

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.

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