



Illness ~ A Cry For Love

Illness/Body Issues Reasons:

1.

2.

3.

Decode Illness/Body Cry for Love:

1) Write your Illness(s) and Body Symptoms (Year, Rate 1-10 Scale)

2) Love Wounds



3) 3P Patterns

4) Complete 8 Life Areas Scale Below

5) Other Clues –

[Heal Your Body Louise Hay](#)

[Anatomy of Spirit Carolyn Myss](#)

[Eastern Body Western Mind](#)

6) Inspired Actions



8 Life Areas:

1. On a Scale of 1-10, Please Rate Each Area of Your Life Below (10= Very Satisfied/No Stress, 1= Not Satisfied/Fulfilled/Big Stress).

>>>With honesty, acceptance, and compassion.

Connection with Self:

Self-Acceptance _____

Self-Trust _____

Daily Self-Care Time _____

Balance Work/Rest/Play _____

Set & Keep Boundaries with Self _____

Health:

Fitness/Appearance _____

Disease/Illness/Negative Symptoms _____

Sleep _____

Spirituality:

Connection with "Something Bigger" _____

Trust in "Something Bigger" _____

Relationships:



Spouse/S.O. _____

Children _____

Family (parents, siblings) _____

Friends _____

Set & Keep Boundaries with Others _____

Career/Purpose

The Work You Do _____

Work Environment _____

Coworkers/Boss _____

Passions

Know/Have _____

Take Time _____

Spend Money _____

Money/Material:

Amount You Receive _____

Grow (Save/Invest) _____

Give Self _____

Give Others _____

Location



Home Environment _____

Home Location _____