Emotional Baggage Claim worksheet

Ready to find out what emotional baggage may be weighing you down? Use this worksheet and find out what you need to unpack the most.

For each of the following statements put one or two checkmarks next to the most dominant negative feeling or emotion in the emotional baggage checklist.

The most obvious unwanted current situation in my life.
The most obvious traumatic or unwanted event from my past.
An event in the past that brings up the most amount of unpleasant emotion.
The most negative aspect of my current relationship.
The most negative aspect of a significant past relationship.
The most negative aspect of my relationship with one or both of my parents.
The most obvious unpleasant aspect about work or my employment situation.
My financial situation.
A negative aspect about my body, struggle with weight or chronic pain.
The most recently occurring negative feeling or emotion that I would rank greater than a 5 on a scale of 0 to 10 (10 being high 0 being non-existent).

Emotional Baggage Checklist

- Anger
- Sadness
- Fearful
- Hurt
- Guilt
- Powerless
- Worthless
- Frustrated
- No Control
- Pressure
- Unsupported
- Overwhelmed
- Hopeless
- Confused
- other

Take Action

If you have a high number of checks next to a single emotion chances are you have a dominant negative emotion weighing you down. Take action by clearing this emotion and lightening your load so that it no longer prevents you from taking off.

Need help?
If you’re not sure where to start you can try my free emotional freedom meditation at: http://thebreakthrouspecialist.com/emotionalfreedommeditation/

Or, if you're serious about wanting to make sure you let go of that pesky emotion once and for all, get in touch for a free consultation by sending an email to nick@TheBreakthroughSpecialist.com.