

## **BASE CHAKRA - Base Chakra information**

### Worksheet 1

After activating your base chakra by reading the base chakra handout, **list** everything from the booklet that resonates with you or you can relate to from the past and present.

Balanced characteristics

Physical Disorders

Traumas/Stresses

Emotional Aspects

Mental Aspects

Negative Beliefs (which beliefs can you relate to feeling)

Specific Emotions

Spiritual Aspects

Goals and affirmations (When you read each one, which goals don't resonate with you but you would like to!)

## **BASE CHAKRA – Emotional needs**

### Worksheet 2

Base Chakra is about having all your needs met, physically and emotionally. Having your emotional needs met when you are young is vital, in order to grow into a functioning adult.

If your own needs were not met in childhood, you will have a difficult time meeting your needs in adulthood.

Some people grow up completely blind to his/her emotional needs, not sure if their feelings are correct, also being afraid of their own emotions.

When emotional needs aren't acknowledged or accepted the message given is there is something unlovable about me.

If emotional needs are not met this can cause either co-dependence or extreme independence. Independent people can sometimes be the worst at meeting their needs with intimacy and close connections with others.

Having your needs met and helping others with their needs is part of being human. We live in an interdependent world. We are made to depend on each other.

### **Some chronic symptoms of emotional needs not being met are: -**

- Feeling like you do not belong
- Feeling shame
- Feeling an insatiable sense of emptiness
- Difficulty in asking for help
- Unhappy relationships or the inability to form lasting relationships
- Either too dependent on others or pride yourself on being completely independent
- The feeling that you are a fraud
- Feeling either like you are safer alone or that you absolutely can not stand being alone
- Judging yourself more harshly than you judge others
- Having a hard time figuring out what you are feeling
- Feelings or thoughts that you are better off not being here
- Difficulty calming yourself or self-soothing
- Feeling a great deal of self blame or self hatred
- Feeling as if something in you is defective or unlovable, there's something wrong with me
- Feeling either like you are too self disciplined or that you struggle with self-discipline and are lazy
- Having difficulty nurturing others or providing adequate affection
- You feel unhappy for no obvious reason

## Checklist of emotional needs

Do the checklist below of emotional needs, marking beside who met those needs as a child. E.g. mother, father, sibling, teacher, significant person, carer.

\*Leave blank or comment if you remember the need was not met.

- Physical comfort, hugs, kisses
- Emotional comfort: -
- Kind words
- Loving words
- Loving support
- Encouragement
- Understanding
- Acceptance
- Sense of belonging
- Feeling loved
- Feeling safe
- Having certainty, that everything will be 'alright'
- Fairness, treated/opportunities equal
- The right to be an individual/personality encouraged
- The right to object/know to keep quiet
- The right to feel whatever I feel
- The right to have pleasure/pleasure taken as punishment
- The right to be here on this earth/in this home
- The rite to have my needs met/encouraged to not ask
- The right to be loved/conditional love
- The right to speak my truth/opinion not valid
- The right to be heard/being dismissed

**Worksheet 2 (continued)**

From your emotional needs check list, list what do you remember or recall about a need NOT being met in **THE PAST - your earlier years** (0-17 years old)  
It could be specific or general.

Using your emotional needs checklist and other base chakra worksheets as a guide, list anything where an emotional need is NOT met for you in your **PRESENT- life today.**

You could be specific or general. Eg no support from boss/injustices at work or lack of kind words/support from partner, parent, friend etc

Can you see any link between any needs not met today and needs not met when you were younger?

**Continue with Base Chakra audio1**

## Scale of emotions

- Joy/knowledge/empowerment/freedom/love/appreciation
- Passion
- Enthusiasm/eagerness/happiness
- Positive Expectation/belief
- Optimism
- Hopefulness
- Contentment
- Boredom
- Pessimism
- Frustration/irritation/impatience
- Overwhelment
- Doubt
- Worry
- Blame
- Discouragement
- Anger
- Revenge
- Hatred/Rage
- Jealousy
- Insecurity/Guilt/unworthiness
- Fear/grief/depression/despair/powerlessness

## Base Chakra - Releasing an emotional charge

### Worksheet 3

When our needs are not being met we can become rightfully 'charged' up with negative emotional signals like anger, irritation, sadness, powerlessness etc. You can feel yourself being charged up with these emotions and you can feel the charge of others when they are radiating their signal of irritation, frustration, and powerlessness etc

We are all 'vibrating' at certain frequencies. We are always sending out signals to others and into the universe.

You can 'feel' these signals in certain situations. Sometimes you can feel when things don't seem quite right with people or places. You know, that uneasy feeling and other times you can feel a good 'vibe' from people and places. It's those invisible feelings and signals we can feel but not see, that we are looking at in this activity.

When we ourselves are sending out these signals, (these frequencies) we are actually attracting more of those frequencies to us, because like attracts like.

Think about that for a second. You attract what you are sending out.

So if you are often feeling charged up by situations and people where you feel irritated, frustrated, fearful, impatient or desperate you will attract more of those situations and people that give you those feelings.

The solution to attracting positive situations and feelings that you want, is that you need to release those negative signals (from your being) that you are radiating out.

Review your last work sheet about your needs of today not being met. Choose a situation, person or event that bothers you the most, where the need you require is **not** met.

It may involve a partner, parent, boss, sibling, friend, co-worker, or society!

What is the need and what is the emotional "charge" that this person/situation gives you. Look at your list of needs. The need might be loving support from you partner and the charge is irritation, frustration, anger, despair etc because it is not met.

When doing the written activities, it's important to be true to yourself and write whatever you are feeling because that is what you are feeling. There is no judgment or blame because whatever you are feeling is correct for you! Remember you are the only one seeing your work.

Worksheet 3 (continued)

Write down a situation or issue that is happening **TODAY** that bothers you the most, where a need or a want is not met.

Look at all parts of your life; career, work, family, relationships, friends, body/health, mind, emotional, mental (beliefs).

E.g. career (boss is not supportive), relationship (partner is unappreciative/no kind words), Family (not encouraged/included by first family e.g. parents/siblings)

Looking at your scale of emotions list, what are the negative emotions that you **feel** when you think about this issue? (The negative emotions start half way down the list!)

**Releasing an emotional charge**

Fill the Gap

I release the charge of (name the emotions)

I feel when (name the incident/issue happening today)

**Continue with Base Chakra audio 2**