

DAY 28 STUDENT WORKBOOK



WEEK 4 Q&A: EMOTIONAL WORK

सप्ताह 4 प्रश्नोत्तर: भावनात्मक कार्य

Inner Zen Wellness - Level 1

Student Workbook | छात्र कार्यपुस्तिका

Q&A Session Preparation & Notes

INSTRUCTIONS | निर्देश

This workbook helps you prepare for the Q&A session and capture what you learn. Complete the pre-session sections BEFORE tonight's class, then use the during-session and post-session sections to integrate the learning.

यह कार्यपुस्तिका आपको प्रश्नोत्तर सत्र के लिए तैयार करने और आप जो सीखते हैं उसे कैप्चर करने में मदद करती है। आज की कक्षा से पहले पूर्व-सत्र अनुभागों को पूरा करें, फिर सीखने को एकीकृत करने के लिए सत्र-दौरान और सत्र-पश्चात अनुभागों का उपयोग करें।

01

Pre-Session Preparation

Complete before tonight's class

02

During-Session Notes

Capture learning in real-time

03

Post-Session Reflection

Integrate and apply insights

PART 1: PRE-SESSION PREPARATION

Exercise 1: My Week 4 Experience

Before asking questions, reflect on your experience this week.

Days 22-27 covered:

- Day 22: Emotional Patterns & Samskaras
- Day 23: Inner Child Psychology
- Day 24: Meeting the Inner Child (Regression)
- Day 25: Meeting the Inner Child (Visualization)
- Day 26: Healing Childhood Wounds
- Day 27: Inner Child Integration



Reflection Questions:

1. What was the **HIGHLIGHT** of Week 4 for you?
2. What was the most **CHALLENGING** aspect?
3. What **SURPRISED** you this week?
4. What **CONFUSED** you?
5. What made you feel **HOPEFUL**?
6. What made you feel **DISCOURAGED**?

Exercise 2: My Questions for Tonight

Write out your questions BEFORE the session. This helps you clarify what you actually want to know.



CATEGORY 1: Questions About CONCEPTS/THEORY

Question 1:

Question 2:

Question 3:



CATEGORY 2: Questions About PRACTICES

Question 1:

Question 2:

Question 3:



CATEGORY 3: Questions About MY SPECIFIC EXPERIENCE

Question 1:

Question 2:

Question 3:



CATEGORY 4: Questions About SAFETY/BOUNDARIES

Question 1:

Question 2:



CATEGORY 5: Questions FOR PRACTITIONERS (if applicable)

Question 1:

Question 2:

Exercise 3: My Doubts & Concerns

Be honest about what's bothering you. Voicing doubts helps resolve them.

1. My biggest **DOUBT** about this work is:

Why this bothers me:

What would help resolve this doubt:

2. My biggest **FEAR** about continuing is:

What's underneath this fear:

3. Something I'm **SKEPTICAL** about:

What would need to happen for me to feel more confident:

Exercise 4: What I Need from Tonight

Complete these sentences:

Tonight, I need to understand:

Tonight, I need validation for:

Tonight, I need permission to:

Tonight, I need help with:

Tonight, I need reassurance that:



PART 2: DURING-SESSION NOTES

Opening Check-In

My check-in share:

The biggest question I have about inner child work is:

Question & Answer Notes

Use this space to capture questions asked by others and the answers given. Often, other people's questions address your concerns too!

 **Tip:** Write down questions even if they're not yours. You might discover they're relevant to your journey too.

Q&A Documentation Template

Q&A Set 1: [Topic:
_____]

Question Asked:

Answer/Key Points:

How this applies to me:

Follow-up I need:

Q&A Set 2: [Topic:
_____]

Question Asked:

Answer/Key Points:

How this applies to me:

Follow-up I need:

Q&A Set 3: [Topic:
_____]

Question Asked:

Answer/Key Points:

How this applies to me:

Follow-up I need:

Additional Q&A Sets & Group Wisdom

Q&A Set 4: [Topic: _____]

Question Asked:

Answer/Key Points:

How this applies to me:

Follow-up I need:

Q&A Set 5: [Topic: _____]

Question Asked:

Answer/Key Points:

How this applies to me:

Follow-up I need:

Additional Notes:

Group Wisdom Sharing

Insights shared by others that resonated with me:

Share 1:

Why it resonated:

Share 2:

Why it resonated:

Share 3:

Why it resonated:

PART 3: POST-SESSION REFLECTION

Exercise 5: Integration & Takeaways

Complete within 24 hours of the session while it's fresh.



1. What was the **MOST HELPFUL** answer I heard tonight?

How I'll apply this:

2. What **RELIEVED** me most about tonight's session?

Why this matters:

3. What **SURPRISED** me about tonight?

5. What did I learn about **MYSELF** tonight?

6. What did I learn about this **WORK** tonight?

4. What question do I **STILL** have that wasn't addressed?

My plan to get this answered:

- Email instructor
- Research on my own
- Ask accountability partner
- Bring to next session
- Work with therapist
- Other: _____

Exercise 6: Doubt Resolution Assessment

Look back at Exercise 3 (My Doubts & Concerns).

