

# Breakthrough Worksheet



1. Which of these are you **noticing most**? Choose oil, emotion, or body.



What oil do you feel drawn to?



What emotion is coming up for you?



What physical issue or tension are you experiencing?



Look up the Oil Description (Essential Emotions book p. 16-173 or app). Choose the negative emotion that you identify with most and write it on the emotion line above.



If you need help identifying your emotion, look at the Feelings Guide (Essential Emotions book p. 292).



Look up your issue or area of the body (Essential Emotions book p. 174+ or app). Read the Emotional Root and Look Deeper questions. Then, choose the Underlying Emotion that you identify with most and write it on the emotion line above.

2. Look up your identified emotion (p. 211+ or app). Select 1-2 of the oils listed.

Choose your oil(s) by reading their Oil Descriptions (p. 16-173 or app), by aroma preference, intuition, or from the oils you have available.



3. Read your chosen oil description(s) (p. 16-173 or app). Write down any insights. Deeply inhale the aroma.

4. Come back to your emotion (p. 211+ or app). Ponder the Look Deeper question(s) and write down any insights.

*Close your eyes. Can you locate where this [emotion] is held in your body? What are you noticing?*

*See yourself expending the energy to maintain this emotion.*

*Are you open to let this go?*

5. Release the emotion:

Speak aloud:

*"I choose to release this [emotion] with all of its negative attachments and hold on me. I now hand it over to the [Divine] for transformation and healing."*

Close your eyes and visualize:

*See yourself releasing the [emotion]. Visualize it floating out of you and away from you...higher and higher...taking all of its attachments with it. Feel yourself becoming lighter and more free as it leaves your body, mind, and spirit. See it completely taken away and dissolved by the [Divine].*

Aromatic Anchor:

Inhale the aroma of your chosen oil as you take three deep, cleansing breaths.



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**6. Receive a new way of being:** After this release, how are you feeling? \_\_\_\_\_  
Are you ready to create a new experience?

**7. Declare** 🗨️: To activate a new way of being, speak aloud the declaration listed for your ♥️ emotion. Write it down and personalize as desired. Keep declaring it until you begin to believe it. \_\_\_\_\_

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**8. Visualize** 🌀: Read the visualization listed for your ♥️ emotion. Write it down and personalize as desired. Close your eyes and envision it. \_\_\_\_\_

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📍 Inhale the aroma again to anchor this new awareness and create new neural pathways.

**9. Integrate through self-nurturing:**  
Can you offer yourself compassion for what you've learned in this process?  
How else will you care for yourself to continue your healing?  
(i.e. apply oil, rest, hydrate, bathe, journal, dance, stretch, music, practice mindfulness, time in nature, meditate)

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**10. Move forward with this new awareness:** What are your next steps?  
(i.e. reach out for help, realign priorities, establish boundaries, reconcile with others, release self-judgment, forgive self or others)

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What could get in the way? (i.e. self-doubt, others' judgments, distractions, obligations, old patterns) \_\_\_\_\_

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When it does, how will you respond? \_\_\_\_\_

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**11. Wrap up with gratitude:** What has been the most powerful learning breakthrough for you in this process?

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Place your hand over your heart and silently thank yourself for showing up to do this work.

**12. Return to this process:** Healing is a journey. Come back as often as needed. Know that you are divinely supported and trust that the power is within you to transform and heal!

*The emotion that can break your heart is sometimes the very one that heals it.*

—Nicholas Sparks

Learn more about this worksheet and help others by becoming an Essential Emotions Coach



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