

The Beginning:
Pre- Birth to 18
Months

- Wounds:
- Beliefs: This happened to me because I am ...

The Early Years:
18 Months to 6 Years

- Wounds:
- Beliefs: This happened to me because I am ...

Elementary:
6 Years to 12 Years

- Wounds:
- Beliefs: This happened to me because I am ...

Early Teens:
12 Years to 15 Years

- Wounds:
- Beliefs: This happened to me because I am ...

Late Teens:
15 Years to 19 Years

- Wounds:
- Beliefs: This happened to me because I am ...

Early Adulthood:
19 Years to 30 Years

- Wounds:
- Beliefs: This happened to me because I am ...

My recurring core belief(s):