

Emotional Breakthrough Worksheet

Learn how to use this worksheet at www.essentialemotions.com/breakthrough

Which of these are you noticing most?

1 PROCESS



What oil(s) do you feel drawn to? Repelled by?



What emotion(s) are coming up for you?



What physical issue(s) are you experiencing? Where are you holding tension?

Look Up what you're noticing in the *Essential Emotions* book or app.

◆ **Oil Up:** Choose the oil(s) that resonate most for you. Apply under nose, over heart, to pulse points, temples, or back of neck and inhale deeply.

_____ Oil

_____ Oil

2 RELEASE

⬇️ **Look Deeper:** What stands out from the Look Deeper questions in the Emotions Guide of Book or App?

🗣️ **Declare:** Write the declaration(s) listed:

👁️ **Visualize:** Write the visualization(s) listed:

3 LIVE FREE

Integrate: How will you nourish this new awareness?

(i.e. apply oil, rest, hydrate, bathe, journal, dance, stretch, music, time in nature, meditate)

How will you move into action with this new awareness? What is your next step?

(i.e. reach out for help, realign priorities, establish boundaries, reconcile with others, release self-judgment, practice self-compassion)

What could get in the way? (i.e. others' opinions/judgments, discouragement, distractions, old patterns)

Express Gratitude: What is the greatest gift you've received from this experience?

Remember: Healing is a journey. You can always return to this process whenever needed. Know that you are divinely supported. Trust that the power is within you to transform into who you are meant to be!

