

<b>STATION 1</b>	<b>AGREE COMPLETELY</b>	<b>AGREE SOMEWHAT</b>	<b>DO NOT AGREE</b>
I go along with whatever the group* wants to do, even when I don't agree; I prefer not to "make waves."	3	2	0
I don't feel comfortable in groups of people.	3	2	0
My family struggled to make ends meet or to be able to take care of our needs for clothes, food, and shelter.	3	2	0
Fighting was normal in my family. I either yelled at my parents and others, or I was not allowed to speak up and question, even if they yelled at me.	3	2	0
I am afraid that if I make more money than my family, I'll be making others feel less successful.	3	2	0

<b>STATION 1</b>	<b>AGREE COMPLETELY</b>	<b>AGREE SOMEWHAT</b>	<b>DO NOT AGREE</b>
I don't feel like I fit in anywhere.	3	2	0
I make decisions based on what my family or other groups will think of me.	3	2	0
My own dreams for my life are in conflict with what my family or society expects me to do.	3	2	0
I feel a great deal of pressure to be the same religion as my family.	3	2	0
I have sacrificed my own desires in order to meet the needs of my family or other group.	3	2	0
I find myself afraid to stand up for myself when I am with my family or other group.	3	2	0

<b>STATION 1</b>	<b>AGREE COMPLETELY</b>	<b>AGREE SOMEWHAT</b>	<b>DO NOT AGREE</b>
I am afraid that if I lived my life as I really want to live it, I will no longer be accepted by my family or other group.	3	2	0
I feel that I must live by the rules set forth by my family or other groups.	3	2	0
It is very important to me that my family is proud of my work.	3	2	0
I often feel judged by the groups I am part of.	3	2	0
My family or religion taught me that people of a different religion, race, or group were bad or untrustworthy.	3	2	0
I find myself having to leave groups because they will not go along with my way of thinking.	3	2	0

<b>STATION 1</b>	<b>AGREE COMPLETELY</b>	<b>AGREE SOMEWHAT</b>	<b>DO NOT AGREE</b>
As a child, I heard my parents talking about how difficult life was.	3	2	0
If I am not leading the group, I don't want to be part of it.	3	2	0
I believe that my family, religion, or other groups must always come first.	3	2	0
My family identity was very much defined by our religious affiliation, race, or financial status.	3	2	0
I have been labeled the "rebel" or the "black sheep" of the family, whether or not I am actually "rebellious".	3	2	0
When I am in a group, I often find myself doing more work than everyone else.	3	2	0

<b>STATION 1</b>	<b>AGREE COMPLETELY</b>	<b>AGREE SOMEWHAT</b>	<b>DO NOT AGREE</b>
I believe that I am fated to live the same kind of life my parents did.	3	2	0
<b>For women:</b> I feel worse about myself when I see images of women in magazines and on TV.  <b>For men:</b> I feel pressure to live up to society's image of what a man should be.	3	2	0
I have had situations where a group turned against me or ostracized me.	3	2	0
I watch the news or read the newspaper often, and when I do, I feel that the world is becoming worse everyday.	3	2	0

<b>STATION 1</b>	<b>AGREE COMPLETELY</b>	<b>AGREE SOMEWHAT</b>	<b>DO NOT AGREE</b>
I feel that it is very likely I will get the same diseases my parents or others in my family have because I am genetically predisposed.	3	2	0
I feel out of place in the world. I don't feel accepted anywhere.	3	2	0
It is important to me that I dress like people I am with; I would feel very uncomfortable if I looked different than everyone around me.	3	2	0
<b>SUBTOTALS:</b>	_____	_____	_____

**STATION 1, PART 1 TOTAL:**

Add the three subtotals above to come up with your Station 1 total number. Write that number here:

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<b>STATION 2</b>	<b>AGREE COMPLETELY</b>	<b>AGREE SOMEWHAT</b>	<b>DO NOT AGREE</b>
I have many difficult relationships in my life.	3	2	0
I often feel taken advantage of in relationships.	3	2	0
I seem to attract people to my life that treat me badly.	3	2	0
I never seem to meet people who I really enjoy being with.	3	2	0
I never feel that I have enough money, and I don't think that I have the ability to create opportunities to make more money than I do now.	3	2	0
I am not proud of the work that I do.	3	2	0
I do not feel powerful in my relationships.	3	2	0

