Sensorium Hypnosis, LLC

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QUICK EXERCISE FOR RELEASING NEGATIVE ENERGY AND FINDING YOUR HEALING FORMULA!

Grab some paper and a pen.

Find a quiet place where you alone and can unplug for 10-15 minutes (someplace relaxing without distractions).

Write down 3 self-limiting beliefs you have about yourself and/or your life (or more, that's fine). Don't overthink, just let it flow out of your head onto paper. An example would be "I will never find a partner who loves me for who am and truly values me."

> Now just make a mental note of how you and/or your life would improve if you could remove/release this. An example would be "If I stopped worrying about this, I could spend my energy finding social activities and events that bring new, interesting people into my life organically."

Write down 3 self-sabotaging behaviors (again, don't overthink, just write).

> Again, just close your eyes and imagine how your life would be different, if you could remove/release this.

Now find a safe place to burn these lists.
And once they have completely vanished, take 6 deep breaths in, each time holding the breath at the top for a few seconds and slowly releasing it. Each breath represents the most restorative exchange of energy – breathing in all things good and pure, breathing out anything in your life you're wanting to release and let go.

Now let's find the perfect antidotes (thoughts/behaviors that will serve to counteract all you have chosen to release/burn).

Self-Limiting Belief	Antidote
Example: I will always struggle financially.	**Example:** I am experiencing financial abundance (positive affirmations written in present tense are more powerful).

1. _____   1. _____

2. _____   2. _____

3. _____   3. _____

Self-Sabotaging Behavior

Example: When I am depressed, I resist being Physically active or returning calls to friends/family.

1. _____
_____
_____

2. _____
_____
_____

3. _____
_____
_____

Antidote

Example: I will consistently practice a physically and socially active life by going to the gym and arranging weekly lunch dates with friends/family.

1. _____
_____
_____

2. _____
_____
_____

3. _____
_____
_____

THIS IS YOUR HEALING FORMULA!