



Mastering the Therapeutic Process™

Character Analysis Handouts – Class One

Manifesting Success through Understanding the Language of the Body

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SCOPE OF PRACTICE

The *PAUSE Model of Hypnotherapy™*, *The PAUSE Model of Counseling™* and *Hypno-Workout™* provide an in-depth educational model for self-exploration. These programs are not intended to diagnose or treat conditions that should be addressed by qualified health care professionals. They are designed to increase motivation, enhance self-awareness, and positively alter beliefs and behavioral patterns.

Before working with a *PAUSE Counselor*, individuals suffering from mental or physical illness or have symptoms of traumatic activation should be evaluated by an appropriate, licensed, health care professional. Written permission must be provided by this licensed health care professional before participation in the professional training program or *Hypno-Workout* classes. The *PAUSE Model* is an excellent adjunct to care provided by appropriate health care, mental health, and spiritual counseling professionals. The PAUSE centered focus on increasing body and spiritual awareness, and the ongoing development of rich, resilient resources can greatly enhance other treatment modalities.

MULADHARA - ROOT CHAKRA QUESTIONNAIRE

- How is your body connected to the earth?
- Do you feel as though your body supports you?
- How do you perceive yourself internally?
- What is your purpose in taking birth?
- What lessons are you to learn?
- Why did you choose these parents?
- Why these circumstances of birth?
- What is your deepest resource?
- What is your greatest challenge?

- Who or what is your greatest ally?

- Do you feel as though you are nourished both physically and emotionally?

- Can you maintain focus and therefore consistently set and achieve your goals?

- Do you confidently step up to meet challenges?

- Do you confidently step up to meet other people?

- Do you feel as though you maintain a strong centered sense of yourself even In the face of challenges and the struggles of others

QUESTIONS FOR TRANSFORMING ANXIETY - BEFORE THE BEGINNING**Ocular Segment**

Estimate your level of resistance (0-10 with 0 optimal)

Beginning trance _____ Completed Trance _____

Jaw Segment

Estimate your level of resistance (0-10 with 0 optimal)

Beginning trance _____ Completed Trance _____

Neck

Estimate your level of resistance (0-10 with 0 optimal)

Beginning trance _____ Completed Trance _____

Chest (upper chest, above the heart, arms, hands, upper back and shoulders.)

Estimate your level of resistance (0-10 with 0 optimal)

Beginning trance _____ Completed Trance _____

Diaphragm (heart, ribs, diaphragm, mid chest and back)

Estimate your level of resistance (0-10 with 0 optimal)

Beginning trance _____ Completed Trance _____

Abdomen (stomach, pancreas, spleen, liver, gall bladder, kidneys, lumbar vertebra, and sacrum)

Estimate your level of resistance (0-10 with 0 optimal)

Beginning trance _____ Completed Trance _____

Pelvic (pelvis, sexual organs, and upper legs to knee caps, lower legs, and feet)

Estimate your level of resistance (0-10 with 0 optimal)

Beginning trance _____ Completed Trance _____