

Worksheet: Meeting the Past Versions of Yourself Living in Your Field

This worksheet helps you identify which past versions of you are still active in your biofield, how they show up, and how to update their emotional code so you can lead from your present self.

Use it slowly. Gently. Honestly.

You don't need to dig — the field will show you exactly what's ready.

1. What activated you recently? (Trigger Identification)

Write down a moment from the last week where your reaction felt:

- too big
- too fast
- out of proportion
- confusing
- familiar
- or strangely emotional

Example:

"When my partner didn't text back for a few hours, I suddenly felt anxious and abandoned."

Your turn:

What happened?

What did you feel?

2. How old did that reaction feel? (Age Mapping)

Close your eyes and ask your body:

"How old does this emotion feel?"

Don't think — feel.

Your system will usually respond with an age, a visual memory, or a sensation.

Examples:

- "This felt like 7-year-old me who was always waiting to be picked up."

- “This felt like teenage me who never knew where she stood with people.”
- “This felt like the version of me after my breakup when I didn’t feel chosen.”

Your turn:

When you feel into the reaction, what age or version of you shows up?

3. What was happening in your life at that age/version? (Context)

Write down what that younger version of you was going through:

Questions to guide you:

- What did you learn about safety at that time?
- Who were you trying to please or protect?
- What emotion didn’t you get to express?
- What truth did you swallow?
- What were you afraid would happen?

Examples:

- “At 7, I learned that expressing need got ignored, so I stayed quiet.”
- “At 15, I learned that being emotional was ‘too much,’ so I shut down.”
- “At 22, I learned that love could disappear quickly, so I didn’t trust connection.”

Your turn:

Write a few sentences about what that version of you was living through.

4. What was the unmet need in that moment? (Emotional Need Discovery)

Ask:

“What did that younger me need most but didn’t receive?”

Examples include:

- reassurance

- protection
- honesty
- affection
- validation
- safety
- consistency
- someone to witness their feelings
- permission to speak
- stability
- emotional presence

Example:

“She needed someone to say, ‘I’m here. You’re safe. You matter.’”

Your turn:

Write the unmet need clearly — even if it feels small.

5. What beliefs did that younger version create? (Imprint Identification)

This is the identity piece — the story the younger you formed.

Common ones:

- “I’m not worth staying for.”
- “My needs upset people.”
- “Love isn’t reliable.”
- “I have to be strong.”
- “If I speak, people pull away.”
- “I’m too much.”
- “Connection isn’t safe.”
- “I have to earn attention.”

Example:

“She decided that asking for reassurance made her a burden.”

Your turn:

List the belief(s) that came from this moment or period.

6. How does this younger version still influence your present life? (Field Pattern Mapping)

Look at where this imprint still shows up:

- relationships
- friendships
- your tone
- boundaries
- your expectations
- emotional reactions
- self-talk
- avoidance
- over-giving
- shutting down
- choosing unavailable people
- fear of vulnerability

Example:

"I panic when communication feels inconsistent. I assume rejection before it happens."

Your turn:

How does this old pattern show up in your adult life?

7. What does this past version want to say now? (Emotional Completion)

Let the younger you speak.

Write without filtering.

Examples:

- “I was scared.”
- “I just wanted someone to choose me.”
- “No one listened.”
- “I felt invisible.”
- “I didn’t know how to ask for help.”
- “I didn’t deserve what happened.”

Your turn:

Write a few sentences from their voice.

8. What would you say to them now? (Reparenting Dialogue)

This is where integration begins.

Speak to them as your grounded present self.

Examples:

- “You’re not alone anymore.”
- “I see you. I hear you.”
- “You didn’t do anything wrong.”
- “You deserved safety.”
- “You’re allowed to rest.”
- “I’ve got you now.”

Your turn:

Write what your current self wants them to finally hear.

9. Update the emotional code (Field Recalibration)

This is where the past timeline closes.

Write a new emotional instruction that your body can believe.

Examples:

Old imprint:

"I'm not worth staying for."

New field instruction:

"I'm allowed to have consistent, steady connection."

Old imprint:

"I have to earn love."

New instruction:

"My presence is enough. Love meets me where I am."

Old imprint:

"My voice causes conflict."

New instruction:

"My truth brings clarity and connection."

Your turn:

Write 2–3 new instructions that replace the old ones.

10. What is one thing you can do today to support the present you? (Integration Step)

Pick something small and *actionable*.

The field loves follow-through.

Examples:

- say a micro-truth
- rest when your body asks
- decline something that drains you
- speak the honest sentence you've been avoiding
- leave or pause a conversation when you feel contracted
- set a tiny boundary
- write or send the message you've been holding

Your turn:

What is one real-life action that supports the updated version of you?

How to Use This Worksheet Over Time

You don't need to go hunting for younger versions of yourself.

They show up naturally in:

- triggers
- emotional waves
- relationship tension
- moments you feel “small” or “too much”
- situations where your reaction surprises you

This worksheet works because it guides you back to the *exact place* in the timeline where your field froze.

Update the emotion → update the field → update the pattern.

And that is how you integrate the **past versions of yourself** into the present.