



Worksheet: The Basic Wholeness Process

You can use this worksheet to jot down notes when guiding yourself or someone else through the process.

Example ... “frustrated,” “sad,” or just “feeling X.”

Original Feeling

Location (L)

Size & Shape (S&S)

Sensation Quality (SQ)

First ‘I’: L

S&S

SQ

Second ‘I’: L

S&S

SQ

Third ‘I’: L

S&S

SQ

(optional)

Fourth ‘I’: L

S&S

SQ

To accompany the book, *Coming To Wholeness* © 2018 Connirae Andreas

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