**NAME:**

**THE CONNECTION CODE**

1. **ACCEPTANCE**

**PRACTITIONER:**

**DATE:**

My specific area of focus (issue, stress, or concern):

List three 'Negative' things in regard to your 'block / issue' (i.e., things that you always deem in a negative light). Beside them, list the positive outcomes or results of that negative issue.

|  |  |  |
| --- | --- | --- |
| NEGATIVE LIST: |  | POSITIVE LIST: |
| Eg. I’m miserable & bored at work.      |  | Eg. It’s pushing me to upgrade my skills.      |