



## WORKSHEET: SYMBOL READING

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NAME:

DATE:

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All readings are designed to help you understand yourself better and find more freedom, creativity and inspiration in all areas of your life. Use this worksheet to take notes during your reading and reflect on the information afterwards.

Remember that all information is symbolic and metaphorical, and should never be used to replace medical or psychological care. Take only what resonates as true to you and leave the rest. You will find questions for reflection at the end of this worksheet.

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### MASKS & COSTUMES

We all learn from and adapt to the challenges we inevitably face in life - this is how we enrich and empower ourselves. Some adaptive strategies may be helpful, others may not.

This reading explores how you may have adapted and shaped your identity based on how you interacted with the world in your life so far, and how some of the more restrictive strategies might be modified to allow you more freedom to be yourself.

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## Overall Impression

*The overall way you hold & present yourself to the world*

Face

*What face have you learnt to put on for others, how freely do you show your thoughts & emotions in your facial expressions*

## Upper Body

*How do you protect your heart, the softer more vulnerable aspect of you and your inner child*

## Hands

## *How do you give and receive love & support*

## Lower Body & Legs

*How do you relate to your physical body & sexuality, and how do you share it with the world*

Feet

*How do you relate to your place in the community and how do you feel you belong in this world*

## Overcoat/Jacket

*What strategies do you use to protect your boundaries and your own needs & desires*

## Jewellery & Embellishment

*How do you put your own unique creative touch on the way you present yourself in the world*

# YOUR MASKS & COSTUMES

How you present yourself to the world is your own choice, no matter what others say. Even if you discovered an adaptive strategy in this reading that might be holding you back, you still have free will to decide whether to change it or not. What you do is completely up to you.

If changing it and opening up more feels scary to you, try writing more about that feeling, digging deeper to find where those fears might have come from.

There is never any pressure to change yourself. You are already perfect as you are. True growth makes you feel better than before, and it happens in your own time, in your own way.

## SELF-REFLECTION

What was your main reason for choosing this reading?

What were the highlights of this reading for you?

What was most surprising or unexpected for you and why?

What did this reading inspire you to try differently?

Anything else you would like to write about...