<b>STATION 2</b>	<b>AGREE COMPLETELY</b>	<b>AGREE SOMEWHAT</b>	<b>DO NOT AGREE</b>
There are certain people in my life whose demands that I give in to, even when I do not want to or when I have other priorities that are important to me.	3	2	0
I have a difficult relationship with my mother, father, sister, brother, or other individuals in my family.	3	2	0
I feel like I need to control other people <b>OR</b> I am often in controlling or jealous relationships.	3	2	0
I play games in my relationships with others—using manipulation to keep them with me. <b>OR</b> Others play games with me.	3	2	0

<b>STATION 2</b>	<b>AGREE COMPLETELY</b>	<b>AGREE SOMEWHAT</b>	<b>DO NOT AGREE</b>
I believe everything my doctor tells me, even when it doesn't seem right. I just don't think that I have a right to question him or her.	3	2	0
I feel that I am in competition with others to get what I want.	3	2	0
I find myself fighting with others a good deal of the time.	3	2	0
I am very afraid of not having enough of anything—money, food, work, or anything else that makes me feel safe.	3	2	0
I believe I am always right. <b>OR</b> I have trouble deciding what I believe, preferring to allow others to tell me what to believe instead..	3	2	0

<b>STATION 2</b>	<b>AGREE COMPLETELY</b>	<b>AGREE SOMEWHAT</b>	<b>DO NOT AGREE</b>
I feel that I have to overpower others. <b>OR</b> I am often overpowered.	3	2	0
I feel controlled by my need for success, money, or to have material things. I worry about losing these things.	3	2	0
I have seen many relationships in my life where people were unhappy, fought a great deal, or got divorced.	3	2	0
I think that other people should always be available to take care of me and my needs. I don't know if I can take care of myself.	3	2	0
I find it difficult to enjoy sex.	3	2	0

<b>STATION 2</b>	<b>AGREE COMPLETELY</b>	<b>AGREE SOMEWHAT</b>	<b>DO NOT AGREE</b>
I do not feel that I deserve pleasure in any area of life. In fact, I often feel guilty when I am really enjoying something.	3	2	0
I have many creative ideas, but I either don't see them through, or others take my ideas as their own, taking credit for my creativity and hard work.	3	2	0
I have a difficult time at work—I never seem to get ahead, and I just miss out on promotions and prizes.	3	2	0
I am afraid that my sexual feelings or needs are bad, weird, or sinful.	3	2	0

<b>STATION 2</b>	<b>AGREE COMPLETELY</b>	<b>AGREE SOMEWHAT</b>	<b>DO NOT AGREE</b>
I have relationships where I feel like that person's opinion of me and my life is more important and powerful than my own opinion about what I want or enjoy.	3	2	0
My relationship with my spouse or mate is very similar to my parents' relationship with each other.	3	2	0
I put up with situations at work that I don't like and/or feel good about in order to keep my job. Worse yet, the job just pays the bills—it is not my dream job.	3	2	0
When I do have money or other nice things, I feel guilty. I worry that I should give more away to charity.	3	2	0

<b>STATION 2</b>	<b>AGREE COMPLETELY</b>	<b>AGREE SOMEWHAT</b>	<b>DO NOT AGREE</b>
I believe that it's normal to have difficulty in relationships.	3	2	0
<b>SUBTOTALS:</b>	_____	_____	_____

**STATION 2, PART 1 TOTAL:**

Add the three subtotals above to come up with your Station 1 total number. Write that number here:

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<b>STATION 3</b>	<b>AGREE COMPLETELY</b>	<b>AGREE SOMEWHAT</b>	<b>DO NOT AGREE</b>
I worry that I'm unattractive.	3	2	0
I get very upset when others do not agree with me. I feel like I need to convince them that I am right.	3	2	0
When I look in the mirror, I don't like what I see. Actually, I really wish I could have a total make-over.	3	2	0

<b>STATION 3</b>	<b>AGREE COMPLETELY</b>	<b>AGREE SOMEWHAT</b>	<b>DO NOT AGREE</b>
I worry about what others think of me.	3	2	0
I know I do not have good self-esteem.	3	2	0
My parents were very critical of me as a child (and perhaps still are). I felt like I could never make them happy.	3	2	0
I wish that I was more like the people that I admire. I don't think I am as good as they are.	3	2	0
I don't feel like I am worth much if I gain weight, or if I am overly thin.	3	2	0
I judge my self-worth by how I appear to others.	3	2	0
I only feel good about myself when others give me compliments.	3	2	0

