces or deaths? How many? How bad? _____

Have there been other bad losses or rejections? _____

Where do I sabotage? _____

What disgusts me? _____

I submit that many of these answers are ripe ground for tapping and freeing up all sorts of energy for yourself and your life and all its connections. I also submit that it wouldn't take very long if you used this sheet every time you did your 5-Minute Routine in the morning or whenever, and used switchwords. This is one of **the energy technologies of bliss.**