

9 PANEL MIND MAP JOURNAL



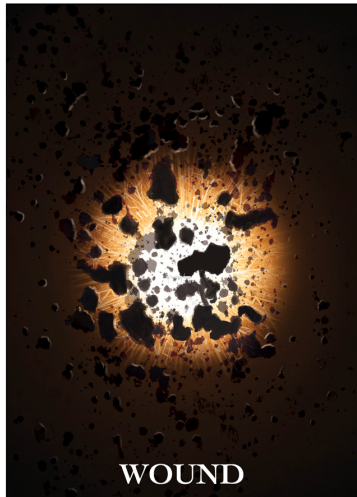
YOUR JOURNEY TO HEALING

psychologicalhealingcenter.com

Judy Rosenberg, PhD

PANEL 1

WOUND



Please list five or more childhood wounds of parent-infant disconnect:

1

BE THE CAUSE[®]

2

HEALING HUMAN DISCONNECT[®]

3

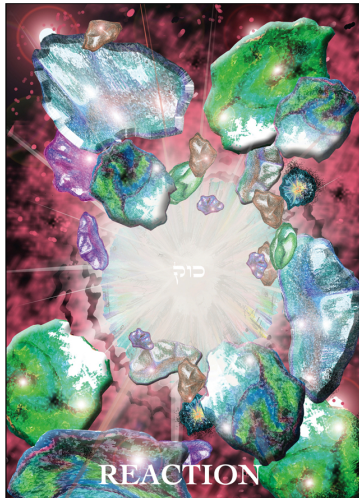


4

5

PANEL 2

REACTION



Please list five or more reactions to parent-infant disconnect:

1

BE THE CAUSE[®]

2

HEALING HUMAN DISCONNECT[®]

3



4

5

PANEL 3

ENCODING



Please list five or more negative core beliefs about yourself:
(Put * next to the one you feel deepest in the core of your being)

1

BE THE CAUSE®

2

HEALING HUMAN DISCONNECT®

3

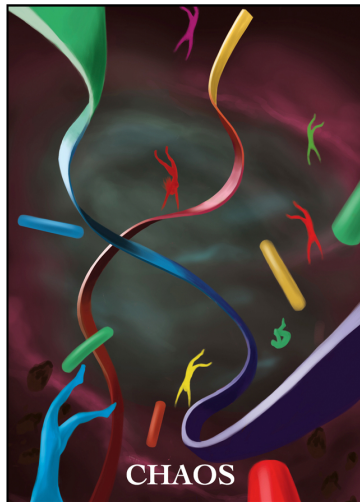


4

5

PANEL 4

CHAOS



Please list five or more examples of chaos/suffering you have/are experiencing:

1

BE THE CAUSE[®]

2

HEALING HUMAN DISCONNECT[®]

3



4

5

PANEL 5

DEFENSES



Please list five or more defense mechanisms you use/used to cope with pain:

1

BE THE CAUSE®

2

HEALING HUMAN DISCONNECT®

3

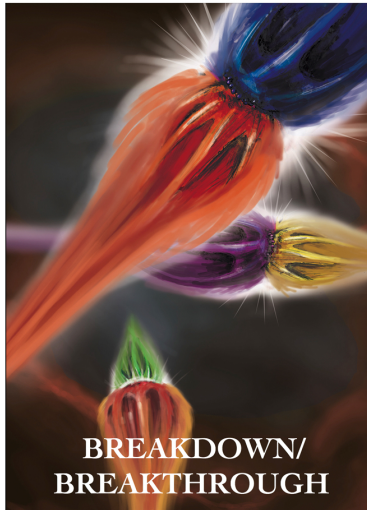


4

5

PANEL 6

BREAKDOWN/BREAKTHROUGH



Please list five or more ways your defense mechanisms are breaking down:

1

BE THE CAUSE®

2

HEALING HUMAN DISCONNECT®

3



4

5

PANEL 6

DAMAGE LIST

MOTHER OR PRIMARY CAREGIVER

Please list five or more ways your mother or primary caregiver damaged you:

1

2

3

BE THE CAUSE[®]
HEALING HUMAN DISCONNECT[®]

4

5



PANEL 6

DAMAGE LIST

FATHER OR SECONDARY CAREGIVER

Please list five or more ways your father or secondary caregiver damaged you:

1

2

3

BE THE CAUSE®
HEALING HUMAN DISCONNECT®

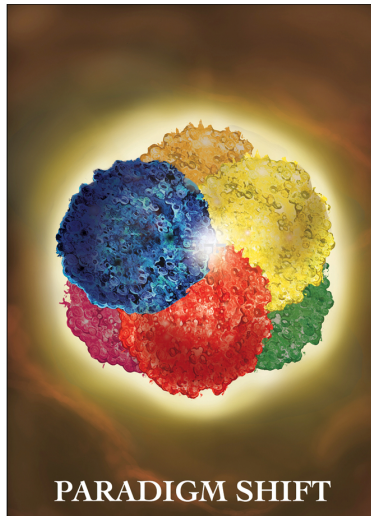
4

5



PANEL 7

PARADIGM SHIFT



Please list five or more ways in which your cracked lens of perception is beginning to clear:

1

BE THE CAUSE[®]

2

HEALING HUMAN DISCONNECT[®]

3



4

5

PANEL 7

BECAUSE OF YOU...

MOTHER OR PRIMARY CAREGIVER

Please list five or more ways you are healing because your mother or primary caregiver gave you light or curse-by-design wounds that gave you wisdom:

1

2

3

BE THE CAUSE[®]
HEALING HUMAN DISCONNECT[®]

4

5



PANEL 7

BECAUSE OF YOU...

FATHER OR SECONDARY CAREGIVER

Please list five or more ways you are healing because your father or secondary caregiver gave you light or curse-by-design wounds that gave you wisdom:

1

2

3

BE THE CAUSE[®]
HEALING HUMAN DISCONNECT[®]

4

5



PANEL 7

BECAUSE OF ME...

Please list five or more ways you are being the cause of paradigm shifting into healing:

1

2

3

BE THE CAUSE[®]
HEALING HUMAN DISCONNECT[®]

4

5



PANEL 8

HEALING



Please list five or more ways you are experiencing healing:

1

BE THE CAUSE[®]

2

HEALING HUMAN DISCONNECT[®]

3



4

5

PANEL 9

UNITY



Please list five or more ways you are experiencing unity, intergration and/or harmony:

1

BE THE CAUSE®

2

HEALING HUMAN DISCONNECT®

3



4

5

ADDITIONAL NOTES:

BE THE CAUSE[®]
HEALING HUMAN DISCONNECT[®]

