

Workbook

Six Pillars of SELF-Recovery™

A guided journey of reflection and reconnection with
your authentic self—one pillar, one chakra, one truth at a time.

GUIDE BY YOUR SIDE LIFE-RECOVERY COACHING



SELF-Exploration

ROOT CHAKRA · MULADHARA

Do you live on autopilot, repeating old patterns and reacting to triggers without knowing why you feel stuck in unsatisfying relationships? Learning, listening, and honoring your values, needs, and desires is the first step to SELF-Recovery.

Transformation begins with awareness. When you pause to notice your negative thought patterns—how you react, stories you tell yourself, and loops where old beliefs still hold power—you step into choice instead of autopilot.

Rate Yourself (1–10)

I notice when I'm reacting instead of responding. ____
I understand where my emotional triggers come from. ____
I can identify my core values and unmet needs. ____
I recognize patterns I learned in childhood that still influence me. ____
I take time to reflect before making important choices. ____

Scoring Insight

8–10: Strong self-awareness and emotional clarity.

4–7: Growing awareness—keep observing patterns and pausing before reacting.

1–3: Beginning awareness—start with curiosity and compassion for what you notice.

TOOLS (How I Help)

- Root Cause Coaching to uncover limiting beliefs creating a false self
- Internal Family Systems – identify inner critic, child, teen parts etc.
- Yoga Psychotherapy & Ayurveda – Chakras, Archetypes, Dosha types
- Hypnotherapy and NLP to bring unconscious patterns to light
- ACA 12 Steps – family of origin, cultural and religious stereotypes
- Values Assessments

- NLP Communication Model – how the brain filters reality
- Attachment Theory – Secure, Avoidant, Anxious, Disorganized
- Identify nervous-system responses – Fight, Flight, Freeze, Fawn

OUTCOMES (Specific Results)

- Identify coping strategies and personality styles to act with awareness.
- Recognize emotional triggers in real time and transform conflict into connection.
- Clarify who you are and what you want, releasing people-pleasing patterns.
- Replace unhealthy self-talk and sabotaging behaviors with self-respect.

Somatic / Journaling Prompt

Close your eyes and take three slow breaths. Notice where tension gathers in your body when you feel triggered. What emotion is stored there? What might that part of you be trying to tell you?

Suggested Practice

Keep a Trigger Awareness Journal for one week. Each time you feel a strong reaction, pause and note what happened, how it felt in your body, and what story arose. Review patterns after a week.

Personal Notes

SELF-Care

SACRAL CHAKRA · SVADHISTHANA

Are you a supportive friend, partner, or parent who forgets your own needs? Neglecting yourself leads to chronic stress and burnout. Healing requires nourishment—tending to your emotional, physical, mental, and spiritual well-being. SELF-Care isn't indulgence; it's essential. Do you know what really makes you happy?

Rate Yourself (1–10)

I make time daily for rest and renewal. ____
I notice my body's needs and respond with care. ____
I nourish myself with food, movement, and sleep that sustain me. ____
I can say no to protect my energy. ____
I practice self-care without guilt or justification. ____

Scoring Insight

8–10: Strong foundation of self-care.

4–7: Developing consistency—keep refining small daily rituals.

1–3: Rebuilding—begin with one nurturing act each day.

TOOLS (How I Help)

- KOSHAS framework for five layers of well-being
- Breathwork, kriya yoga, gentle movement
- Accountability coaching and progress tracking
- Hypnotherapy & Reiki for stress release and nervous-system reset
- Guided planning for sustainable self-care rituals
- Codependency work to unblock basic self-nourishment

OUTCOMES (Specific Results)

- Master routines that keep your cup full and regulated.
- Build habits that let you give without resentment.
- Restore energy and clarity to create a life that lights you up.

Somatic / Journaling Prompt

Take five slow breaths and notice what your body is asking for right now — rest, movement, food, connection? Write what you hear.

Suggested Practice

Create a Nourishment Menu of 10 simple acts that restore you. Choose one each day for a week and notice changes in energy and mood.

Personal Notes

SELF-Empowerment

SOLAR PLEXUS CHAKRA · MANIPURA

Do you find yourself repeating the same conflicts or blaming others? Change takes courage and consistency. SELF-Empowerment builds structure, accountability, and discipline through daily practice and presence of mind.

Rate Yourself (1–10)

I follow through on commitments to myself. ____
I stay grounded and consistent when motivation fades. ____
I take responsibility instead of blaming others. ____
I recover quickly when I fall out of routine. ____
I can act differently from my automatic habits. ____

Scoring Insight

8–10: Reliable structure—your consistency supports growth.

