



heartwork JOURNALING
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Heartwork Journaling
Equation Awareness Prompts



Equation Awareness Prompts

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The Equation of Emotion is an incredible tool to gain self-awareness and insight into how you are creating your results.

One of the most important things to do when you SEE your thoughts with Thought Downloads and Equations is the ability to doubt your own thoughts.

I'm talking about **HEALTHY** self-doubt.

Not the kind of self doubt that stops you from going after your dreams, or keeps you feeling like you're not enough. That is unhelpful, yucky self-doubt.

Healthy self-doubt is not succumbing to the illusion that you're always right.

Healthy self-doubt is doubting your thoughts and your well-practiced beliefs that are creating results you don't want.

Healthy self-doubt means to be open to questioning, looking at and adjusting your thoughts about life, about others, about yourself.

Most important, healthy self-doubt is about questioning the detrimental stories (thoughts) that fuel your Equations.

When you see the detrimental stories and what they're currently creating for you, you can change them.

Use these prompts to really look at your thoughts like a Divine Scientist from all angles.

And then choose **ON PURPOSE** thoughts that help you create the results you want.



Unintentional Equation Awareness Prompts

What am I making this mean?

So what?

Why is this a problem for me?

Do I like my reason for choosing this thought?

Who would I be without this thought?

Why am I choosing to think this?

What if what I'm thinking right now isn't true?

Given this circumstance, now what?

Where did I learn this?

Is it possible that I'm wrong?

What is the payoff for me of thinking this thought?

Do I really truly believe this to be true?

Are there others who might think differently about this C?

Given this circumstance, who do I want to be?

Am I handing over my emotional well being to another person?

Is it possible this is all-or-nothing thinking?



Unintentional Equation Awareness Prompts

Do I have an instruction manual for someone, the world or myself?

Can I drop my manuals and let humans be humans?

Is this thought serving me to create the results I want?

How is this happening for me?

How can I take 100% responsibility in this circumstance?

Am I requiring perfection from someone? From myself?

What if I'm wrong about this?

What would I tell my best friend about this C?

Is it possible I'm choosing this thought in order to stay safe and avoid discomfort?

If I can really choose any thought, and my thoughts create my emotions, why do I want to choose this one?

Am I arguing with reality right now?

Would everyone in the world think the same way I'm choosing to about this C?

Where can I take ownership of what's happening?

Do I actually have to care what he / she / they think about me? Isn't what I think about me the most important thing?



Unintentional Equation Awareness Prompts

Am I hoping the past changes somehow?

Is the only way to solve this for me to build a time machine?

Is this option of thought helping me create what I actually want?

Am I thinking like a hero or like a victim of circumstance?

Is this me having judgments about my thoughts?

Can I drop my "shoulds" in this situation?

Is it possible I'm catastrophizing?

Can I give myself unconditional love right now?

What if this is just part of the 50 - 50 balance of life?

Am I doing this to be liked or because I really want to?

Am I making a mountain out of a molehill?

Am I allowed to make mistakes? I'm human after all. Why or Why not?

Am I trying to get my emotional needs met from someone other than me?

This feeling may feel terrible, but is it possible I can just experience how it feels in my body right now?

How is it possible that I can handle this circumstance?



Unintentional Equation Awareness Prompts

What's the worst that can happen?

What's the best that can happen?

Given this Circumstance that is a fact, how do I want to show up for myself?

How do I want to show up for loved ones?

Is it possible it's ok to feel terrible about this?

What if I allowed myself to close my eyes and feel the emotion?

Can I trust myself and the fact that my body was built to feel?

Am I trying to control someone else in order for me to feel better?

How can I take responsibility for meeting my own need to self soothe?

