

Inner Freedom Method™ Playsheet

The Inner Freedom Method Play Sheet – Explore Inner Resistance

This Play Sheet is useful for taking notes about your player and the situation. It will help you get a picture of how they are playing life and identify areas to explore for inner resistance.

Name of the "Game":	Areas of Inner Resistance What is not happening?
Purpose you are playing for – Why are you playing?	Actions that you are NOT doing Resisting / Avoiding – Experiencing Overwhelm
	1)
	2)
	3)
Primary Objectives you are playing for?	4)
1)	5)
2)	6)
3)	
Actions to take while playing	Acting through resistance – forcing yourself Mind Reacting – Experiencing Isolation
1)	1)
2)	2)
3)	3)
4)	4)
5)	5)
6)	
Intended Results of the Actions	Results that are NOT happening Attempting Control – Experiencing Frustration
1)	1)
2)	2)
3)	3)
4)	4)
5)	5)
6)	