

# Show Up For Yourself

## UNIT I

*Acknowledgements, Forward, Introduction*

1. What quotes from these pages stood out for you and why?
2. Is there anything you disagreed with in the opening chapters? If so, what and why?
3. Do you agree that journaling is important? Why/why not?
4. Why are you ready to heal now?
5. Did you find my stage hypnosis story funny?
6. Have you ever been hypnotized?