

ETHEREALITY  
INSTITUTE

# EMOTIONAL BAGGAGE CLAIM WORKBOOK



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## Emotional Baggage Claim Workbook Instructions

(Please read Steps 1-4 thoroughly before proceeding with Step 1.)

1. In each of the “Event” sections of the pages, write down the events, experiences, situations, scenarios, memories of your life that stand out to you, no matter how painful, traumatic, devastating, intense, embarrassing, or emotionally-charged they are. They can be about a particular person or group of people, a place or setting, or something that happened to you. The best events to start with are the ones that are fresh in your mind or can be easily recalled from your memory, and then progress to the ones that require some deeper digging & investigation on your part. Feel free to print this Workbook or copies of just one Event sheet as many times as you need as your event list increases. Remember: Only write the Event as it occurred and avoid adding in your personal feelings or thoughts about the Event—be as objective as possible, as if you were only the Observer of the event or writing an event in a story. Save your feelings & opinions for the next step!
2. After each Event section, where it says “Hashtags”, proceed with writing down the Hashtags of each Event by writing each one starting with the Hashtag symbol (#) as if you were typing up a post to share on social media. Remember: The Hashtags you write are supposed to be keywords, phrases, feelings, qualities, descriptions, names of images, names of items, names of people, names of places, names of situations or anything else that comes to mind about the Event. Write as many Hashtags as you feel applies to each Event, and be honest with yourself about what Hashtags ought to be there.
3. Once you have done this for the Events you have written down, look for any Hashtags that recur more than once among your Events. Proceed to list those recurring Hashtags in the Hashtag

Counter table, preferably in the order of greatest number of recurrences to the smallest number. If you have two or more Hashtags that recur the same amount of times, then list them in whatever order you choose.

4. The Hashtag(s) recurring the most will point you to the most dominant or primary schema(s) that is/are currently affecting you. You use the most recurring Hashtag(s) to then match it/them with the schema from the Schema Bank as best as you can. You are looking to see how the Hashtag(s) identify or relate to a Schema type that is affecting you; you may need your intuition here to help you decide which Schema type matches. If you cannot readily identify a Schema type or if you are having trouble, give yourself some time—a few days to a week or two—and come back to this Step in the method; during that time away, do a bit of soul-searching, meditating, researching, and backtracking into your past for clues. If you need to, re-watch my “Schemas” video in the *Emotional Baggage Claim* course from which this Workbook comes. I have provided a short description of each Schema type to help you.

Once you have successfully identified the Schema types you are affected by, you will have completed this brave step in your Inner Work—tracking the Schemas that affect you and coming to terms with that. Give yourself a standing ovation—you deserve it for possessing the courage & effort to Know Thyself, have a catharsis, heal, and undergo a transformation in a world where most souls shy away! Please hold onto your Workbook as it will come in handy when you enroll in the next set of courses in my Inner Work series, join future seminars, order a birth chart report and/or book a consultation session from the Ethereality Institute.



**Event:**

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**Hashtags:**

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## Hashtag Counter

	Hashtag	Number of Occurrences
Hashtag Example	<i>#betrayed</i>	4
Hashtag 1		
Hashtag 2		
Hashtag 3		
Hashtag 4		
Hashtag 5		
Hashtag 6		
Hashtag 7		
Hashtag 8		
Hashtag 9		
Hashtag 10		

## Schema Bank

**Age Regression:** Reverting back to childish & immature behaviors from the past (also attempting to “live” in the past as if it were the present).

**Futurizing:** Concocting scenarios & casting them into future time (usually with worry & anxiety).

**Dissociation:** Separating yourself from yourself and/or from other people, place, things, or behaviors that are clearly connected to you; often leads to projection.

**Inner Dialogue:** They dysfunctional way in which you suggest things to yourself, and the multiplicity of voices in your head (i.e. negative self-talk, “should” statements, etc.).

**Blocking:** Preventing yourself from seeing/noticing something, notably something unsettling or disturbing.

**Illusioning:** Perceiving things (material or immaterial) that aren’t there.

**Confusion:** Creating a state of perceptual disarray to avoid understanding & integrating what’s going on.

**Trance Dreaming:** Creating dream or fantasy states as a coping mechanism, or imagining yourself as someone you’re not, somewhere you’re not, or imagining other people, places & things they are not.

**Amnesia:** Voluntary or involuntary forgetting of past traumatic events.

**Sensory Distortion:** Experiencing numbness, pain, dullness, or hypersensitivity in extreme or excessive ways, or focusing on them to exaggerate their influence over you.

**Spiritualizing:** Excessive idealizing to avoid the actual or darker aspects of yourself, other people, or the world at large.



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