

Mindset Reset 102 WORKSHEET

Please reflect upon the *unwanted internal experience* that prompted you to seek counseling, and complete the following worksheet.

If you were to locate the experience within your body where would it reside?

How does it feel to have this experience as a physical sensation?

What do these feelings suggest about what's important to you, about your life, about yourself? [Maybe something missing in your life as a result of struggling....?]
