



ENHANCED LEARNING  
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# Personal Insight

1. Where we experience a symptom (imbalance), is not necessarily where the triggering stressor lies.

1. What is your Achilles heel (your preferred symptom)?

Chronic pain 'Bad' Back Headaches Flu

Depression Rash Dysfunctional relationship

Other Dis-ease \_\_\_\_\_

Other \_\_\_\_\_

2. Look at your whole pot of stress and recognize the tie-ins that are present when you trigger your preferred symptom.  
\_\_\_\_\_

2. Key Long Term Goals \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

3.

Start your journey to easy, stress-free functioning by taking a ruthless look at your life and your surroundings over the next month, and eliminate or modify all the "little unimportant" things that are bugging you. Each one may be little, but in accumulation they become a tremendous load. The more little stressors you eliminate, the less overwhelming the big stressors become.

List 2 Stressors to:

Eliminate

1. \_\_\_\_\_ 2. \_\_\_\_\_

Avoid

1. \_\_\_\_\_ 2. \_\_\_\_\_

Modify

1. \_\_\_\_\_ 2. \_\_\_\_\_

Re-educate your response

1. \_\_\_\_\_ 2. \_\_\_\_\_