

DAY 30 STUDENT WORKBOOK

AGE REGRESSION PRINCIPLES

आयु प्रतिगमन सिद्धांत



Inner Zen Wellness - Level 1

Student Workbook | छात्र कार्यपुस्तिका

Theory & Preparation for Practice

INSTRUCTIONS | निर्देश

This workbook prepares you for age regression work. Complete these exercises thoughtfully - they lay the foundation for your experiential practice on Day 32.

यह कार्यपुस्तिका आपको आयु प्रतिगमन कार्य के लिए तैयार करती है। इन अभ्यासों को सोच-समझकर पूरा करें - वे दिन 32 पर आपकी अनुभवात्मक प्रैक्टिस के लिए नींव रखते हैं।



EXERCISE 1: UNDERSTANDING AGE REGRESSION

Concept Check

Answer these questions to test your understanding:

1. **What is age regression?**
2. **How is it different from reliving trauma?**
3. **What is memory reconsolidation?**
4. **What does "reimprinting" mean?**
5. **Why does regression work (scientifically)?**

True or False

Mark each statement T (True) or F (False):

1. During regression, you lose adult awareness and become a child again. ___
2. Memory reconsolidation allows memories to be updated when recalled. ___
3. Regression is safe for everyone to try. ___
4. Reimprinting means creating a new version of a memory. ___
5. You can get stuck in the past during regression. ___
6. Timeline Therapy works with five master negative emotions. ___
7. Anyone can facilitate regression without training. ___
8. Regression changes the facts of what happened. ___
9. The brain can update memories during the reconsolidation window. ___
10. Regression is appropriate for active psychosis. ___

Answers: 1-F, 2-T, 3-F, 4-T, 5-F, 6-T, 7-F, 8-F, 9-T, 10-F

Score: ___/10

EXERCISE 2: PERSONAL TIMELINE MAPPING

Creating Your Life Timeline

On a large piece of paper (or in your journal across multiple pages), draw your timeline from birth to now.

Step 1: The Basic Timeline

Draw a horizontal line representing your life:



Step 2: Mark Significant Events

Using different colours, mark events:

GREEN (Positive/Joyful):

- Achievements
- Celebrations
- Milestones
- Happy memories
- Moments of success
- Loving experiences

RED (Painful/Difficult):

- Losses
- Traumas
- Hurts
- Disappointments
- Failures
- Shameful moments

BLUE (Neutral but Significant):

- Moves/relocations
- School changes
- Major transitions
- Turning points
- Life changes



Step 3: Identify Patterns

Looking at your timeline, answer:

1. What age range has the most RED marks? Age: ____ to ____

What was happening during this time?

2. What age ranges have the most GREEN marks? Age: ____ to ____

What was happening during this time?

3. When did you lose connection to your authentic self? Age: ____

What happened?

4. When did limiting beliefs form?

Belief: "I'm not good enough" Formed around age: ____ Event: _____

Belief: "I'm not lovable" Formed around age: ____ Event: _____

Belief: "I can't trust" Formed around age: ____ Event: _____

Other limiting belief: _____ Formed around age: ____ Event: _____

5. Which events still carry emotional charge?

When I think of this event, I still feel strong emotion:

Event 1: Age: ____ What happened: _____ Emotion I feel now (1-10): _____

Event 2: Age: ____ What happened: _____ Emotion I feel now (1-10): _____

Event 3: Age: ____ What happened: _____ Emotion I feel now (1-10): _____

EXERCISE 3: THE FIVE MASTER EMOTIONS ASSESSMENT

Rate Your Current Emotional State

For each of the five master negative emotions, rate intensity (0-10):

0 = No presence at all

10 = Overwhelming, constant presence

1

ANGER (क्रोध)

Current intensity: ___/10

When/where do I feel anger most?

Earliest memory of feeling this anger: Age: ____ Situation:

What triggers this anger now?

2

SADNESS (दुःख)

Current intensity: ___/10

When/where do I feel sadness most?

Earliest memory of feeling this sadness: Age: ____ Situation:

What triggers this sadness now?

