

Full-System Worksheet

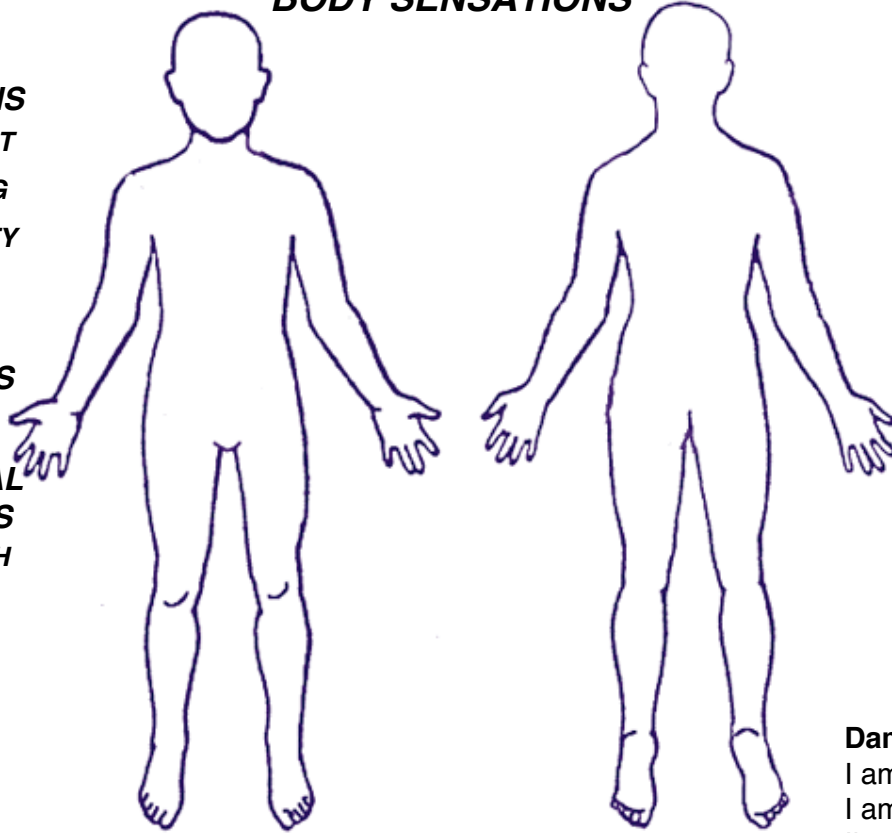
Scene: _____

BODY SENSATIONS

BODY FUNCTIONS
HEART BEAT
BREATHING
HOT/SWEATY

MUSCLES

VISCERAL ORGANS
STOMACH
LUNGS
HEART



URGES AND ACTIONS. WHAT DO YOU WANT TO DO WHEN YOU THINK ABOUT IT?

FEELINGS

DISGUSTED

ASHAMED

HELPLESS

TERRIFIED

ANXIOUS

WEAK

DAMAGED

ABANDONED

SCARED

SAD

HOPELESS

ANGRY

WORTHLESS

STUCK

GUILTY

RESPONSIBLE

THOUGHTS/BELIEFS

Damaged or Defective

I am not good enough
I am a bad person
I'm so stupid
I am not lovable
I am worthless
I am broken/damaged
I am a failure

Control/Choice

I am powerless
I am helpless
I am weak
I cannot be trusted
I can't trust myself
I'm not in control

Responsibility

It's my fault
I did something wrong
I should have done more
I should have known better
I should have done something

Safety/Vulnerability

I am not safe
I can't trust anyone
I am still in danger
I can't protect myself
I am going to die
I can't feel or show emotions

TERRIBLE

10

9

8

7

6

5

4

3

2

1

0

NOTHING