

How well is your *Inner GPS* working? Time to re-calibrate?

1. My brain is “wired” for empathy by mirror neurons in *the insula of the superior temporal cortex, mid pre-frontal cortex* of my brain.

- ☐ a. True
☐ b. False

2. When I interact with others, depending upon our relationship, my body responds with the following:

- ☐ a. My heart rhythm attunes to the other
☐ b. I release hormones that respond to the nature of the relationship
☐ c. Our brain waves synchronize according to our response to each other
☐ d. All of the above

3. We are social beings who benefit from healthy, positive communications with each other

- ☐ a. True
☐ b. False

4. My “gut” or solar plexus has millions of nerve endings that respond to my environment

- ☐ a. True
☐ b. False

5. I may hold stories in my physical responses to my environment that become a “default” response when I am triggered by uncomfortable events.

- ☐ a. True
☐ b. False

6. When old patterns embedded in my physical being no longer serve my wellbeing, I can change them through conscious awareness and release.

- ☐ a. True
☐ b. False

7. I would like to learn more about my mind/body/spirit connection because:

(Check all that apply.)

- ☐ a. I am a science “nut” and love to learn.
☐ b. I would like to recognize unhealthy patterns that I can recognize and release.
☐ c. I feel “stuck” in my life and don’t know what to change.
☐ d. I am struggling in my relationships at work.
☐ e. I am unhappy in my personal relationships.
☐ f. I wonder what I am doing here – what is my reason for being?

To learn more about Re-calibrating Your Inner GPS Workshops or to schedule a complimentary 20 minute private consultation by email or message:

Kathleen Hendrickson, M.A. khendr@gmail.com or (c) 503-819-3973

Answers: 1. True, 2. d, 3. True, 4. True, 5. True, 6. False.