<b>STATION 3</b>	<b>AGREE COMPLETELY</b>	<b>AGREE SOMEWHAT</b>	<b>DO NOT AGREE</b>
I find myself obsessing over others' criticisms of me.	3	2	0
I have an addictive personality (for example, with smoking, drinking, gambling, food, working out, or obsessive shopping).	3	2	0
I do not like myself much, and don't really feel like I am worth much at all.	3	2	0
I am afraid of others' opinions of me if I make the changes that I want.	3	2	0
I was made fun of or bullied as a child.	3	2	0
I worry that I do not have what it takes to be successful.	3	2	0

<b>STATION 3</b>	<b>AGREE COMPLETELY</b>	<b>AGREE SOMEWHAT</b>	<b>DO NOT AGREE</b>
I feel like a failure because I have tried many diet, exercise, or success programs and have not had results.	3	2	0
I have difficulty accepting compliments.	3	2	0
I have had many experiences where I felt put down by others.	3	2	0
I do not feel worthy of prosperity.	3	2	0
When I have money, I give gifts to others—but rarely buy things for myself.	3	2	0
I feel like I have to earn the love of others.	3	2	0
If no one else feels the way that I do, I feel that I am wrong.	3	2	0

<b>STATION 3</b>	<b>AGREE COMPLETELY</b>	<b>AGREE SOMEWHAT</b>	<b>DO NOT AGREE</b>
I am very self-critical. In fact, I tend to be a perfectionist about everything that I do.	3	2	0
I am afraid of speaking in front of groups, or have other phobias that limit me.	3	2	0
When I have difficulty in my life, I feel that I have done something to deserve it.	3	2	0
I have a difficult time deciding what I want to do without consulting others.	3	2	0
I feel that I must do more and more to prove my worth.	3	2	0
I am afraid of rejection; it affects my ability to do what I desire or to live my life fully.	3	2	0

<b>STATION 3</b>	<b>AGREE COMPLETELY</b>	<b>AGREE SOMEWHAT</b>	<b>DO NOT AGREE</b>
I find myself avoiding some experiences in life, because I believe that I don't have the ability to succeed.	3	2	0
<b>SUBTOTALS:</b>	_____	_____	_____

**STATION 3, PART 1 TOTAL:**

Add the three subtotals above to come up with your Station 1 total number. Write that number here:

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<b>STATION 4</b>	<b>AGREE COMPLETELY</b>	<b>AGREE SOMEWHAT</b>	<b>DO NOT AGREE</b>
I have a hard time expressing emotions and how I really feel about something or someone.	3	2	0
I worry that I am too emotional or not emotional enough.	3	2	0
I believe that real men don't cry, and women are overly emotional.	3	2	0

<b>STATION 4</b>	<b>AGREE COMPLETELY</b>	<b>AGREE SOMEWHAT</b>	<b>DO NOT AGREE</b>
I feel angry, frustrated, or put off a good deal of the time.	3	2	0
When someone hurts me, I have a hard time dealing with this emotionally—it bothers me a great deal.	3	2	0
I hold grudges for a long time after I am hurt.	3	2	0
I empathize deeply with others, feeling their pain acutely.	3	2	0
I find myself becoming very jealous of other people's happiness.	3	2	0
I am afraid to deal with issues from my past because I do not want to feel the pain again.	3	2	0

<b>STATION 4</b>	<b>AGREE COMPLETELY</b>	<b>AGREE SOMEWHAT</b>	<b>DO NOT AGREE</b>
I have a very hard time letting go of anything.	3	2	0
I am afraid of getting hurt. I have been hurt before, and I do not want to repeat the experience.	3	2	0
I have had many experiences where others have not forgiven me for mistakes that I have made or have held them over me for years.	3	2	0
I do not forgive easily; in fact, there are some people who I am completely unable to forgive.	3	2	0

<b>STATION 4</b>	<b>AGREE COMPLETELY</b>	<b>AGREE SOMEWHAT</b>	<b>DO NOT AGREE</b>
If I am not getting my way, I bring up other's mistakes or how they have hurt me to make them give into my wishes. After all, they owe me.	3	2	0
I use my own emotional pain or turmoil to manipulate others into doing what I want.	3	2	0
I am still very upset over some negative experiences that happened many years ago.	3	2	0
I have been in many relationships with people who did not respect my emotional needs.	3	2	0
When I love someone, I focus only on their needs to the exclusion of mine.	3	2	0

