

ANTECEDENTS

Where does your client's identity/self-worth come from?
 + success & achievement (wonder woman archetype)
 + physical appearances (femme fatale archetype)
 + being there for others (nurturer archetype)
 + being different & unique (ethereal archetype)

ACEs must be considered

TRIGGERING EVENTS

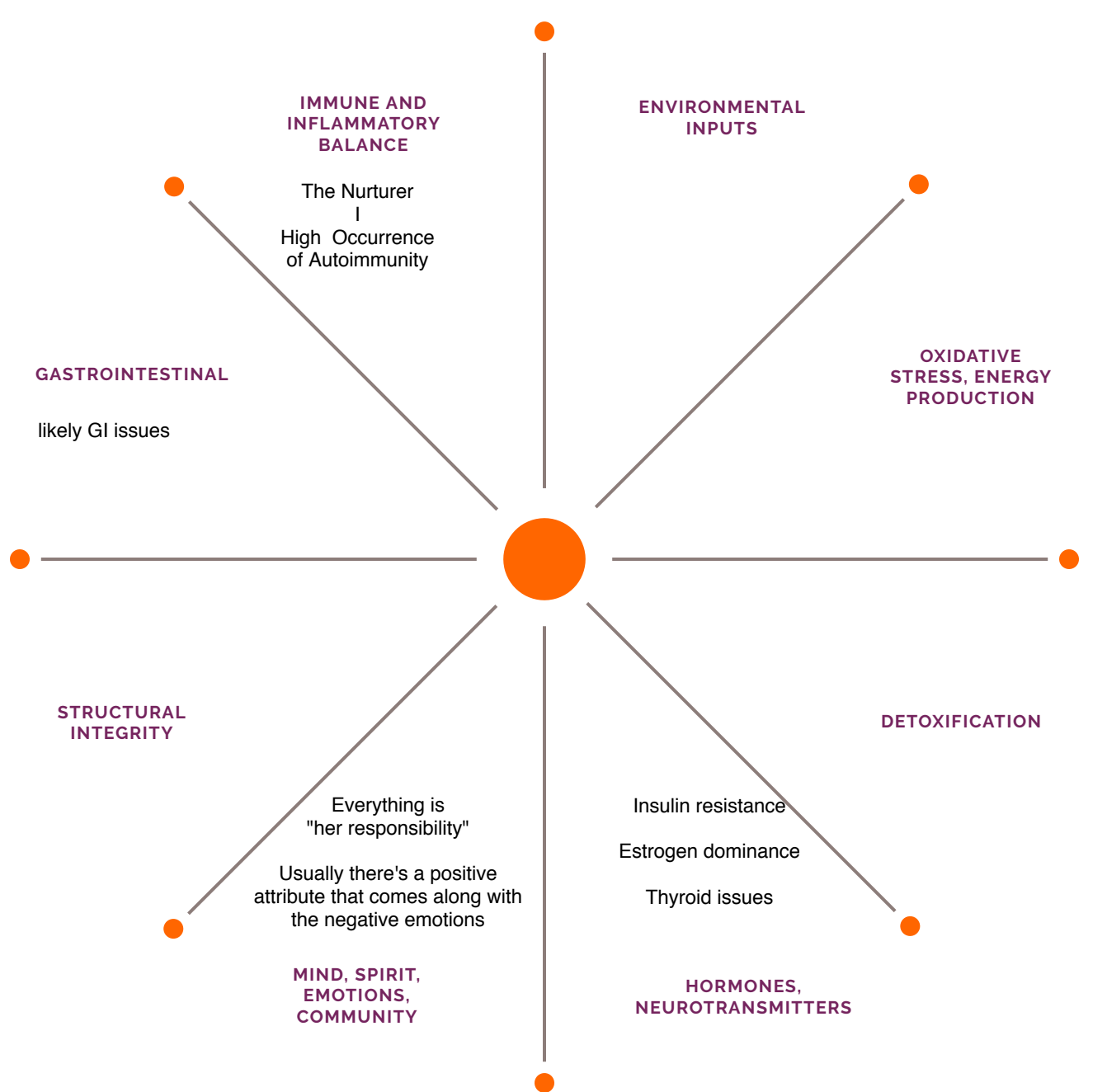
The Nurturer: typical background is some form of emotional neglect

Can also come from a positive background and is mirroring a nurturing parent

A certain sense of loss that manifests in supporting and taking care of others

MEDIATORS

Negative side of the archetype is what translates into how you feel and act



SLEEP/RELAXATION

Relaxation will come from:
 Recognize
 Reinterpret
 Release

EXERCISE/MOVEMENT

Need more HIIT exercise (move the lymph)
 If adrenal fatigue = yoga

NUTRITION/HYDRATION

Low carbohydrate diet
 Paleo type diet but leans towards more fish and seafood

STRESS/RESILIENCE

Need to go back to childhood memories and reinterpret them;
 Energetically release the memories through breath work, EFT, Kundalini practice; Forgiveness

RELATIONSHIPS/NETWORKS

Address past relationships