



# Psychological Reversal

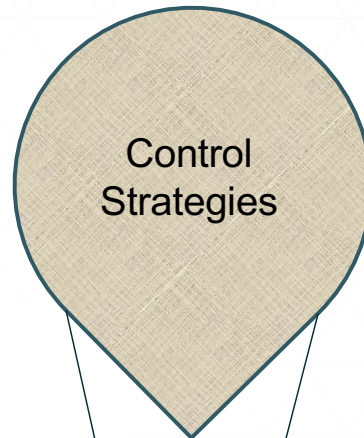
Emotional  
Vibrational Scale

Meditations

Exercise

Smoothies

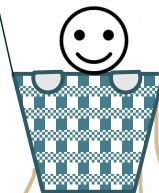
Walking



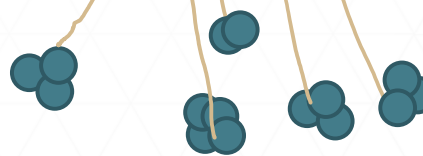
Control  
Strategies

Kale Chips

Deep Breathing



Limiting Beliefs



Moments In Time (MITs)

## Blocker Beliefs

- 1) It's not safe;
- 2) It's not possible;  
It's not possible for me;
- 3) I don't deserve this;  
I'm not worthy enough;
- 4) I won't belong;
- 5) I don't know who I'd be