<b>STATION 4</b>	<b>AGREE COMPLETELY</b>	<b>AGREE SOMEWHAT</b>	<b>DO NOT AGREE</b>
I am very emotionally attached to things in my life (for example, feeling sadness over changing offices or selling a house).	3	2	0
I don't know if I have ever truly been in love or ever felt truly, unconditionally loved.	3	2	0
I tend to be very moody and can fly off the handle easily when I do not get my way.	3	2	0
I have been told that I am either overly needy or too logical.	3	2	0
I either feel sadness more deeply than other people, or I feel totally detached from my emotions.	3	2	0

<b>STATION 4</b>	<b>AGREE COMPLETELY</b>	<b>AGREE SOMEWHAT</b>	<b>DO NOT AGREE</b>
I find myself feeling guilty over mistakes or personal failures, even years after the incident itself.	3	2	0
I have been so hurt that I became emotionally numb—I no longer felt anything for anyone.	3	2	0
I either do not think emotions are as useful to me as logic and reason, <b>OR</b> I only make decisions with my emotions.	3	2	0
I feel like I have emotional wounds that have not healed, or I am still grieving the loss of someone important to me.	3	2	0
My parents did not show love, or did not show the kind of love that I desired.	3	2	0

<b>STATION 4</b>	<b>AGREE COMPLETELY</b>	<b>AGREE SOMEWHAT</b>	<b>DO NOT AGREE</b>
I have difficulty figuring out how I really feel about something or someone.	3	2	0
I am emotionally attached to my work —if I lost my job, I would be heart-broken.	3	2	0
<b>SUBTOTALS:</b>	_____	_____	_____

**STATION 4, PART 1 TOTAL:**

Add the three subtotals above to come up with your Station 1 total number. Write that number here:

<b>STATION 5</b>	<b>AGREE COMPLETELY</b>	<b>AGREE SOMEWHAT</b>	<b>DO NOT AGREE</b>
I gossip at work or with friends.	3	2	0
I know what I want in my life, but I'm afraid of telling others about my dreams and plans.	3	2	0

<b>STATION 5</b>	<b>AGREE COMPLETELY</b>	<b>AGREE SOMEWHAT</b>	<b>DO NOT AGREE</b>
I mentally make decisions, but I find it hard to actually carry through.	3	2	0
I find myself in conversations that I am not comfortable with, but I have a hard time removing myself.	3	2	0
I know what my goals are, but I find myself making choices that are contrary to my goals. I feel like I undermine my efforts to improve myself.	3	2	0
I have been told that I speak either too loud or too soft.	3	2	0
I find it difficult to put what I mean into words, especially in certain situations.	3	2	0

<b>STATION 5</b>	<b>AGREE COMPLETELY</b>	<b>AGREE SOMEWHAT</b>	<b>DO NOT AGREE</b>
My voice gets shaky, soft, or strained in some situations.	3	2	0
I don't feel like I am able to stand up for myself.	3	2	0
I have relationships where I have a hard time getting a word in.	3	2	0
I yell a lot and frequently start arguments.	3	2	0
I am worried about hurting others with the things that I say.	3	2	0
I don't feel like others truly hear me.	3	2	0
I make up my mind to confront someone but I end up backing down or being convinced I am wrong.	3	2	0

<b>STATION 5</b>	<b>AGREE COMPLETELY</b>	<b>AGREE SOMEWHAT</b>	<b>DO NOT AGREE</b>
I find myself in many situations where I am yelling or talking over people to get my point across.	3	2	0
I do not feel comfortable with the way I move.	3	2	0
I have been made fun of for my voice, my spelling and grammar, or the way that I walk or dance.	3	2	0
I think negative thoughts about myself and others.	3	2	0
When I try to do something creative, I am so critical of myself that I cannot complete my project.	3	2	0
When I do get ill, I get a sore throat.	3	2	0

<b>STATION 5</b>	<b>AGREE COMPLETELY</b>	<b>AGREE SOMEWHAT</b>	<b>DO NOT AGREE</b>
When I try to write something, I find myself starting over again and again.	3	2	0
I don't feel confident about the way that I express my thoughts and feelings.	3	2	0
I have difficulty speaking about aspects of myself I am proud of, always downplaying my accomplishments instead.	3	2	0
My parents talked in an overbearing way, or did not allow me to express my thoughts.	3	2	0
I avoid confrontation.	3	2	0
I know I would like to change my life, but I don't think I have any willpower.	3	2	0

