

It's Knot Therapy



Self-Discovery Questionnaire

CORE WOUNDS (Common Limiting Beliefs)

A core wound is a deep emotional imprint formed from unprocessed pain, often originating in childhood when we are most impressionable. These wounds shape our subconscious beliefs about ourselves, others, and the world. They develop from significant emotional experiences—especially those we were unable to fully process at the time—leading us to internalize limiting beliefs that affect our self-worth, relationships, and overall well-being.

Core wounds act as a subconscious filter through which we interpret our experiences. They influence our sense of identity and the way we relate to others. While many core wounds form early in life, they can also develop or evolve through repeated patterns in adulthood. Everyone has core wounds to some degree, but the intensity and nature of these wounds vary based on personal experiences.

Why healing core wounds matters: Unresolved core wounds can manifest in various ways, including emotional distress, self-sabotaging behaviors, and unhealthy relationship patterns.

Some common effects include:

Emotional struggles: anxiety, depression, chronic stress, low self-worth

Behavioral reactions: self-sabotage, addictions, avoidance, perfectionism

Relational challenges: difficulty trusting, fear of abandonment, emotional disconnection

When triggered, core wounds can lead to emotional reactivity, reinforcing cycles of disconnection and distress. Healing them allows us to break free from these patterns, build healthier relationships, and cultivate a more empowered sense of self. Awareness is the first step—by recognizing these wounds, we create space for healing, self-compassion, and transformation.

CORE WOUNDS LIST

What patterns of negative internal meaning do you most repetitively assign to situations when they are not working in your favor? Then, rate from 1-10 which beliefs affect you the most.

I am not enough	I am abandoned or alone	I am unloved
I am bad	I am weak	I am unsafe
I am stupid	I am unworthy	I am helpless
I am unseen or unheard	I don't matter	Something is wrong with me
I don't belong	I am disliked	I am unimportant
I am disconnected	I am excluded	I am disrespected
I am/will be rejected	I am trapped or stuck	I am powerless or have no control
I will be betrayed	I am defective	I am misunderstood

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A LIST OF MAJOR EMOTIONS AND THEIR OPPOSITES

***HIGHLIGHT** the emotions that you experience the most often (both positive and negative).

Abandoned – Adopted, Cherished, Defended

Afraid – Brave, Calm, Composed, Fearless

Alone – Together

Annoyed – Gratified, Pleased

Anxious – Brave, Calm, Collected

Ashamed – Calm, Confident, Happy, Joyful

Betrayed – Assisted, Helped, Loyal, Faithful

Blamed – Approval, Praise

Bored – Energized, Refreshed

Burdened – Unloaded

Cheated – Faithful, Fair

Concerned – Calm, Collected, Composed

Confused – Clear, Composed, Organized

Crazy – Balanced, Calm, Collected, Sane

Heaviness – Thinness, Light

Despair – Hope, Joy

Devastated – Create, Construct, Guarded, Protected

Disappointed – Calm, Cheerful, Comforted, Encouraged

Disgusted – Attracted, Delighted, Pleased

Doubt – Belief, Calm, Clarity, Certainty, Confidence

Helpless – Able, Capable, Fit, Powerful

Embarrassed – Composed

Empty – full

Exhausted – Able, Active, Energized, Strong

Guilty – Innocent, Right, Moral, Good

Impatient – Easygoing, Controlled, Patient, Tolerant

Insecure – At Ease, Calm, Collected, Composed

Horrificed – Brave, Calm, Fearless

Hurt – Happy, Pleased

Lazy – Active, Careful, Attentive, Energetic

Lethargic – Alert, Active, Animated, Lively

Lonely – Populated, Close, Loved, Sociable

Uncertain – Sure, Confident, Predictable

Lost – Seen, Alive, Attentive, Aware

Offended – Flattered, Praised, Approved, Pleased

Outraged – Calm, Relaxed, Happy

Pressured – Free, Left Alone, At Ease

Punished – Cleared, Released, Exonerated

Trapped – Free

Rage – Calm, Love, Peace, Indifference

Rebellious – Happy, Obedient, Compliant

Regret – Comfort, Content, Delight, Joy

Rejected – Cherished

Resentment – Delight, Happy, Connected, Free

Sadness – Cheer, Happiness, Joy

Scared – Bold, Brave, Cool, Courageous

Self-Conscious – Calm, Comfortable, Confident, Easy

Shame – Pride, Approval, Esteem, Honor, Respect

Silly – Intelligent, Mature

Suffering – Ease, Calm, Relief, Joy

Worried – Calm, Comforted, Happy, Relaxed

Wary – Certain, Careless

Inadequate – Able, Abundant, Capable, Enough

Determining Your Attachment Style (4 Types)

