
NeuroBlossom™ Havening Worksheet: Shifting Into Clarity and Calm

Introduction

Havening can be applied in many ways to support emotional well-being.

In this worksheet, you'll focus on different areas of your life where emotions and stress responses can be activated.

Our feelings often shift depending on where we place our attention — sometimes certain life areas can trigger greater stress or discomfort without us even realizing it.

Using Havening, you can help reduce the stress physiology that arises, calm your nervous system, and create more space for clarity and ease.

Step 1: Life Areas Satisfaction Rating

Before using Havening, it's helpful to take a bird's-eye view of your overall life experience. Different areas of life can influence how we feel, even if we're not always consciously aware of it. This exercise will help you identify areas of strength and notice where emotional stress may be hiding.

Rate your current satisfaction in each area by marking a box below.
(0 = very dissatisfied, 10 = completely satisfied)

Life Area	0	1	2	3	4	5	6	7	8	9	10
Relationships (romantic, family, friendships)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Career / Work / School	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Leisure and Recreation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Physical Health	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Emotional Well-Being	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Financial Stability	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Personal Growth / Fulfillment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Step 2: Choose an Issue to Work On

Look at your Life Areas Satisfaction ratings. Which area feels like it could use the most attention, support, or healing right now?

Take a moment to reflect more specifically:

- If it's Relationships, is it communication, trust, connection, loneliness, or something else?
- If it's Career / Work / School, is it workload, direction, uncertainty, or pressure?
- If it's Physical Health, is it sleep, exercise, recovery, a specific health issue, or energy levels?
- If it's Emotional Well-Being, is it mood swings, anxiety, overwhelm, or self-esteem?
- If it's Leisure, is it lack of time for joy, creativity, or rest?
- If it's Finances, is it uncertainty, debt, security, or future planning?
- If it's Personal Growth, is it feeling stuck, lack of meaning, or unmet goals?

You don't need to overthink it — just notice what feels most relevant.

Describe the issue:

Step 3: Rate the Intensity of Your Feelings

When you think about the specific challenge you described, how emotionally bothered do you feel right now?

(You are rating distress — how uncomfortable it feels emotionally — not just how much pressure you are under.)

Subjective Units of Distress (SUDs Rating)

On a scale of 0 to 10, how emotionally uncomfortable do you feel when thinking about this issue?

(0 = no distress, 10 = extreme distress)

Current Distress Level: _____

Step 4: Practice Havening

Refer to the NeuroBlossom™ Havening Guide for Clarity and Calm to guide your practice.

Important:

- Begin by bringing the issue fully to mind — for best results, allow yourself to deeply connect with the associated thoughts and feelings, even if they feel uncomfortable. (The more you engage emotionally, the more fully your nervous system can clear and release it.)

Note: If you are working with trauma or intense emotional material, use caution and self-awareness. Only go as far as feels safe for you right now.

- Once you feel connected to the emotional charge, release your attention from the stressful thoughts.
- As you begin applying Havening touch, shift your focus to calming, positive visualizations or soothing phrases.

The touch combined with positive imagery helps your brain disengage from the stress pattern and move toward clarity, calm, and greater ease.

Take your time, and allow yourself to fully experience the process.

Step 5: Reassess the Intensity of Your Feelings

Subjective Units of Distress (SUDs Rating) After Havening

After completing your Havening practice, how emotionally uncomfortable do you feel now when thinking about this issue?

New Distress Level: _____

Step 6: Reflection

What shifted for you during the Havening practice?
(For example: feeling calmer, less tension, greater clarity, softer emotions.)

Moving Forward

Through practices like this, you begin to future-proof your nervous system — so that old triggers and past distress no longer have a place in shaping your future.

Even small shifts matter. Over time, they create new possibilities for how you experience yourself, your relationships, and your life.

You can return to this practice anytime you feel stuck, overwhelmed, or simply want to create more ease and freedom within yourself.

Your growth is already unfolding.

This material is for educational purposes only and is not a substitute for professional medical advice or care.
