

Breakthrough Worksheet



1. Which of these are you **noticing most**? Choose oil, emotion, or body.



What oil do you feel drawn to?

OR



What emotion is coming up for you?


OR



What physical issue or tension are you experiencing?




Oil

Look up the oil you're drawn to (*Oil Descriptions* in book or app). Choose the emotion you identify with most from the Positive Properties or Negative Emotions and write it on the  Emotion line above. Move to step 2.




Emotion


If you need help identifying your emotion, look at the *Emotions Guide* or *Feelings Chart* (book or app). Write it on the  Emotion line above. Move to step 2.



Physical Issue

Look up your affected body part or system (*Body Guide* in book or app). Read the  Potential Emotional Root and write down what resonates.

2. Look up your identified  Emotion (Emotions Guide).

Select 1-2 of the  oils listed. Choose your oil(s) by reading the Oil Description, by intuition, from the oils you have on hand, or by aroma preference.





Oil




Oil


3. Read your chosen oil description(s) (Oil Descriptions).

Write down any insights. Deeply inhale the aroma.

Then, choose the  Underlying Emotion that you identify with most and write it on the  Emotion line above.

Note anything that stands out to you from the  Clarifying Questions.

4. Come back to your  Emotion (Emotions Guide). Ponder the  Look Deeper questions under your chosen  Emotion and write down any insights.

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Can you locate where this [emotion] is held in your body? What are you noticing? Close your eyes and envision how much energy it's taking for you to maintain this emotion. Are you open to letting this go?

Move on to step 2.



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5. Release the ♥ Emotion:

Speak aloud:

I choose to release this [emotion] with all of its negative attachments and hold on me. I now hand it over to the [Divine] for transformation and healing. I allow myself to become lighter and more free as it leaves my body, mind, and spirit.

👁 Visualize: Read and reflect on the visualization listed for your ♥ Emotion. Write it down and personalize as desired.

🕯 Aromatic Anchor: Inhale the aroma of your chosen oil as you take three deep, cleansing breaths.

6. Receive a new way of being: After this release, how are you feeling? _____

Are you ready to create a new experience?

🗣 Declare: Speak aloud the declaration listed for your ♥ Emotion. Write it down and personalize as desired.

Keep declaring until you begin to believe it. Know that the work you've just done will change the way you move forward.

🕯 Inhale the aroma again to anchor this new awareness and create new neural pathways.

7. Integrate through self-nurturing: Can you offer yourself compassion for what you've just learned in this process?

How else will you care for yourself to continue your healing?

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

8. Move forward 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, forgive self or others)

What could get in the way? (i.e. self-doubt, others' judgments, distractions, obligations, old patterns) _____

When it does, how will you respond? _____

9. Wrap up with gratitude: What helpful insight will you take away from this experience?

Place your hands over your heart and silently thank yourself for showing up to do this work.

10. Come back to this process: Healing is a journey. Trust in your ability to heal and transform!

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