3

FEAR (भय)

Current intensity: ___/10

When/where do I feel fear most?

Earliest memory of feeling this fear: Age: ____ Situation:

What triggers this fear now?

4

HURT (आघात)

Current intensity: ___/10

When/where do I feel hurt most?

Earliest memory of feeling this hurt: Age: ____ Situation:

What triggers this hurt now?

5

GUILT (अपराध बोध)

Current intensity: ___/10

When/where do I feel guilt most?

Earliest memory of feeling this guilt: Age: ____ Situation:

What triggers this guilt now?

Summary

My highest-rated emotion is: _____ (score: ___/10)

This is the emotion I'll work with first in timeline therapy.

The root event (earliest memory) was: Age: ____ What happened:

EXERCISE 4: LIMITING BELIEFS INVENTORY

Identifying Your Limiting Beliefs

Common limiting beliefs are listed. Check any that feel true for you, then add your own:

ABOUT SELF-WORTH:

- I'm not good enough
- I'm not smart enough
- I'm not attractive enough
- I'm unworthy
- I don't deserve good things
- There's something wrong with me
- Other: _____

My strongest self-worth belief: _____

When did I first believe this? Age: _____

What event created it?

ABOUT LOVE & RELATIONSHIPS:

- I'm unlovable
- I'll be abandoned
- I can't trust anyone
- Love = pain
- I'm better off alone
- I'll be betrayed
- Other: _____

My strongest relationship belief: _____

When did I first believe this? Age: _____

What event created it?

ABOUT SUCCESS & CAPABILITY:

- I can't succeed
- I always fail
- Success is dangerous
- I'm not capable
- I don't deserve success
- I'll be punished if I succeed
- Other: _____

My strongest success belief: _____

When did I first believe this? Age: _____

What event created it?

ABOUT SAFETY & CONTROL:

- The world is dangerous
- I'm not safe
- I'm powerless
- Bad things always happen to me
- I can't control anything
- I'm a victim
- Other: _____

My strongest safety belief: _____

When did I first believe this? Age: _____

What event created it?

Creating Empowering Replacements

For each limiting belief, write an empowering replacement:



Limiting Beliefs

Limiting Belief 1:

Limiting Belief 2:

Limiting Belief 3:

Empowering Replacements

Empowering Replacement:

Empowering Replacement:

Empowering Replacement:

EXERCISE 5: PREPARATION FOR REGRESSION (DAY 32)

What I Want to Work On

In the regression session on Day 32, I'd like to explore:

Primary issue/pattern/block:

Approximate age this started: _____

How this affects my life now:

What I hope to heal:

My Concerns About Regression

Check any concerns you have:

- What if I can't access any memories?
- What if I remember something terrible?
- What if I get too emotional?
- What if it doesn't work for me?
- What if I can't come back?
- What if I can't visualise?
- Other: _____

My biggest concern:

Question I need answered before Day 32:

My Intentions for Regression Work

I'm doing this work because:

I'm ready to release:

I'm open to receiving:

I commit to approaching this with:

- Openness
- Trust
- Self-compassion
- Patience
- Courage

EXERCISE 6: SAFETY & READINESS ASSESSMENT

Am I Ready for Regression Work?

Answer honestly:

1. **Am I currently stable emotionally?** Yes Mostly No
2. **Do I feel safe with the facilitator/process?** Yes Mostly No
3. **Am I willing to feel difficult emotions?** Yes Mostly No
4. **Can I stop the process if I need to?** Yes I understand I can
5. **Do I have support after the session?** Yes Mostly No
6. **Am I doing this for myself (not to please others)?** Yes Mostly No

Contraindication Check

Check any that apply to you:

STOP - Do NOT proceed with regression if ANY of these:

- Active psychosis/schizophrenia
- Severe dissociative disorder
- Recent severe trauma (within 6 months)
- Current suicidal thoughts/plans
- Active substance abuse
- I really don't want to do this

If ANY are checked → **Talk to instructor privately BEFORE Day 32**

CAUTION - May need modified approach or individual session:

- PTSD diagnosis
- Currently in severe depression
- Seizure disorder
- Heart condition
- On psychiatric medication (list): _____

