

Decode Life Transformation - Level 1 Student Workbook



Day 35 - Friday - Query Session

Week 5 Q&A: Lifestyle & Regression

InnerZen Wellness Student Practice & Assessment Materials

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How to Use This Workbook

This workbook is your personal practice space for integrating Week 5 learning.

Complete the exercises in order:

1. Self-Assessment Questionnaire
2. Knowledge Application Exercises
3. Case Study Practice
4. Personal Integration Work
5. Action Planning

 **BE HONEST in your self-assessment.** This is not graded - it's for YOUR growth.

Use additional paper if you need more space for answers.

Part 1: Self-Assessment Questionnaire

Section A: Ayurveda Knowledge Check

Rate your confidence level (1 = Not confident, 5 = Very confident)

1. I can accurately distinguish between Prakriti and Vikriti []
2. I can assess someone's constitutional dosha (Prakriti) []
3. I can identify current doshic imbalance (Vikriti) []
4. I understand which doshas to treat in a given client []
5. I know my legal scope of practice with Ayurveda []
6. I can recommend herbs ethically and legally []
7. I can adapt Ayurvedic recommendations to modern life []
8. I understand how to work with medical diet restrictions []
9. I can explain Ayurvedic concepts without Sanskrit terms []
10. I feel confident giving basic Ayurvedic lifestyle advice []

TOTAL SCORE SECTION A: _____ / 50

Below 35

Review Days 29-31 material
before proceeding with clients

35-42

Good foundation but need more
practice

43-50

Strong foundational knowledge

Section B: Regression Safety Assessment

Circle TRUE or FALSE for each statement:

1. I can list all 7 absolute contraindications for regression T / F
2. I know how to screen for psychological stability T / F
3. I have memorised the emergency protocol steps T / F
4. I know when to refer to a mental health professional T / F
5. I understand the difference between overwhelm and dissociation T / F
6. I can establish safety anchors effectively T / F
7. I know how to bring someone back from intense abreaction T / F
8. I have an informed consent form ready T / F
9. I know the warning signs that someone isn't ready T / F
10. I understand the concept of Window of Tolerance T / F

SCORE: Count your TRUE answers: _____ / 10

Below 7

You are NOT ready for regression work yet

7-8

Review safety materials and get supervision

9-10

Good safety knowledge - but still need supervised practice

Section C: Integration & Modality Blending

For each scenario, check which modality you would use as PRIMARY:

Scenario 1: Client has irregular digestion, dry skin, anxiety

Ayurveda EFT Timeline Therapy Hypnotherapy Regression

Scenario 2: Client is emotionally activated about work conflict happening now

Ayurveda EFT Timeline Therapy Hypnotherapy Regression

Scenario 3: Client has pattern of abandonment in all relationships

Ayurveda EFT Timeline Therapy Hypnotherapy Regression

Scenario 4: Client wants to stop smoking habit

Ayurveda EFT Timeline Therapy Hypnotherapy Regression

Scenario 5: Client is stable, wants to create positive future vision

Ayurveda EFT Timeline Therapy Hypnotherapy Regression

ANSWER KEY (check after you've answered):

1. Ayurveda (physical symptoms)
2. EFT (current emotional activation)
3. Timeline Therapy or Regression (past pattern)
4. Hypnotherapy (habit change)
5. Future Pacing/Hypnotherapy (creating future)

Your Score: ____ / 5

Section D: Client Resistance Awareness

Rate how comfortable you feel handling each type of resistance (1-5):

1. Practical resistance ("I don't have time") []
2. Psychological resistance ("I don't think this will work") []
3. Secondary gain ("But my anxiety keeps me safe") []
4. Identity protection ("Change means I'm not being authentic") []
5. Lack of trust in you/relationship []

TOTAL: ____ / 25

 Areas scoring below 3 indicate where you need more practice and supervision.

Part 2: Knowledge Application Exercises

Exercise 1: Prakriti vs. Vikriti Assessment

Read this case, then answer questions:

CASE: Amit, age 35

When healthy and balanced:

- Athletic build, naturally muscular
- High energy, focused, competitive
- Sharp digestion, can eat almost anything
- Runs hot, prefers cool weather
- Needs only 6-7 hours sleep
- Direct communication style, natural leader

Current state (past 6 months):

- Gained 12 kg, especially around belly
- Lethargic, hard to get out of bed
- Sluggish digestion, frequent bloating
- Feeling cold all the time
- Sleeping 9-10 hours but still tired
- Withdrawn, lacking motivation

Exercise 1: Questions

1. What is Amit's Prakriti (natural constitution)?

Primary dosha: _____

Secondary dosha: _____

Evidence for this: _____

2. What is Amit's current Vikriti (state of imbalance)?

Imbalanced dosha: _____

Evidence for this: _____

3. What is your treatment focus?

- Treat him as his Prakriti type
- Treat the current Vikriti imbalance
- Ignore Prakriti, only address symptoms

Explain your answer: _____

4. List 3 specific Ayurvedic recommendations to bring him back to balance:

a) _____

b) _____

c) _____

5. What lifestyle factors might have caused this shift?

Exercise 2: Scope of Practice - What Would You Say?

For each client statement, write what you would respond. Consider legal and ethical scope of practice.

