

DEEP SELF-DIAGNOSIS EXERCISE THE 3 MOMENTS TECHNIQUE

www.vmindcare.com

This exercise will help you identify your primary wound by connecting with your emotional history.

PREPARATION:



- Find a quiet place where you will not be interrupted.
- Have paper and pen handy.
- Allow emotions to flow without judging them.

STEP 1: MOMENT OF GREATEST PAIN

Close your eyes and go back to your childhood. Remember the moment that caused you the most pain.



Write:

How old were you?

What exactly happened?

How did you feel?

What did you need in that moment that you didn't receive?

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

DEEP SELF-DIAGNOSIS EXERCISE

THE 3 MOMENTS TECHNIQUE



STEP 2: MOMENT OF GREATEST FEAR

Now remember what you were most afraid of as a child.



Write:

What were you most afraid of?

☐ _____

How did that fear manifest in your body?

☐ _____

What did you do to protect yourself?

☐ _____

Is that fear still present in your adult life?

☐ _____☐ _____

STEP 3: MOMENT OF GREATEST SHAME

Recall a situation where you felt deeply ashamed or humiliated.

Write:

What happened?

☐ _____

Who was present?

☐ _____

What message did you receive about yourself?

☐ _____

How did your behaviour change after this?

☐ _____☐ _____

DEEP SELF-DIAGNOSIS EXERCISE

THE 3 MOMENTS TECHNIQUE



STEP 2: MOMENT OF GREATEST FEAR

Now remember what you were most afraid of as a child.



Write:

What were you most afraid of?

☐ _____

How did that fear manifest in your body?

☐ _____

What did you do to protect yourself?

☐ _____

Is that fear still present in your adult life?

☐ _____☐ _____

STEP 3: MOMENT OF GREATEST SHAME

Recall a situation where you felt deeply ashamed or humiliated.

Write:

What happened?

☐ _____

Who was present?

☐ _____

What message did you receive about yourself?

☐ _____

How did your behaviour change after this?

☐ _____☐ _____

DEEP SELF-DIAGNOSIS EXERCISE

THE 3 MOMENTS TECHNIQUE



INTEGRATION:

Read your answers and observe which patterns repeat. Which of the 5 wounds resonates most with your experience?





DEEP REFLECTION

Once you have identified your primary wound, answer these questions, about your wound:

- How does this wound manifest in your life today?

- In which situations is it most activated?

- What strategies have you developed to protect yourself?

DEEP SELF-DIAGNOSIS EXERCISE THE 3 MOMENTS TECHNIQUE

www.vmindcare.com

- How has it impacted your relationships?

About your inner child:

- If you could talk to the child you were, what would you say?

- What did she need to hear in those difficult moments?

- How do you imagine your life would be if that wound were healed?