If ANY are checked → **Discuss with instructor**

GREEN LIGHT - Good to proceed:

- None of the above apply
- I'm emotionally stable
- I have support systems
- I'm ready and willing
- I understand the process

EXERCISE 7: RESOURCE BUILDING

Before regression, identify resources you can bring to your younger self:

Adult Resources I Can Provide



What I know now that my younger self didn't know:

Support I can offer my younger self:

Truth I can tell my younger self:

What my younger self needs to hear most:

EXERCISE 8: REIMPRINTING PREPARATION

Creating New Versions

Think of ONE childhood event you'd like to reimprint. Plan the new version:

ORIGINAL VERSION:

Age: ____

What happened:

How I felt:

Decision I made about myself:

NEW VERSION:

Same age, same situation, but THIS TIME:

What happens differently:

What the adults do/say:

How I feel in this new version:

New decision I make about myself:

How does this new version feel in my body?

EXERCISE 9: POST-REGRESSION INTEGRATION PLAN

Preparing for After Day 32

After the regression session, I will:

01

Immediately after (within 1 hour):

- Drink water
- Journal the experience
- Ground myself physically
- Rest if needed
- Other:

02

Same evening:

- Gentle self-care (bath, early bed, etc.)
- Avoid alcohol/substances
- Light dinner
- Process with trusted friend if needed
- Other:

03

Next day:

- Morning reflection/journaling
- Continue daily practices
- Notice any shifts
- Be gentle with myself
- Other:

Person I can contact if I need support:

Name: _____

Phone: _____

Relationship: _____

EXERCISE 10: PRACTITIONER PREPARATION (If applicable)

For those planning to facilitate regression for others:

My Readiness Assessment

Have I:

- Done my own regression work?
- Healed my major childhood wounds?
- Completed this Level 1 training?
- Practised under supervision?
- Understood safety protocols?
- Know my scope of practice?
- Have referral network for complex cases?

If NO to any »→ I need to complete these before facilitating

My First Regression Clients

I will start with:

- Simple childhood wounds (not severe trauma)
- Clients I know and trust
- Short sessions (30-45 minutes)
- One issue at a time
- Supervision available

I will NOT start with:

- Severe trauma survivors
- Complex PTSD
- Dissociative clients
- Anyone on my STOP list

My Ongoing Development Plan

After this course, I will:

Within 1 month:

Within 3 months:

Within 6 months:

My supervision plan:

SELF-ASSESSMENT | आत्म-मूल्यांकन

Understanding (Rate 1-10):

- I understand what age regression is: ____
- I understand memory reconsolidation: ____
- I understand Timeline Therapy: ____
- I know when regression is appropriate: ____
- I know when it's NOT appropriate: ____
- I understand safety protocols: ____
- I feel prepared for Day 32: ____

Confidence (Rate 1-10):

- I'm confident in the process: ____
- I trust the facilitator: ____
- I trust myself to handle what arises: ____
- I know I can stop if needed: ____
- I understand this is safe when done properly: ____
- (For practitioners) I'm ready to learn to facilitate: ____

Emotional Readiness:

My current emotional state:

- Excited Curious Nervous Scared Hopeful Sceptical Ready Other:

What I need before Day 32:

CLOSING REFLECTION

Letter to My Younger Self

Write a letter to yourself at the age you'll visit in regression:

Dear [Your name] at age _____,

With love from your future self,

[Signature] _____

Date: _____

My Commitment

As I prepare for regression work, I commit to:

- Approaching with openness and courage
- Honouring my pace and boundaries
- Trusting the process
- Providing myself the compassion I deserved then
- Releasing what no longer serves me
- Welcoming transformation

My personal intention for this healing:

Signature: _____

Date: _____



May you meet your past with compassion

May you provide what was missing

May you release what no longer serves

May your timeline be transformed

अपने अतीत को करुणा से मिलो
जो अनुपस्थित था वह प्रदान करो
जो अब काम नहीं आता उसे मुक्त करो
तुम्हारा समयरेखा परिवर्तित हो

नमस्ते 🙏