Attachment styles develop in early childhood through our relationships with the people who cared for us most. The way our caregivers responded to our needs helped shape our beliefs about relationships, emotional closeness, trust, and connection. As adults, these early experiences can influence how we relate to romantic partners and others.

An attachment style refers to the patterns of thoughts, feelings, and behaviors we tend to show in relationships. It affects how we respond emotionally, how comfortable we are with intimacy, and how we handle conflict, trust, and dependence on others.

There are four main attachment styles, each with its own common characteristics and tendencies. Most people show traits from more than one attachment style, and these patterns can change over time. You may not identify completely with any single category, and that's perfectly normal.

The goal of this exercise is not to label yourself, but to increase self-awareness. By recognizing your relationship patterns, you can better understand your strengths, identify areas for growth, and develop healthier connections.

As you read through the statements below, place a star next to each one that describes you.

**Note: This is not a diagnosis or label. Attachment styles describe common relationship patterns that often develop over time. By recognizing these patterns, you can better understand yourself and learn healthier ways of communicating, connecting, and responding in relationships.*

SECURE ATTACHMENT STYLE

"It is relatively easy for me to become emotionally close to others. I am comfortable depending on others and having others depend on me. I don't worry about being alone or having others not accept me."

1. I generally feel satisfied and secure in relationships.
2. Experienced caregivers as generally safe, supportive, and emotionally available, creating a foundation for healthy relationships later in life.
3. Feels safe and connected to romantic partners, friends, and other important relationships.
4. Feels safe to rely on others and comfortable with others relying on them (in an interdependent manner).
5. Able to give and receive love, support, and care.
6. Feel comfortable to be intimate and open with a partner (emotionally, mentally, physically)
7. Generally trusts others and works through disagreements in a constructive, collaborative way.
8. Able to communicate needs openly, and maintain boundaries while remaining emotionally connected.

ANXIOUS PREOCCUPIED ATTACHMENT STYLE

"I want to be completely emotionally intimate with others, but I often find that others are reluctant to get as close as I would like. I am uncomfortable being without close relationships, but I sometimes worry that others don't value me as much as I value them."

1. Strongly value closeness, connection, and emotional intimacy.
2. Often seek reassurance that they are loved, valued, and important to others.
3. Prioritize relationships, and worry about rejection, abandonment, or losing important connections.
4. Can become highly focused on maintaining connection and closeness with others.

5. May neglect their own needs, preferences, or boundaries in an effort to preserve a relationship.
6. Often attentive, caring, and invested in the well-being of others.
7. May become so focused on meeting others' needs that they lose touch with their own feelings and needs.
8. May seek frequent contact, reassurance, or validation when feeling insecure.
9. Can be sensitive to signs of distance, disconnection, or changes in a partner's behavior.

FEARFUL AVOIDANT ATTACHMENT STYLE

"I am somewhat uncomfortable getting close to others. I want emotionally close relationships, but I find it difficult to trust others completely, or to depend on them. I sometimes worry that I will be hurt if I allow myself to become too close to others."

1. Desire close, meaningful relationships but may also fear vulnerability and intimacy.
2. Often experience both a fear of abandonment and a fear of becoming too dependent on others.
3. Alternate between seeking closeness and creating distance when relationships feel emotionally intense.
4. Often crave deep connection, but can struggle to fully trust others, even when I deeply care about them.
5. Often feel conflicted wanting connection while simultaneously fearing rejection, hurt, or disappointment.
6. Overwhelmed by strong emotions and have difficulty responding when feeling triggered or vulnerable.
7. Relationships may feel intense, confusing, or emotionally exhausting at times.
8. Can struggle with maintaining healthy boundaries, leading to over-giving, withdrawal, resentment, or guilt.
9. Value honesty and trust, yet may be especially sensitive to signs of betrayal, rejection, or disconnection.
10. Often need reassurance that they are accepted, valued, and emotionally safe in their relationships.

