Relationship Improvement Analysis

Print out and fill in or write your answers on another paper where you can refer back to it.

It is recommended to review this analysis every 3 months that you are in Relationship Mastery. You will use this worksheet to start your Module 2 worksheet.

Part 1: What you have experienced

circle the number from 1 to 10 (10 being very intense)
that you have experienced in your current or past relationships

Have felt betrayed	1 2 3 4 5 6 7 8 9 10
Have been abandoned	1 2 3 4 5 6 7 8 9 10
Have been abused (verbally, physically, mentally, emotionally, financially)	1 2 3 4 5 6 7 8 9 10
Have been misunderstood	1 2 3 4 5 6 7 8 9 10

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Have been disregarded
(felt like chopped liver)

1 2 3 4 5 6 7 8 9 10

Have felt disrespected

1 2 3 4 5 6 7 8 9 10

Have been neglected
(physically, sexually,
financially, emotionally)

1 2 3 4 5 6 7 8 9 10

Have felt disrespected

1 2 3 4 5 6 7 8 9 10

Have had your decisions
and needs overridden
(your needs didn't matter)

1 2 3 4 5 6 7 8 9 10

Intuitively felt like your
person didn't love you
enough

1 2 3 4 5 6 7 8 9 10

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Have felt shamed/guilted by your person or for being with your person 1 2 3 4 5 6 7 8 9 10

Have felt rejected 1 2 3 4 5 6 7 8 9 10

Has your person ever allowed others to interfere in the relationship 1 2 3 4 5 6 7 8 9 10

Has your person ever clung to you in an unhealthy way 1 2 3 4 5 6 7 8 9 10

Review your answers and write the top 5 most painful ones (in order of the most hurtful)

1 _____

2 _____

3 _____

4 _____

5 _____

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Part 2: How you feel

circle the number of how much you feel these at the current moment in life.

You know what your desires are at any given time	1 2 3 4 5 6 7 8 9 10
You place your desires as a priority for yourself	1 2 3 4 5 6 7 8 9 10
You feel cherished by your person	1 2 3 4 5 6 7 8 9 10
You feel protected and defended (physically, mentally, emotionally and financially)	1 2 3 4 5 6 7 8 9 10
You feel confidence inside of yourself	1 2 3 4 5 6 7 8 9 10

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Your paragraph text

You feel supported in your endeavors in life	1 2 3 4 5 6 7 8 9 10
You feel like you can easily create your life experiences (co-create with the Universe)	1 2 3 4 5 6 7 8 9 10
You feel like you have high standards	1 2 3 4 5 6 7 8 9 10
You confidently communicate what you want in bed	1 2 3 4 5 6 7 8 9 10
You feel heard and understood by your person	1 2 3 4 5 6 7 8 9 10
Your person works with you to create your life together	1 2 3 4 5 6 7 8 9 10

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You have deep sexual healing experiences

1 2 3 4 5 6 7 8 9 10

You feel like you can easily get what you need in life

1 2 3 4 5 6 7 8 9 10

You feel safe inside of yourself (on an intrinsic level)

1 2 3 4 5 6 7 8 9 10

You feel proud to be with your partner

1 2 3 4 5 6 7 8 9 10

You feel emotionally mature

1 2 3 4 5 6 7 8 9 10

You feel pretty and sexy

1 2 3 4 5 6 7 8 9 10

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You feel like you understand boundaries and can set them properly

1 2 3 4 5 6 7 8 9 10

Review your answers and write the top 5 places you would like to grow and develop inside of yourself

1 _____

2 _____

3 _____

4 _____

5 _____

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Part 3: How they feel about you

circle the number of how much you feel your person or past person has felt about you

Feels proud/lucky to be with you	1 2 3 4 5 6 7 8 9 10
Knows they will lose you if they messed up	1 2 3 4 5 6 7 8 9 10
Feels safe to share their emotions with you	1 2 3 4 5 6 7 8 9 10
Feels like the sexual connection was more than physical	1 2 3 4 5 6 7 8 9 10
Feels protective over you	1 2 3 4 5 6 7 8 9 10

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Feels a desire to support you in your enevors	1 2 3 4 5 6 7 8 9 10
Feels like he will be heard and understood by you	1 2 3 4 5 6 7 8 9 10
Gives you space to handle situations but will step in if you want him to	1 2 3 4 5 6 7 8 9 10
Feels strong inside of himself (emotionally)	1 2 3 4 5 6 7 8 9 10
Feels like you are feminine and he is masculine and he likes that	1 2 3 4 5 6 7 8 9 10
Feels like you both are complimentary each other in life.	1 2 3 4 5 6 7 8 9 10

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Expresses love in one or more of his primary love languages	1 2 3 4 5 6 7 8 9 10
Respects your boundaries and decisions	1 2 3 4 5 6 7 8 9 10
Communicates when he is busy and offers options for other times to connect	1 2 3 4 5 6 7 8 9 10
Feels his purpose strongly and is not floundering for approval	1 2 3 4 5 6 7 8 9 10
Is respectful in the language he uses towards you (or his intention is respectful)	1 2 3 4 5 6 7 8 9 10

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Tries to grow or better himself in some way

1 2 3 4 5 6 7 8 9 10

Is willing to listen when you need things done differently and doesn't trigger

1 2 3 4 5 6 7 8 9 10

Review your answers and write the top 5 places you would like to see your person or future person treat you better

1 _____

2 _____

3 _____

4 _____

5 _____

The directions of what to do with your answers are on the next page

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Directions:

1. Look at your answers and find what is upsetting or hurts about each of those pieces. The reason it feels uncomfortable or painful is because those experiences or feelings don't fit your size. It's too small for all of the radiance you are. We just need to adjust your Energy Body to allow for what you do want and need. So, be sure to defrost for each of those pieces, starting with the ones that hurt the most. Look at what you wrote and find a phrase that would fit in the sentence "Delete the trauma of _____". If you need help to figure out what phrase to use when you defrost, you can bring those questions to the monthly integration calls or post in the FB group.

2. Begin the course content with watching either the **Safety** Class or **Empath Upgrade** and write out which area inside of yourself triggers the most. Do the energy practice on that aspect and then the others. Do 1 theme or aspect per week.

Optional important action steps:

3. Attend the live monthly Integration calls.

4. You can always purchase coaching or a deep level energy session with me to unroot and resolve an issue that is super deeply embedded in your system.

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Don’t be super concerned if this worksheet feels confusing. You’ll have support and it will become clear what this process entails. Also, when you get to Module 2, you’ll review this worksheet and gather data to to the next process with.

GOING FORWARD

You can have your dream experience in a relationship.

Once you begin unfreezing all the old trauma out of your system, you can begin to reprogram yourself to naturally have the very experiences you desire.

In this portal, I teach you how to remove the trauma, wounds and triggers you currently have and then teach you how to reprogram by installing new energy patterns in your system.

This process takes time and practice and WILL render results.

Let's get started!

xo

~ *Heather*

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Your paragraph text