

# Inner Freedom Method™ Play Sheet

## Notice Your Pattern Language

Do this exercise with at least 3-4 phrases.

**It is very helpful to ask people you talk to often to help you notice your unique / common phrases.**

### 1) Notice a phrase that you speak, say to yourself or think often...

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When did you first start saying that?

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Where did you hear it?

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How does the phrase impact how you feel?

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Hold the phrase in your thoughts and scan your body for sensations

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Feel into them. What memory pops come up?

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### 2) Notice a phrase that you speak, say to yourself or think often...

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When did you first start saying that?

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Where did you hear it?

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How does the phrase impact how you feel?

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Hold the phrase in your thoughts and scan your body for sensations

---

Feel into them. What memory pops come up?

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## Notice Your Pattern Language

### 3) Notice a phrase that you speak, say to yourself or think often...

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When did you first start saying that?

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Where did you hear it?

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How does the phrase impact how you feel?

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Hold the phrase in your thoughts and scan your body for sensations

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Feel into them. What memory pops come up?

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### 4) Notice a phrase that you speak, say to yourself or think often...

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When did you first start saying that?

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Where did you hear it?

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How does the phrase impact how you feel?

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Hold the phrase in your thoughts and scan your body for sensations

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Feel into them. What memory pops come up?

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### What conclusions do you come to from this exercise?

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