



Practice Partner Activities

APPENDIX A

APPENDIX A: Lissa's Personal Self-Healing Diagnosis

These are the areas of my life I diagnosed as being out of alignment with my optimal health before I began the process of implementing The Prescription I wrote for myself.

Belief

- I don't believe I can heal myself because I was taught to revere conventional medicine and turn over my power to physicians.

Support

- I need to go outside conventional medicine to find the people to invite to my healing round table.

Inner Pilot Light

- I've covered up so much of myself with "masks" in order to make myself acceptable to others that I don't even know who I am anymore. My Inner Pilot Light feels like it's completely burned out, but I know it's there.
- I feel dissociated from my body. I want to hear the whispers of my body before my body screams anymore.

Relationships

- The death of my father is harming my health. I need to grieve.
- Sometimes I feel lonely. I'm surrounded by people, but I feel like so many of them don't see or know the real me.
- I love my husband but I want to feel closer to him to safeguard against failing in marriage *again*.
- I give until I'm depleted.

Work/Life Purpose

- My work is trying to kill me.
- I have no idea what my life purpose is anymore.

Creativity

- I feel creatively intoxicated and sense that it's a crucial part of my healing process. More please.
- I love writing but don't do it enough. I think more writing would benefit my health.

Spirituality

- I wish I felt closer to God and think it would benefit my health, but the religion in which I was raised just isn't me.
- I still pray, and I think that helps my health.

Sexuality

- I think a more fulfilling sex life would benefit my health.

Money

- I earn a good living and feel financially secure, but at what price? My job is draining me.
- If I quit, I'll be broke, and that stresses me out.

Environment

- Southern California has gotten so busy and crowded that I feel stressed out where I live. I live so close to my neighbors I can pass eggs to them over the balcony.
- I long for more nature, space, and serenity in my living environment. I wish I could move to Big Sur. I think that would be good for my health.

Mental Health

- I'm not clinically depressed and am inclined to be optimistic and cheerful, but I have this deep underlying sadness I can't shake, maybe leftover from my failed marriage, my grueling medical education, and all the loved ones I've lost. I think taking steps to optimize my happiness would benefit my health.

Physical Health

- Although my diet is pretty good at home, work keeps me so busy that I'm not eating well at work.
- My diet is pretty good, but could be better. I eat *way* too much cheese.
- I don't exercise as much as I used to because my pregnancy left me with a bum hip. I think more exercise would be good for my health.
- I'd probably be healthier if I lost the twenty pounds I've put on in the past few years.
- I hate taking 7 medications for all these health issues, but I'm compliant with my regimen and that helps my health.