

THE POWER OF CHARGING NEUTRAL



Charging Neutral Checklist

Print out and shade in the boxes when Progress is made. 1 = working on it, 2 = Sometimes I “get it”, 3 = Yes, I “got it”

	1	2	3
I am able to note my level of tension at will by using the 1-10 scale.			
I know where in my body I feel most discomfort when tense.			
I am more aware of my internal self talk.			
I can identify 2 behaviors/words of my spouse that trigger my tension.			
I have “faked it.”			
I know of 2 situations in which it is most difficult for me to “fake it.”			
I have a couple disciplines (journaling, reading, meditation, exercising, eating right, etc.) that reduce my tension.			
I am aware of a couple negative thoughts I have about myself.			
I am aware of situations in which negative thoughts about myself are most painful.			
I can take a deep breath and disengage for a short period of time when in a tense situation.			
I have remained neutral in the face of old triggers that used to upset me.			
I focus on charging neutral at least twice daily.			
I’ve received comments from others that I am changing/different.			
I am aware of the confusion some close to me seem to experience when I charge neutral.			
I often feel and think much better of myself when I charge neutral.			
I am beginning to experience more personal control in my life.			
I am aware that my charging neutral disturbs some, especially those who need me to fit into their pattern.			
I feel more compassion for myself and others.			
It is freeing and exhilarating to emotionally stand back and not react.			
I enjoy more and more my personal power.			
I am more comfortable with silence.			
I seldom “think ahead” about what I want to say.			
I seldom feel the need to explain or defend myself.			
My body posture connotes strength and compassion.			
I am more hopeful about my future.			
I tolerate much less.			
I more easily let significant others know what I will not tolerate in a calm and clear voice.			
I am much less afraid.			