<b>STATION 5</b>	<b>AGREE COMPLETELY</b>	<b>AGREE SOMEWHAT</b>	<b>DO NOT AGREE</b>
After being with certain people, my jaw aches or I feel tension in my neck and shoulders.	3	2	0
I have had many relationships where I did not speak my mind for fear of being hurt or of hurting others.	3	2	0
I find myself in circumstances with others who frequently talk over me.	3	2	0
Even when I do stand up for myself, I am often ignored—nothing seems to change. I feel like I am not heard.	3	2	0
<b>SUBTOTALS:</b>	_____	_____	_____

**STATION 5, PART 1 TOTAL:**

Add the three subtotals above to come up with your Station 1 total number. Write that number here:

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<b>STATION 6</b>	<b>AGREE COMPLETELY</b>	<b>AGREE SOMEWHAT</b>	<b>DO NOT AGREE</b>
I feel out of control of my life.	3	2	0
I am afraid of change.	3	2	0
Some of my beliefs are 100% true; there is no way there is a different perspective.	3	2	0
I am attached to the things in my life and am afraid of losing any of it.	3	2	0
I feel like I struggle and struggle to make what I desire happen, but see little improvement.	3	2	0
I am afraid of finding out that some of my beliefs are wrong.	3	2	0
I feel like a victim. I expect bad things to happen to me.	3	2	0

<b>STATION 6</b>	<b>AGREE COMPLETELY</b>	<b>AGREE SOMEWHAT</b>	<b>DO NOT AGREE</b>
I get frustrated when I don't get exactly what I want.	3	2	0
I have a hard time letting go of anyone or anything in my life.	3	2	0
I don't trust anyone else to help me. I take care of myself.	3	2	0
I have had experiences where I felt like I lost everything at once.	3	2	0
I frequently ponder memories of things and people I miss and wish I had them back.	3	2	0
I look back on decisions I've made and wonder if I did the right thing.	3	2	0
I have never felt like I really took responsibility for my life.	3	2	0

<b>STATION 6</b>	<b>AGREE COMPLETELY</b>	<b>AGREE SOMEWHAT</b>	<b>DO NOT AGREE</b>
I often blame others for my difficulties, or feel that others are out to get me.	3	2	0
I do not feel like a lucky person.	3	2	0
I have a very difficult time making decisions—I dither back and forth.	3	2	0
I have many experiences where I try to help someone who will not help themselves.	3	2	0
I have many headaches.	3	2	0
My parents had/have a victim mentality.	3	2	0
I feel like I tried to improve my life before and failed at it. I am afraid I will fail this time as well.	3	2	0

<b>STATION 6</b>	<b>AGREE COMPLETELY</b>	<b>AGREE SOMEWHAT</b>	<b>DO NOT AGREE</b>
I do not feel in control of my destiny.	3	2	0
I relate to the underdog. In fact, I feel like an underdog.	3	2	0
I feel like others have control of many factors in my life.	3	2	0
I feel that hard work and sacrifice are the only ways to guarantee that you get what you want out of life.	3	2	0
I do not know anyone that seems in control of their life.	3	2	0
I have trouble focusing on anything for long.	3	2	0
I have difficulty seeing the good in bad or difficult experiences.	3	2	0

<b>STATION 6</b>	<b>AGREE COMPLETELY</b>	<b>AGREE SOMEWHAT</b>	<b>DO NOT AGREE</b>
I am not smart enough to be truly successful.	3	2	0
I have a difficult time looking at problems in my life objectively.	3	2	0
<b>SUBTOTALS:</b>	_____	_____	_____

**STATION 6, PART 1 TOTAL:**

Add the three subtotals above to come up with your Station 1 total number. Write that number here:

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<b>STATION 7</b>	<b>AGREE COMPLETELY</b>	<b>AGREE SOMEWHAT</b>	<b>DO NOT AGREE</b>
I am not sure I deserve love from the Source.*  *Please feel free to replace “the Source” with any name you call a higher power.	3	2	0
I often barter with the Source in order to get something I want.	3	2	0

<b>STATION 7</b>	<b>AGREE COMPLETELY</b>	<b>AGREE SOMEWHAT</b>	<b>DO NOT AGREE</b>
My notion of the Source includes an all-powerful being watching my every move.	3	2	0
I feel like I would be more successful if I were a better person.	3	2	0
I feel that I should have to suffer to earn the love of the Source. In fact, suffering makes me more worthy.	3	2	0
I want to know my higher purpose in life.	3	2	0
I do not enjoy things I used to enjoy.	3	2	0
I feel like I don't fit in anymore with groups I used to have much in common with.	3	2	0