4–7: Developing—focus on one small habit at a time.

1–3: Beginning—start gently with accountability and self-kindness.

TOOLS (How I Help)

- Mindfulness to locate feelings in the body
- NLP anchors to reinforce new behaviors
- Pranayama & Kriya Yoga daily practices
- Mantra for overcoming obstacles

OUTCOMES (Specific Results)

- Release hyper-vigilance and over-thinking.
- Build confidence and stability through consistent practice.
- Respond with strength instead of reactivity.

Somatic / Journaling Prompt

Notice what determination feels like in your body. Is it tightness or steadiness? Where do you feel strength emerge when you commit to something?

Suggested Practice

Pick one tiny daily habit (3 deep breaths, 5 min walk, gratitude note). Do it for 14 days. Record how it changes your mood and confidence.

Personal Notes

SELF-Compassion

HEART CHAKRA · ANAHATA

Do you beat yourself up if you're not perfect or always look for external approval? Harsh self-criticism and perfectionism block growth. SELF-Compassion is meeting yourself with kindness and forgiveness, even when you slip back into old patterns.

Rate Yourself (1–10)

I speak kindly to myself when I make mistakes. ____

I can forgive myself for past choices. ____

I allow myself to rest without guilt. ____

I notice my inner critic and soften it. ____

I offer myself the same compassion I give others. ____

Scoring Insight

8–10: Your inner voice supports growth.

4–7: Keep softening judgment.

1–3: Practice gentleness and grace.

TOOLS (How I Help)

- Guided compassion meditations
- Somatic techniques to release tension
- Hypnotherapy and timeline therapy to clear negative beliefs
- Journaling and role-play for a supportive inner voice

OUTCOMES (Specific Results)

- Quiet the inner critic and respond with self-kindness.
- Forgive yourself and heal emotional wounds.
- Improve self-esteem by seeking approval from within.

Somatic / Journaling Prompt

Place a hand on your heart. What do you most need to hear from yourself right now? Write it as a message of encouragement.

Suggested Practice

Write a compassionate letter to yourself as if to a dear friend. Acknowledge effort and growth. Read it aloud.

Personal Notes

SELF-Expression

THROAT CHAKRA · VISHUDDHA

Do you suppress your needs or feelings to avoid conflict? SELF-Expression restores voice and authenticity. By speaking truthfully and setting boundaries, you build deeper connection and emotional safety.

Rate Yourself (1–10)

I express what I feel without fear. ____
I say no when something doesn't align with me. ____
I communicate needs clearly and respectfully. ____
I use creative outlets to express myself. ____
I feel seen and heard in relationships. ____

Scoring Insight

8–10: Authentic expression flows freely.
4–7: Voice emerging—keep practicing honest communication.
1–3: Start with safe small expressions of truth.

TOOLS (How I Help)

- Somatic release for blocked emotion
- Voice and breathwork for confident speech
- Communication and boundary coaching
- Creative outlets (journaling, art, movement)
- Role-play for real-life practice

OUTCOMES (Specific Results)

- Express needs clearly and authentically.
- Set and maintain boundaries without guilt.
- Feel seen, heard, and valued in relationships.

Somatic / Journaling Prompt

Practice an “I feel” statement today: “I feel ____ because ____ . What I need is ____.” Write how it felt to voice your truth.

Suggested Practice

Share one truth or boundary with a trusted person this week. Observe how honesty affects connection.

Personal Notes

SELF-Trust

THIRD EYE CHAKRA · AJNA

Do you second-guess yourself or try to control outcomes out of fear? SELF-Trust is releasing control and choosing faith in your inner guidance.

Rate Yourself (1–10)

I trust my intuition. ____
I can let go of things I can't control. ____
I speak and act with confidence. ____
I recover quickly when plans change. ____
I believe I can handle whatever comes. ____

Scoring Insight

8–10: Deep trust and inner peace.

4–7: Growing trust—practice releasing control.

1–3: Rebuilding trust—listen to intuition daily.

TOOLS (How I Help)

- Somatic practices to strengthen intuition
- Breathwork, meditation, hypnotherapy for inner connection
- Coaching through real-life decision and boundary scenarios

OUTCOMES (Specific Results)

- Make decisions with confidence.
- Release the need to control others.
- Set healthy boundaries and attract supportive relationships.

Somatic / Journaling Prompt

Recall a time you trusted yourself and it worked out. How did it feel to listen to your inner voice?

Suggested Practice

Each morning, place a hand on your heart and ask: “What do I most need today?” Honor the first answer you hear.

