The Manse Method®

Peace List

Please complete the list with any memories, which **score 7 and above out of 10 (**10 being high emotion).

Any negative emotional memory from birth to the present, 2-3 words to ensure you understand which memory it is, it doesn't need to be the whole story. Start with age, short title of event and score.

No.	Age	Short title of event	Score - /10
Example	*5*	*being left at the school gate by my mum (felt abandoned)*	*8*
1			
2			
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4			
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7			
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10			
11			
12			
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14			
15			
16			
17			
18			

Please use the reverse for any further memories/emotions