<b>STATION 7</b>	<b>AGREE COMPLETELY</b>	<b>AGREE SOMEWHAT</b>	<b>DO NOT AGREE</b>
I have a hard time trusting that I will be given what I need in life.	3	2	0
I feel like I am searching for something, but I am not sure what it is.	3	2	0
I believe I've done something to deserve the bad things that have happened in my life.	3	2	0
I feel afraid of eternal judgment if I go against the teachings of my religious upbringing.	3	2	0
I tend to act in ways I think will earn the assistance of the Source (for example, praying that I will give money to charity if I get something I desire).	3	2	0

<b>STATION 7</b>	<b>AGREE COMPLETELY</b>	<b>AGREE SOMEWHAT</b>	<b>DO NOT AGREE</b>
I believe that we all have sin or karma when we are born and must live out experiences or make choices that remedy this karmic debt or original sin.	3	2	0
I believe that to be truly spiritual you must give up all your worldly possessions and choose to be poor.	3	2	0
I don't think my choices have any impact on the rest of the world.	3	2	0
I believe that the Source views me as a bad person.	3	2	0
I want to do something meaningful in my life, but I don't know what it is.	3	2	0

<b>STATION 7</b>	<b>AGREE COMPLETELY</b>	<b>AGREE SOMEWHAT</b>	<b>DO NOT AGREE</b>
I have been feeling totally disconnected from everyone and everything in my life.	3	2	0
I am tired all the time and can't find a solution for this.	3	2	0
I want to find work that contributes something important to the world.	3	2	0
I don't know what to think about the Source or any notion of a higher power.	3	2	0
I turned my back on religion because I see the amount of hate it can cause in the world.	3	2	0
I don't believe that I can do anything to make the world a better place. One person doesn't have that much impact.	3	2	0
I am afraid of the wrath of the Source.	3	2	0

<b>STATION 7</b>	<b>AGREE COMPLETELY</b>	<b>AGREE SOMEWHAT</b>	<b>DO NOT AGREE</b>
I am afraid of what is going to happen next in my life.	3	2	0
I don't know what my purpose in life is. In fact, I am not sure that I have any purpose at all.	3	2	0
I am amazed to see others who have absolute faith in the Source.	3	2	0
I don't feel like I am ever doing enough for the world.	3	2	0
I have blind faith in whatever my church tells me about the Source, or about the proper way to live life.	3	2	0
<b>SUBTOTALS:</b>	_____	_____	_____

**STATION 7, PART 1 TOTAL:**

Add the three subtotals above to come up with your Station 1 total number. Write that number here:

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## **PART 2: BODY IMBALANCES**

Evaluate the following body parts for whether you have pain, disease, rashes, itching, deterioration, malfunction, extra weight, or any kind of difficulty at all in each area. Rate how severe the issue is from 1 to 10, with 10 being the highest.

Be honest here; people often downplay how bad an issue is, rating it far lower than they should. Being truthful about how much an issue bugs you isn't being weak or a victim; it's truthful and will give you the best test results which helps you pinpoint exactly the right area for retuning to health.

To determine how problematic an issue is, ask yourself how often the particular issue bothers you. Do you think about it most of the day? Every day at least once? Does it cause you discomfort every day? Several times a day? That's a 7 - 10 on the scale.

Does it come and go? Do you go a day or two without really thinking about it? That's a 3 - 6 on the scale.

Is the body part in perfect health or with a very minor issue? That's a 0 - 2 on the scale.

And remember, because it would be too long to list every single body part in each area (tendons, skin, nerves, or muscles, for instance) look at anything that is going on with the body part as a whole. For instance, you might have tendon issues in the ankle, but not problems in the ankle

itself. Because it is *related to* or in that area, you would want to rate that as a body part with issues.

Maybe you have a rash on the skin in your stomach area, rate the stomach highly on the scale.

Or, maybe you have numbness or nerve damage in your hands. Rate your hands highly as having an issue.

