



THE FOUR  
PROTECTIVE  
WALLS OF US

Listener offers words of appreciation and validation for confiding and admitting Love Knot.

What can you do to support me in untying this Love Knot is...

What I can do for myself to redefine this Love Knot is...

The price I believe YOU paid for my Love Knot is...

# LOVE KNOTS

The Love Knot I want to work on is...

My assumption or expectation has been...

The experience(s) that has led me to develop this belief is/are in my past (before I met you or when I was a child)...

What I really want and need is...

The price I have paid in my life for having this Knot is...