



## Wellness Tip: Unlock Personal Power with Woundology

**Step 1:** Identify your Woundology

**Step 2:** Fill out Self-Reflecting Journal Exercise

### Woundology

#### *Where Do You Feel Stuck in The Body? For Releasing Personal Power*

**Arm Pain:** What am I holding onto or embracing that needs to be released?

**Back Pain:** Who or what is causing me to bear an undue burden?

**Digestive Problems:** What ideas, beliefs, or experiences am I having trouble digesting?

**Eye Pain/Problems:** What needs to be seen that I've ignored?

**Fatigue:** What in life is wearing me out and making me sleep or shut off?

**Hearing/Ear Infections:** What am I not hearing that must be heard?

**Leg Pain/Cramps:** In what ways am I not standing on my own two legs?

**Lung Problems/Shortness of Breath:** How am I struggling to breathe in life and experience?

**Neck Pain:** Who or what is being a pain in the neck?

**Ovarian Problems:** What am I longing to create that I haven't, or what have I created in my life that I wish to move away from?

**Being Overweight:** What do I fear most, and how am I surrounding myself with layers to protect me from what I fear?

**Being Underweight:** How is my boundary between myself and the world around me in need of development and strengthening?

**Throat Problems:** What am I not speaking the truth about?

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## Self-Reflecting Journal Exercise

**Take 15 minutes to answer the following questions. Choose a quiet place with your favorite warm beverage, take some deep breaths, and give yourself permission to go inward and explore.**

1. What (if any) negative thoughts hold you back from your life or from loving yourself and your body?
2. What is the emotion associated with this thought? Anger, jealousy, betrayal, disappointment, loneliness?
3. Where does this wound come from? Is it something you were told as a child? Whose voice is that?
4. What was the positive intention they had for you?
5. Where do you feel it in your body? (See Woundology handout)
6. How is your relationship with your body a mirror of your relationship with your life or circumstance?
7. What wisdom or advice would your present-day self provide to your younger self?
8. To unlock my Personal Power, "I give myself permission to: \_\_\_\_\_"

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