<b>STATION 1</b>	
Legs	1 2 3 4 5 6 7 8 9 10
Knees	1 2 3 4 5 6 7 8 9 10
Feet and toes	1 2 3 4 5 6 7 8 9 10
Base of spine and tailbone	1 2 3 4 5 6 7 8 9 10
Rectum and colon	1 2 3 4 5 6 7 8 9 10
Immune system	1 2 3 4 5 6 7 8 9 10
Ankles	1 2 3 4 5 6 7 8 9 10

**PART 2, STATION 1 TOTAL:**

Add up all the numbers above (ex:  $1 + 7 + 10 = 18$ ) and enter that total here: \_\_\_\_\_

<b>STATION 2</b>	
Sexual organs	1 2 3 4 5 6 7 8 9 10
Lower vertebrae	1 2 3 4 5 6 7 8 9 10
Hips	1 2 3 4 5 6 7 8 9 10
Bladder	1 2 3 4 5 6 7 8 9 10

<b>STATION 2</b>	
Large intestine	1 2 3 4 5 6 7 8 9 10
Buttocks	1 2 3 4 5 6 7 8 9 10
Lower belly	1 2 3 4 5 6 7 8 9 10

**PART 2, STATION 2 TOTAL:**

Add up all the numbers above (ex:  $1 + 7 + 10 = 18$ ) and enter that total here: \_\_\_\_\_

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**STATION 3 BODY:**

Stomach	1 2 3 4 5 6 7 8 9 10
Liver	1 2 3 4 5 6 7 8 9 10
Spleen	1 2 3 4 5 6 7 8 9 10
Lumbar spine	1 2 3 4 5 6 7 8 9 10
Lower ribs and core of the body	1 2 3 4 5 6 7 8 9 10
Addictive disease (ex: alcoholism, eating disorders)	1 2 3 4 5 6 7 8 9 10
Kidneys and adrenals	1 2 3 4 5 6 7 8 9 10
Pancreas (insulin-related disorders)	1 2 3 4 5 6 7 8 9 10
Gallbladder	1 2 3 4 5 6 7 8 9 10

**PART 2, STATION 3 TOTAL:**

Add up all the numbers above (ex:  $1 + 7 + 10 = 18$ ) and enter that total here: \_\_\_\_\_

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**STATION 4:**

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Heart	1 2 3 4 5 6 7 8 9 10
Circulatory system	1 2 3 4 5 6 7 8 9 10
Lungs and respiratory system	1 2 3 4 5 6 7 8 9 10
Rib cage/ middle and upper spine	1 2 3 4 5 6 7 8 9 10
Breasts/ chest	1 2 3 4 5 6 7 8 9 10
Shoulders and collarbones	1 2 3 4 5 6 7 8 9 10
Arms, wrists, hands, and fingers	1 2 3 4 5 6 7 8 9 10

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**PART 2, STATION 4 TOTAL:**

Add up all the numbers above (ex:  $1 + 7 + 10 = 18$ ) and enter that total here: \_\_\_\_\_

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**STATION 5:**

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Neck vertebrae	1 2 3 4 5 6 7 8 9 10
Throat	1 2 3 4 5 6 7 8 9 10
Mouth	1 2 3 4 5 6 7 8 9 10
Teeth	1 2 3 4 5 6 7 8 9 10
Esophagus	1 2 3 4 5 6 7 8 9 10
Trachea	1 2 3 4 5 6 7 8 9 10
Thyroid	1 2 3 4 5 6 7 8 9 10
Gums	1 2 3 4 5 6 7 8 9 10
Neck muscles	1 2 3 4 5 6 7 8 9 10
Jaw	1 2 3 4 5 6 7 8 9 10

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**PART 2, STATION 5 TOTAL:**

Add up all the numbers above (ex:  $1 + 7 + 10 = 18$ ) and enter that total here: \_\_\_\_\_

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**STATION 6:**

---

Eyes, forehead, temples	1 2 3 4 5 6 7 8 9 10
Ears	1 2 3 4 5 6 7 8 9 10
Nose	1 2 3 4 5 6 7 8 9 10
Brain and Pineal Gland	1 2 3 4 5 6 7 8 9 10
Sinuses	1 2 3 4 5 6 7 8 9 10
Pituitary gland	1 2 3 4 5 6 7 8 9 10
Mental health issues	1 2 3 4 5 6 7 8 9 10

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**PART 2, STATION 6 TOTAL:**

Add up all the numbers above (ex:  $1 + 7 + 10 = 18$ ) and enter that total here: \_\_\_\_\_

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**STATION 7:**

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Muscular system	1 2 3 4 5 6 7 8 9 10
Top of the head	1 2 3 4 5 6 7 8 9 10
Scalp	1 2 3 4 5 6 7 8 9 10
Hair	1 2 3 4 5 6 7 8 9 10
Nervous system	1 2 3 4 5 6 7 8 9 10
All over body fatigue	1 2 3 4 5 6 7 8 9 10
Depression without a cause	1 2 3 4 5 6 7 8 9 10

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**PART 2, STATION 7 TOTAL:**

Add up all the numbers above (ex:  $1 + 7 + 10 = 18$ ) and enter that total here: \_\_\_\_\_

## **Part 3: Finding Your Flow Factor!**

Finding your Flow Factor is as simple as adding up your Part 1 and 2 total for each Station, then placing the totals in order from highest to lowest!

