

## Instructions for Personal Tracking Form

This tracking form was modified for my clients to heal what I call “the four-part program” behind any issue or problem.

The Healing Codes focus on healing “heart issues.” What are these “heart issues”?

They are the negative images, feelings, and beliefs that arise out of painful memories, which may or may not be able to be consciously accessed.

Heart issues are also the negative behaviors we may develop to cope with the above painful memories. Things such as escapism of all kinds, addictions, isolating oneself, blowing up, avoiding our feelings or reality.

Finally, heart issues inevitably involve relationships, because the heart is made for love, and love only exists in a relational context. The relationship may be with yourself, God, another person, even a group or organization. But we are relational beings, so every “heart issue” will also have a relational aspect.

What we heal with The Healing Codes are all these source issues that involve the (non-physical) heart. The “heart” that Solomon referred to when he said, 3000 years ago, “Guard your heart above all else, for from it flow all the issues of life” (Proverbs 4:23).

So what we heal with The Healing Codes are these heart issues, the “four-part program” of negative feelings, beliefs, possibly harmful actions, and the relational context. We identify, when we can, the memories associated with these things.

However, many times the cause of heart issues is a *lack* of nurturing we should have gotten. (See my article on “[Why Can't I Find Memories to Heal?](#)” from [www.HealingHeartIssues.com](http://www.HealingHeartIssues.com).) We can heal those things, too, by identifying the pieces of the issue.

Once you **write down what's bothering you** (focus issue), try to tune in to your body and see if you have any **body sensations** with that issue (tight jaw, ache in chest, sore neck, sharp pain, tingling, numbness—any sensation at all). Note the sensation in Column 2.

Then, **ask yourself what feelings (emotions) you feel around your issue**. You may have identified that already in Column 1, but see if the body sensations also brought up more feelings. Note any feelings in Column 3.

Now, see if you can **identify what beliefs you may have around that feeling or issue**. For instance, if your issue includes the feeling of shame, the belief might be, “I’m not good enough” or “I’m not worthy of X.” Most heart issues are heart issues because there’s a lie in them somewhere. Identify the lie whenever you can. Then, look for the truth that would counteract that lie. (“I am good enough because God makes me good enough” or “I’m as worthy of X as anyone.”) You can use that in your Truth Focus Statement when you do your Code.

Once you’ve written down these things—feelings, body sensations, lies—**ask yourself when is a time earlier in your life when you felt or believed any of these things?** You may have many memories; choose the earliest and/or strongest to address first. Or, you may not have any memories. Assume then that the memory is either hidden because it’s too painful, OR that we’re dealing with Type A trauma—the trauma *of the absence of the nurturing you needed, of not getting your needs met*. List and rate any memories that come to mind.

**A Word about Rating:** Rating an issue, feeling, memory, belief (how strongly do you believe that?) is not necessary if you find it difficult to do. Often when people find it difficult, it’s because they’re very concerned about “getting it right.” There is no “right” here. It’s totally subjective, and don’t overthink it. Rating is useful, if you can do it, because it can help you see that, in fact, that memory doesn’t contain the same “charge” as it had when you first did the Healing Code on it. Thus it encourages you that the Code is working, and you are healing. But nothing about The Healing Codes should cause stress. If it does, either address what’s bothering you about it (such as “having to get it right or something bad will happen”), or just drop the rating part and trust that the Code is working.

**Harmful Actions** may or may not be present. But do take a moment to assess if there’s anything you do to try to lessen for escape from the pain of your issue, even if the action is in itself not a bad thing (such as working, shopping, reading, eating etc.). If you’re using something good or neutral as an escape, it’s a harmful action. Inaction, denial, avoiding feelings or anything else you should be facing are also examples of harmful actions. If you can identify any, write it down in Column 7.

Finally, write down **what relationship(s) this issue affects**, or what relationship is tied to the early memory. List all the relationships involved. For instance, if your issue is bitterness, write down all the relationships where there’s resentment, bitterness, or an unforgiving attitude. Remember, the relational context can be yourself, God, other people, even an organization or group or idea.

