



# THOUGHT – EMOTION – BEHAVIOUR PLACEBO / NOCEBO / BIOCHEMISTRY



WHETHER YOU THINK YOU CAN OR YOU CAN'T - YOU ARE  
RIGHT

“nothing happens in the mind without  
it happening in the body”.



TRAPPED NEGATIVE EMOTIONS

Take 5 minutes to list the negative emotions that may be dormant and trapped in your body over your lifetime that you have never dealt with.

1. ....

2. ....

3. ....

4. ....

5. ....

6. ....

7. ....

8. ....

After you have identified and documented these trapped emotional blockages ask yourself:

Was I aware of their existence? .....

Do they support my growth?.....

Do they support my greatest self?.....

Am I prepared to accept, be grateful and pass these emotions?.....



## THOUGHT AND EXPERIENCE

*Take 5 minutes to reflect + document a time which the outcome was not what you had expected / hoped or wanted – how much of the result was already pre-determined by your levels of thinking at the time?*

1. ....

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## YOUR CHOICE



*Take 5 minutes to reflect + document how you can change your conscious thinking to allow you to have more positive experiences in the future.*

1. ....

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