Simply go back through the test and find your totals for each part, put them in the appropriate space below, add the total from Part 1 and Part 2 for each Station together, and you have your Station Grand Total.

Place the Station Grand Totals in order from highest to lowest in the boxes following, and you have your Flow Factor.

Part 1, Station 1 Total: \_\_\_\_\_ +  
Part 2, Station 1 Total: \_\_\_\_\_ =

**Station 1 Grand Total:** \_\_\_\_\_

Part 1, Station 2 Total: \_\_\_\_\_ +  
Part 2, Station 2 Total: \_\_\_\_\_ =

**Station 2 Grand Total:** \_\_\_\_\_

Part 1, Station 3 Total: \_\_\_\_\_ +

Part 2, Station 3 Total: \_\_\_\_\_ =

**Station 3 Grand Total:** \_\_\_\_\_

Part 1, Station 4 Total: \_\_\_\_\_ +

Part 2, Station 4 Total: \_\_\_\_\_ =

**Station 4 Grand Total:** \_\_\_\_\_

Part 1, Station 5 Total: \_\_\_\_\_ +

Part 2, Station 5 Total: \_\_\_\_\_ =

**Station 5 Grand Total:** \_\_\_\_\_

Part 1, Station 6 Total: \_\_\_\_\_ +

Part 2, Station 6 Total: \_\_\_\_\_ =

**Station 6 Grand Total:** \_\_\_\_\_

Part 1, Station 7 Total: \_\_\_\_\_ +

Part 2, Station 7 Total: \_\_\_\_\_ =

**Station 7 Grand Total:** \_\_\_\_\_

**So what's *your* Flow Factor?**

Review the “Grand Total” for each Station. Under “Your Flow Factor” below, put the highest grand total in the first box, the second highest in the second box, and the third highest in the third box. You now know the top 3 Stations that are preset to tune you into the most difficulty!

### **Your Flow Factor:**

1: \_\_\_\_\_      2: \_\_\_\_\_      3: \_\_\_\_\_

### **Transforming Your Life and Creating Your Perfect Action Plan:**

Here’s where you start to see BIG changes!

Your highest Station Grand Total is the Station that is preset with the most underlying problem beliefs, and is therefore tuning you into the most negativity, problem patterns, and unwanted experiences. Now that you know this, you can work on they Station first to get the biggest results the fastest!

Head to the workbook section for your highest Station. For example, if your highest number is Station 3, proceed to the Station 3 workbook section and begin there.

Once you are done with the work in that Station, you’ll head to the Reality Type test and create your perfect, just-for-you, works-in-the-way-you-need-it-to action plan that

will reset this Station into the flowing health and happiness you desire.

When you are done with the first 40 days for the first Station, move on to the second Station and do the same thing. Then, move on to the third Station.

Go at your own pace with this process. Try to answer the workbook questions as completely as possible. As you answer the questions, just let your mind flow. Write whatever comes to you, even if it seems unrelated to the issue. By doing this, you will uncover old memories, thought patterns, and long-buried experiences that are actually related to the question (and the solution). By using this technique, you can become aware of the whole issue at hand, and realize the perfect solutions for you.

And please remember: You can't just read the workbook sections and expect the changes you wish to see. You must actually do the work, answer the questions, and use your retuning statements and action plan. Reading is nice; actually doing the work will retune your mind and shift your life dramatically.

If you ever cannot remember what to do, come back to this page and review the steps to your success below.

**You might want to bookmark or dog-ear this page right now so you can easily refer back to it.**

Now, go tune into life of your dreams!

**9 Steps to Your Total Life Transformation:**

1. Go to the Station section indicated as your highest total.
2. Work through the first section (or a few sections) of this Station's workbook.
3. Choose 2 or 3 Retuning Statements.
4. Proceed to the "4 for 40" section of the book.
5. Take the Reality Type Test.
6. Look through the suggested exercises for your Reality Type.
7. Choose 4 exercises that most appeal to you, and commit to doing these every day for 40 days.
8. Repeat this for the next two highest Stations, as indicated by your Flow Factor.
9. Watch your totally transformed life flow right to you! Enjoy!