DISMISSIVE AVOIDANT ATTACHMENT STYLE

"I am comfortable without close emotional relationships. It is very important to me to feel independent and self-sufficient, and I prefer not to depend on others or have others depend on me."

1. Highly value independence, autonomy, and self-sufficiency. Prefer to solve problems on their own rather than seek help from others.
2. Need significant personal space or emotional distance when relationships begin to feel too close or demanding, and feel overwhelmed when others seek more closeness than they are comfortable with.
3. I feel unsafe and/or uncomfortable with vulnerability or relying on others for emotional support.
4. May have difficulty identifying, expressing, or discussing vulnerable emotions.
5. I often process feelings privately and minimize the importance of emotional needs to protect myself.
6. Can compartmentalize emotions and focus on practical solutions rather than emotional experiences.
7. Cope with stress by turning toward work, hobbies, achievements, or other interests rather than relationships.
8. May focus on a partner's flaws or reasons a relationship won't work as a way to keep emotional distance.

Based on the statements you starred, which attachment style do you identify with most? Which section had the greatest number of stars? If you're unsure, you can also take the attachment style quiz by [clicking here](#).

- A. Secure Attachment B. Anxious Preoccupied C. Fearful Avoidant D. Dismissive Avoidant

Self-Discovery Questionnaire

LIMITING BELIEFS & ABUNDANCE BLOCKS

Limiting beliefs are the subconscious stories we tell ourselves about who we are and what we're capable of. These beliefs create invisible barriers that hold us back from reaching our full potential in different areas of life—whether it's relationships, career, finances, or personal growth.

Many limiting beliefs stem from past experiences, societal conditioning, or fears we've internalized over time. Some may even seem like simple passing thoughts, but they subtly influence our decisions, confidence, and ability to receive abundance.

To identify your own limiting beliefs, ask yourself if any of these resonate with you.

Circle the ones that feel familiar.

I am not worthy of	Money or my goal is "bad"
I don't have value	I don't know what to do when I achieve my goals
I don't trust myself	I am not capable of achieving
People will take from me	I don't know how to receive or feel guilty receiving
I am "bad"	This brings up past negative associations or fears
I'm too afraid	Something bad will happen
There isn't enough	People will take from me
People will be jealous	I don't want to take responsibility for my life
I don't have time	I don't have what it takes
I might ruin it	I'm not strong enough

7 MAIN AREAS OF LIFE

(Reference Guide Only)

Creating Balance in the 7 Key Areas of Life

True fulfillment comes from cultivating balance across all areas of life. When one area is neglected, it can create stress, dissatisfaction, or setbacks that impact overall well-being. While some areas may feel stronger than others, ongoing attention and growth in each area are essential for long-term happiness and success.

Assessing where you are now—and where you want to be—helps create momentum and lasting change. Progress, not perfection, leads to meaningful growth. When you commit to improving all areas of life, you cultivate a more empowered, fulfilling, and abundant experience.

Self-Assessment Exercise

Take a moment to reflect on your current situation in each of the 7 key areas of life. Consider how satisfied or content you feel in each area. Using a scale from 1 to 10—with 1 being completely dissatisfied and 10 being fully content—assign a score that best represents your current level of fulfillment. This reflection will help you gain clarity on where you are now and identify areas for growth and improvement.



- 1. Relationships-** Quality of connections improve our emotional well-being, give us a sense of belonging, provide support, and allow us to experience love.
- 2. Spiritual-** Our beliefs, values, meaning and purpose in life, whatever inspires us, practices like meditation or prayer.
- 3. Mental/Emotional health-** Learning, interests, skills, cognitive abilities, growth, creative expression and general knowledge/intelligence.
- 4. Physical health-** The way our body looks and feels. Taking care of the body is essential to living a healthy, meaningful life. If we take our health for granted, we suffer in many other areas of our life.
- 5. Social & Contribution-** Social influence, leadership, and contribution can enhance self-esteem. It's important to feel a sense of belonging, to be understood and valued for who we are, and to feel a part of something.
- 6. Career/Education-** Job satisfaction, work-life balance, and a sense of purpose in how we contribute to the world. We all have unique talents and a creative spark to share, and the way we express these gifts affects our level of fulfillment in life.
- 7. Financial-** Wise personal financial management can provide peace of mind, giving us the freedom and opportunities to support others, invest in causes we care about, and create financial security.

