

# Finding Peace Worksheet

It is okay Instructions: Think of an event that triggered one of your attachment wounds. Use the following worksheet to explore, clarify, and identify what is needed for greater peace now.

<p><b>Facts</b> (Write down the events that happened as if you were recording it on camera. No thoughts or story goes in this column)</p>	<p><b>Wound &amp; Core Belief</b> (What wound was bumped and what negative core belief activated?)</p>	<p><b>Shame Story</b> (What are the Shadows of Shame stories being told?)</p>	<p><b>Numbing Behaviors</b> (What numbing behaviors are you tempted to use – <i>or did use</i>? What emotions arise from the shame stories?)</p>	<p><b>The Truth</b> (What truthful statement can you connect with that shines light on the shame story and diminishes its power?)</p>	<p><b>Core Emotions &amp; Needs</b> (What core emotion do you feel when you connect with the truth? What need have you discovered?)</p>	<p><b>Choice</b> What are the options in getting your needs met in a healthier way? Which choice is best aligned with your value system?)</p>