Patterns 01 and 02

Rate how willing you are right now. 1 = clinging tightly, 5 = open hands.

Pattern 01 I am working with: _____

Current willingness dial:

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

What fear keeps my grip tight here?

My next gentle willingness step:

☐ Willing to become willing

Pattern 02 I am working with: _____

Current willingness dial:

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

What fear keeps my grip tight here?

My next gentle willingness step:

☐ Willing to become willing

Patterns 03 and 04

Rate how willing you are right now. 1 = clinging tightly, 5 = open hands.

Pattern 03 I am working with: _____

Current willingness dial:

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

What fear keeps my grip tight here?

My next gentle willingness step:

☐ Willing to become willing

Pattern 04 I am working with: _____

Current willingness dial:

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

What fear keeps my grip tight here?

My next gentle willingness step:

☐ Willing to become willing

Resistance Reset Notes

Use these lines for anything the dial brought up.