

EGO STATE THERAPY WORKSHEETS

Do you feel sometimes that you later think this isn't you? In that state how do you think, feel and behave?

Do you have any unusual unexplained mood patterns, if yes how do you think, feel and behave in that situation?

Do you feel any chronic somatic pain like stomach pain, headache, nausea, etc?

Do you feel like going crazy at some moments?

During stressful times how do you act and feel?