Once you’ve written down all these elements, you don’t need to name all of them in your Prayer of Intention. You can word it as suggested below. Your heart has already identified all the elements. You just need to address “these issues my heart has identified” and name anything specific that is especially strong at the moment. After your Code, and before you do the next one, you might want to scan all the elements you’re healing and re-rate them where you can. You’ll be surprised how many begin to go down.

**I hope this tracking form encourages you that you are healing, and to keep the momentum going!**

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NAME \_\_\_\_\_

DATE RANGE \_\_\_\_\_

**PERSONAL TRACKING FORM - HEALING CODES COACHING**

<p><b>(1) FOCUS ISSUE</b>          (The issue that is most bothersome to you right now)          (depression, fear, anger, low self-worth issues, rejection, performance anxiety, afraid of being alone, abuse, etc.)  <b>Rate 0-10</b></p>	<p><b>(2) BODY SENSATIONS</b>  <i>When you think of the Memory/Picture</i>  <i>where is it located in your body – What sensations do you notice?</i>  <i>(physical pain, tension, tingling, pressure, nausea, etc.- emotional pain)</i>  <b>Rate 0-10</b></p>	<p><b>(3) FEELING(S)</b>          Negative feelings associated with your issue          (fear, anger, sadness, low self-worth, disgust, rejection, frustration, etc.)  <b>Rate 0-10</b></p>
<p><b>NOTES:</b> Do not worry about filling out every part of this form. Just let come to your awareness what may, note it down, and keep track with dates. If you have trouble rating anything, skip it. Or just note “weak, medium, strong.” The purpose of rating is to help you track progress and encourage you. We tend to forget our progress and focus on all that we still want healed. Tracking our progress will help us see how far we have come and encourage us to keep at it—which is the only way we can heal!</p>		
<p><b>(4) UNHEALTHY OR WRONG BELIEFS:</b></p>	<p><b>Rating</b></p>	<p><b>(5) REPLACEMENT BELIEFS: What is true?</b></p>

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<p><b>(6) EARLIEST and/or STRONGEST MEMORY or PICTURE</b>          (Memory/Picture that has similar feelings/sensations to the most bothersome issue). Don't worry if you can't find this, could be because there was an absence of nurturing.  <b>Rate 0-10</b></p>	<p><b>(7) HARMFUL ACTION</b>          (Negative behavior associated with coping with your issue; E.g. escaping, addictions, overdoing something good, self-sabotage, isolation, etc) bothersome issue)  <b>Rate 0-10</b></p>	<p><b>(8) RELATIONAL CONTEXT</b>          When you think of the Memory/Picture/Issue          Which relationship(s) seem to be most related to your issue? Which relationship is it affecting the most now? Can be self, another specific person, parents, a group of people, God.</p>
<p><b>(9) PRAYER:OF INTENTION:</b> <i>(In the blanks below, insert focus issue, and start with earliest or strongest memory/picture you are working on.)</i></p> <p><i>Dear God, I pray that you would find, open and heal all negative images, wrong beliefs, negative entanglements, destructive cellular memories, and all resulting physical issues related to these issues my heart has identified, especially [fill in what's strongest for you now—feelings, beliefs, etc] , in the context of [relationship(s) _____], from [insert any memories/ipictures if you have them]. Please replace all negatives with Your love, life and light. Please also magnify the effectiveness of this healing to the maximum level for my highest good, at an optimal pace, and restore everything in spirit, soul, mind and body to Your original design. Thank you, God, for your willingness and ability to do these things.</i></p>		
<p><b>(10) Hand Positions</b>          L = Left Hand R = Right Hand J = Jaw T = Temple B = Bridge A = Adam's Apple</p> <p><b>Times Per Day Minutes _____ # Of Days _____</b></p>	<p><b>Custom Code</b></p>	<p><b>(11) FOCUS STATEMENT/LOVE PICTURE:</b> (Think/feel the words in your statement while you hold your Custom Code Hand Positions, or let yourself envision the love picture )</p>