Scenario 1:

Client: "Should I stop taking my blood pressure medication now that I'm doing Ayurveda?"

Your response: _____

Scenario 2:

Client: "Can you prescribe me something for my diabetes?"

Your response: _____

Scenario 3:

Client: "I've been feeling really depressed. Can Ayurvedic herbs cure this?"

Your response: _____

REFLECTION: How comfortable did you feel setting these boundaries?

What makes it challenging? _____

Exercise 3: Adapting Traditional Recommendations

You assess a client with Vata imbalance. Traditional recommendations include:

- Wake at 4:30 AM (Brahma Muhurta)
- Daily 30-minute oil massage
- Freshly cooked warm meals 3x daily
- 30 minutes meditation morning and evening

BUT this client:

- Works night shift (11 PM - 7 AM)
- Single parent of toddler twins
- Limited cooking facilities
- No meditation experience



How would you ADAPT these recommendations to be practical?

Wake time adaptation: _____

Oil massage adaptation: _____

Meal preparation adaptation: _____

Meditation adaptation: _____

REFLECTION: What principle are you applying in these adaptations?

Part 3: Case Study Practice

Case Study 1: Regression Safety Screening

Client: Maya, age 29

Presenting issue: Wants to explore "why I always choose the wrong men"

Background information:

- Recently broke up with boyfriend (3 weeks ago)
- Feeling "devastated and lost"
- Not currently in therapy
- Has history of depression (last episode 2 years ago)
- Drinking wine "a little more than usual" to cope
- Lives alone, minimal support system
- Wants to "do past life regression to understand karmic patterns"
- Has been meditating for 6 months

YOUR ASSESSMENT:

1. **Would you proceed with regression?** Circle one: YES / NO

2. **What are your concerns (if any)?**

3. **What specific contraindications or cautions apply here?**

4. **What would you recommend instead (if you said NO)?**

5. **What questions would you ask to gather more information?**

a) _____

b) _____

c) _____

6. **If she insists she's "ready," how would you respond?**

Case Study 2: Emergency Protocol Practice

During a regression session, your client suddenly:

Begins hyperventilating

Eyes wide open but not seeing you

Trembling, cannot respond to your voice

Curled into foetal position



WRITE OUT YOUR STEP-BY-STEP RESPONSE:

Step 1: _____

Step 2: _____

Step 3: _____

Step 4: _____

Step 5: _____

What physical grounding techniques would you use?

At what point would you consider calling emergency services?

Case Study 3: Modality Integration Planning

Client: Priya, age 44

Presenting Issues:

- Chronic digestive issues (bloating, irregular bowel movements)
- High stress from demanding job
- Pattern of people-pleasing, difficulty saying no
- Occasional panic attacks
- Childhood wound: father was very critical, nothing ever good enough

She is:

- Stable, in therapy for 1 year
- Practises yoga regularly
- Open to trying different approaches
- Good support system
- Financially stable, can commit to process

YOUR TREATMENT PLAN:

Session 1-2 Focus:

Primary Modality: _____

Why: _____

What you'll do: _____

Session 3-4 Focus:

Primary Modality: _____

Why: _____

What you'll do: _____

Session 5-7 Focus:

Primary Modality: _____

Why: _____

What you'll do: _____

Session 8-10 Focus:

Primary Modality: _____

Why: _____

What you'll do: _____

EXPLAIN YOUR SEQUENCING STRATEGY:

Why did you choose this order? _____

How does each phase build on the previous? _____

Part 4: Personal Integration Work

Reflection 1: Your Own Questions

What questions came up for you this week that weren't fully answered?

How will you find answers to these? (Research? Ask mentor? Practice?)

Reflection 2: Your Scope of Practice Clarity

Write your personal scope of practice statement:

"As a practitioner trained in Decode Life Transformation Level 1, I am qualified to:"

"I am NOT qualified to, and will refer out for:"

"My boundaries around safety are:"

Reflection 3: Your Growth Edges

What aspects of Week 5 material do you find most challenging?

What makes this challenging for you specifically?

What support do you need to develop competence in these areas?

- More study/reading
- Supervised practice
- Peer practice
- Personal therapy/healing
- Mentorship
- Specialty training

Specific action I'll take: _____

Reflection 4: Ethical Self-Assessment & Completion

Be honest with yourself. Check any that apply:

- I sometimes feel pressure to "fix" clients quickly
- I worry that referrals mean I'm not good enough
- I'm tempted to work with clients beyond my skill level
- I don't have a mentor/supervisor yet
- I feel uncomfortable setting boundaries
- I avoid asking for help when I'm unsure
- I tend to take on too much responsibility for client outcomes

For any you checked, what is one step you can take to address this?

Part 5: Week 5 Integration - What Did You Learn?

Looking back at Days 29-35, what are your TOP 5 takeaways from this week?

Which specific technique or concept has had the biggest impact on you personally?

How has this week changed your understanding of healing work?

What are you most excited to practise?

What are you most nervous about practising?

Completion Acknowledgement

I, _____, have completed the Day 35 Student Workbook to the best of my ability.

I understand that this work is for my personal growth and professional development.

I commit to practising with integrity, staying within my scope of practice, and prioritising client safety above all else.

Date: _____ Signature: _____

Continue to Week 6 with openness, curiosity, and commitment to excellence.

Om Shanti.