

Name: \_\_\_\_\_

# Energy Clearing

W U N H A P P I N E S S Y Z D T Z D P C U G C H  
B W S E L F S A C R I F I C I N G I P N L U Z U  
F O R G I V E N E S S U V R I D K S K E T I S M  
U X A D E P R E S S I O N I C E W E N E R L G I  
D S E L F S A B O T A G E T C N N M G D U T U L  
I N D C J Q G A B T T S A I N I L P U I S F N I  
S A C O P E N D E N C E E C A A Q O H N T A W A  
H G N R I T D O U B T B C A B L J W H E W I O T  
O G H E B Z Z S H A M E D L U N U E P S A L R I  
N R N J D C O N T R O L L I N G X R H S O U T O  
E E Z E O B L A M E H R I M E D V M T R H R H N  
S S M C M A L A B D F I M P A T I E N T T E I K  
T S A T I Y X Z T C G D Z N U M B N E S S W N D  
Y I N I N W I P O W E R L E S S Z T O P T F E C  
F O I O A M A N G E R J E A L O U S Y G B U S O  
E N P N T S U P P R E S S I O N P F Z D O M S M  
A X U A I W E A K N E S S J U D G E M E N T S P  
R T L Z N G V I C T I M H O O D W R Z X C I O E  
R K A V G R S N Z S U B M I S S I V E J R E H T  
F A T I S I G B A N X I E T Y Z R E V E N G E I  
Q A I K J E N F D D M P R O J E C T I O N A E T  
X Z O T S F I T N V V S E P A R A T I O N Y F I  
Y Q N K A G E D X E W N A V O I D A N C E H U V  
R E G R E T X R E S E N T M E N T W Z A I W J E

Selfsacrificing  
Suppression  
Forgiveness  
Submissive  
Copenence  
Judgement  
Jealousy  
Regret  
Trust

Disempowerment  
Competitive  
Projection  
Separation  
Powerless  
Rejection  
Failure  
Doubt  
Guilt

Manipulation  
Controlling  
Aggression  
Dishonesty  
Neediness  
Weakness  
Revenge  
Grief  
Shame

Unworthiness  
Unhappiness  
Dominating  
Resentment  
Avoidance  
Critical  
Anxiety  
Anger  
Fear

Selfsabotage  
Humiliation  
Victimhood  
Depression  
Impatient  
Numbness  
Denial  
Blame