

Worksheet For: (Name) \_\_\_\_\_

At every level ask "Are there any specific people related to this feeling?"  
As soon as someone appears, mark an asterisk (\*) at that level and STOP ASKING THIS QUESTION.  
You have now established the Campfire Level

Emotion	Where in Body	What Source says to each level on way back up
↓		↑
↓		↑
↓		↑
↓		↑
↓		↑
↓		↑
↓		↑
↓		↑
↓		↑

Source \_\_\_\_\_