

WORKBOOK
WOCHE 1



MEINE FREUDELISTE

A series of 20 horizontal dotted lines for writing.

MEINE VISION - MEIN LEBEN IN GESUNDHEIT

A series of 20 horizontal dotted lines for writing.

MEINEN WUNSCH NACH HEILUNG ÜBERPRÜFEN

A series of 20 horizontal dotted lines for writing.

MEINE KRAFTVOLLE AFFIRMATION

A series of 21 horizontal dotted lines for writing an affirmation.

ICH LIEBE MICH FÜR ...

A series of 20 horizontal dotted lines for writing.

SPECIAL:

DAS BIN/KANN ICH ...

A series of 20 horizontal dotted lines for writing.

WORKBOOK
WOCHE 2



DIE SYMPTOME MEINER DEPRESSIONEN

A series of 20 horizontal dotted lines for writing.

3. Die Symptome meiner Depressionen auf emotionaler Ebene

Dotted lines for writing.

SPECIAL:
MEINE VERBÜNDETEN

A series of 20 horizontal dotted lines for writing.

WORKBOOK
WOCHE 3



DIE ÄUSSEREN AUSLÖSER MEINER DEPRESSIONEN

A series of 20 horizontal dotted lines for writing.

Behandle ich mich im Allgemeinen oder
in speziellen Augenblicken selbst schlecht?

A series of 21 horizontal dotted lines for writing.

WORKBOOK
WOCHE 4



MEIN INNERER KRITIKER

A series of 20 horizontal dotted lines for writing.

MEINE ERKENNTNISSE

A series of 20 horizontal dotted lines for writing.

Wie helfe ich mir, wenn ich ...?

Dotted lines for writing.

SPECIAL:

MEINE ENERGIERESSOURCEN

A series of 20 horizontal dotted lines for writing.

EXTRA ZEILEN