Self-Discovery Questionnaire

(Please take your time and answer the following questions as best as you can. There are no right or wrong answers—this is simply an opportunity for self-reflection and a way for me to better support you. Feel free to skip any questions.)

1. Where are you most empowered in your life? (Refer to the 7 Areas of Life)
2. Where are you least empowered in your life? (Refer to the 7 Areas of Life)
3. What recurring patterns of internal dialogue (in the negative form) do you often experience?
4. What self-sabotage behavioral patterns do you experience most? Why?
5. What do you often turn to when you are trying to motivate yourself?
6. Where do you have a lot of self-awareness? (Ex. At work, about behavior)
7. Where do you have minimal self-awareness? (Ex. In relationships, with family)
8. What negative patterns do you most often have with your relationship to money?
9. What are your primary triggers when you're around family?
10. What are your primary triggers when it comes to relationships?
11. What types of conversations trigger you most?

12. What do you spend the most of your time thinking about?
13. What do you spend the most time imagining or fantasizing about? Why?
14. What do you speak to others about most often?
15. Where do you waste the most time in your life? Why?
16. What are you most insecure about?
17. What are some things you feel ashamed of?
18. What characteristics do you judge most in:
 - a. Your mother:
 - b. Your father:
 - c. Your siblings:
 - d. Your partner:
 - e. Your close friends:
19. Where are you exhibiting these same traits? List 3 different areas/circumstances in your life that you also do this.
20. What patterns of behavior have you picked up most from your Mother? Father?

21. What are you still stuck on from the past? Look deeply – how is it serving you to hold onto this still?
22. What would happen if you let this experience go? What would it take for you to let it go?
23. What are some things you're afraid that may or may not happen?
24. What are your three greatest fears?
25. How do your fears currently affect your life?
26. Where are you a powerful communicator?
27. Where are you a poor communicator? Why?
28. What boundaries do you set with:
 - a. Your family
 - b. Your partner
 - c. Your co-workers
29. Are these boundaries motivated by fear or self-love? Are they respected?
30. What are your expectations of others in relationships? (Ex: They should always want to spend time with me)
31. What have you not forgiven yourself for?

32. Where does guilt show up most often in your life?
33. What are you resentful for? Why?
34. What needs are most important to you in a romantic relationship?
35. What is your relationship like to your boundaries? Are you afraid to set boundaries?
36. Do you feel safe in your body?
37. Do you feel safe on a daily basis?
38. How do you communicate in relationships when you are triggered?
39. How do you cope (what behavioral coping mechanisms do you use) when you are upset, frustrated or unsatisfied?
40. What area do you feel as though you struggle with most? (You can rate each from 1-10)
- a. Emotional Regulation
 - b. Core wounds & internal dialogue
 - c. Boundaries
 - d. Communication & self-expression
 - e. My needs
 - f. My expectations of others in relationships
 - g. Unhealthy coping mechanisms when I feel distressed
41. **After answering these questions, what new insights or realizations have you gained about yourself?**

Self-Discovery Questionnaire

SELF-REFLECTION & GOAL SETTING WORKSHEET

Part 1: Your Vision

What is the most important area of your life you would like to improve right now?

Why is this important to you?

How would your life be different if you achieved this goal?

Part 2: Your Main Goal

What is one major goal you would like to focus on during our work together? Write your goal as clearly and specifically as possible.

Why does this goal matter to you?

Part 3: The 7 Areas of Life

To support your major goal, write one small goal and one action step for each area of life.

1. Social & Family Relationships

Goal:

Action Step:

2. Spiritual

Goal:

Action Step:

3. Mental/Emotional

Goal:

Action Step:

4. Physical

Goal:

Action Step:

5. Society & Contribution

Goal:

Action Step:

6. Career/Education

Goal:

Action Step:

7. Financial

Goal:

Action Step:

Part 4: What's Holding You Back?

For each area of life, identify any fears, limiting beliefs, habits, excuses, or obstacles that may interfere with your growth.

Social & Family Relationships

Spiritual

Mental/Emotional

Physical

Social & Contribution

Career/Education

Financial

Thank you for completing the Client Discovery Form! I look forward to reviewing your answers, and starting this journey with you!!