For each doubt I had BEFORE the session:

DOUBT 1:

Original doubt:

- FULLY RESOLVED - I understand now
- PARTIALLY RESOLVED - I have more clarity
- STILL PRESENT - Need more information
- TRANSFORMED - Doubt led to deeper question

What helped (or what's still needed):

DOUBT 2:

Original doubt:

- FULLY RESOLVED
- PARTIALLY RESOLVED
- STILL PRESENT
- TRANSFORMED

What helped (or what's still needed):

DOUBT 3:

Original doubt:

- FULLY RESOLVED
- PARTIALLY RESOLVED
- STILL PRESENT
- TRANSFORMED

What helped (or what's still needed):

Exercise 7 & 8: Confidence & Week 4 Review

Exercise 7: Confidence Check

Before tonight, my confidence in inner child work was (1-10): _____

After tonight, my confidence in inner child work is (1-10): _____

What changed:

What still needs strengthening:

Exercise 8: Week 4 Complete Review

Now that Week 4 is complete, assess your overall experience:

PRACTICES I'M MAINTAINING:

- Daily Integration Meditation
- Morning/Evening Journal
- Check-in Alarms
- Nighttime Tuck-In
- Weekly Playdate
- Weekly Integration Ritual
- Accountability Partner Check-Ins

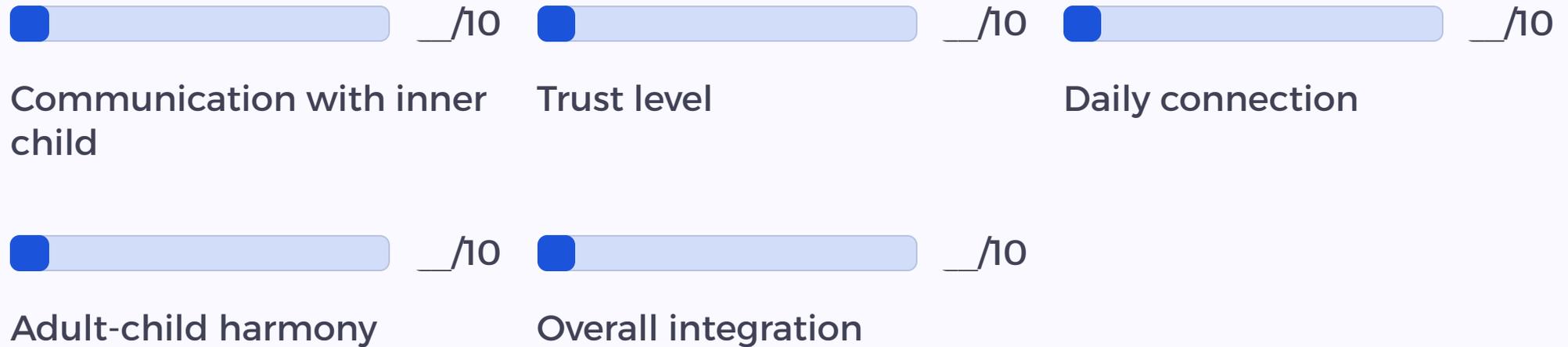
PRACTICES I'VE DROPPED:

Why I dropped them:

Will I restart them? Yes No Modified version

Integration Status & Action Plan

MY INTEGRATION STATUS (1-10):



Compared to beginning of Week 4:

- Much better
- Somewhat better
- About the same
- Worse

What needs attention:

Exercise 9: Action Plan Based on Tonight

Based on what I learned in Q&A, I commit to:

IMMEDIATE ACTIONS (This week):

ONGOING ADJUSTMENTS:

RESOURCES TO SEEK:

SUPPORT TO REQUEST:

Exercise 10 & Week 4 Completion

Exercise 10: Letter to My Inner Child About Tonight

Write a brief letter to your inner child, sharing what you learned tonight and what it means for both of you:

Dear Little One,

With love,

[Your adult self]



PART 4: WEEK 4 COMPLETION CEREMONY

Honoring Your Journey

Week 4 was intense - you:

- Learned about emotional patterns and samskaras
- Studied inner child psychology
- Met your inner child (perhaps for the first time)
- Began healing childhood wounds
- Established integration practices
- Addressed your doubts and questions

This is profound work. You deserve recognition.

My Week 4 Wins & Moving Forward

My Week 4 Wins

List at least 5 things you're proud of from this week:

Appreciation Practice



I appreciate MYSELF for:



I appreciate MY INNER CHILD for:



I appreciate THIS GROUP for:



I appreciate THE PROCESS for:

Moving Forward Commitment

As I complete Week 4 and move into Week 5, I commit to:

- Maintaining inner child integration practices
- Checking in with my child daily
- Asking for help when I need it
- Trusting my process
- Being patient with myself
- Honoring my pace
- Staying connected to support
- Continuing to grow

My specific integration commitment for next week:

Signature: _____ Date: _____

ADDITIONAL RESOURCES

If You Need More Support:



Personal Processing:

- Journal with your questions
- Discuss with accountability partner
- Schedule therapist session
- Attend office hours (if offered)



Understanding Concepts:

- Review Day 22-27 coursebooks
- Watch supplementary videos (if available)
- Read recommended resources
- Research independently



Practice Troubleshooting:

- Consult Day 27 Integration Troubleshooting Guide
- Modify practices to fit your life
- Start smaller if overwhelmed
- Get feedback from instructor



Community Connection:

- Reach out to fellow students
- Join practice group
- Share in online forum
- Attend extra sessions

Emergency Support

If you're experiencing:

- Suicidal thoughts
- Severe panic or overwhelm
- Inability to function
- Flashbacks or dissociation
- Self-harm urges

GET HELP IMMEDIATELY:

- Call crisis hotline: [Number]
- Contact therapist
- Go to emergency room
- Call trusted support person

This work can activate deep material. You don't have to manage it alone.

FINAL REFLECTION

The most important thing I learned tonight:

The most important thing I'm taking forward:

How I feel right now:



Your questions are valid.

Your doubts are normal.

Your journey is unique.

Your healing is real.

आपके प्रश्न वैध हैं।

आपके संदेह सामान्य हैं।

आपकी यात्रा अद्वितीय है।

आपका उपचार वास्तविक है।

Thank you for your courage in questioning and your commitment to growth.

नमस्ते 🙏