

EMOTION CODE SESSION

With Diana Pettie

Please choose 5 to 7 menu items (or build your own list) and bring to your session

Professional

- ☐ Anxious
- ☐ Angry/Bitterness
- ☐ Blocks: Clients
- ☐ Blocks: Creativity
- ☐ Fear
- ☐ Blocks: Clients
- ☐ Blocks: Creativity
- ☐ Brain Fog
- ☐ Fear
- ☐ Feeling insecure
- ☐ Frustration
- ☐ Guilt
- ☐ Heart wall ❤️
- ☐ Helplessness/hopelessness
- ☐ Indecisiveness/wishy washy
- ☐ Limiting Beliefs: Success
- ☐ Low self esteem
- ☐ Negative self talk
- ☐ Procrastination
- ☐ Resentment
- ☐ Resistance
- ☐ Shyness
- ☐ Stress & worry
- ☐ Unmotivated
- ☐ Unworthy/worthless

Personal

- ☐ Aching
- ☐ Always Cold feet/hands
- ☐ Always tired/exhausted
- ☐ Back pain, upper, mid and lower.
- ☐ Blocked Nasal passages
- ☐ Blocks: Health
- ☐ Blocks: Love
- ☐ Blocks: Money
- ☐ Bowel Issues
- ☐ Burning Chest Sensation
- ☐ Grief
- ☐ Hatred towards someone else
- ☐ Headaches
- ☐ Jealousy
- ☐ Knee pain or discomfort
- ☐ Limiting beliefs: weight loss
- ☐ Loneliness
- ☐ Neck pain/stiffness
- ☐ Numbness hands, feet, legs
- ☐ Old negative experiences/accidents
- ☐ Pain
- ☐ Resistance: Exercise/Hydration
- ☐ Restless legs
- ☐ Sadness
- ☐ Seasonal Allergies
- ☐ Tingling in fingers/hands feet

Severity Chart

