



THE HEALING TREE



**PARTS & MEMORY**  
THE HEALING TREE WELLNESS PODCAST  
• EPISODE 16 ASSIGNMENT

When is the Last Time Something Bothered You?

What Emotion Would You Like to Work On?

From 0-10 How Much Did that Memory or Experience Bother You?

0 1 2 3 4 5 6 7 8 9 10

What Part of Your Body did You Feel that Emotion in? If it were to be an Image Outside of Your Body, What Would it Look Like?

Ask the Image if it would like to Stop Feeling This Emotion.

When was the First Time You Felt This Emotion? What Happened?

What Advice Would You Tell Your Younger Self About that Emotion?