

BLUEPRINT RECODE

Welcome

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This guide helps you map what's happening beneath the surface, especially if your mind feels busy, your energy feels stretched, or things feel heavier than they should.

Use it to notice patterns and get clearer on what needs attention or support next.

Take your time.

Clarity comes from seeing, not forcing.

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Dr Aartee Huzooree

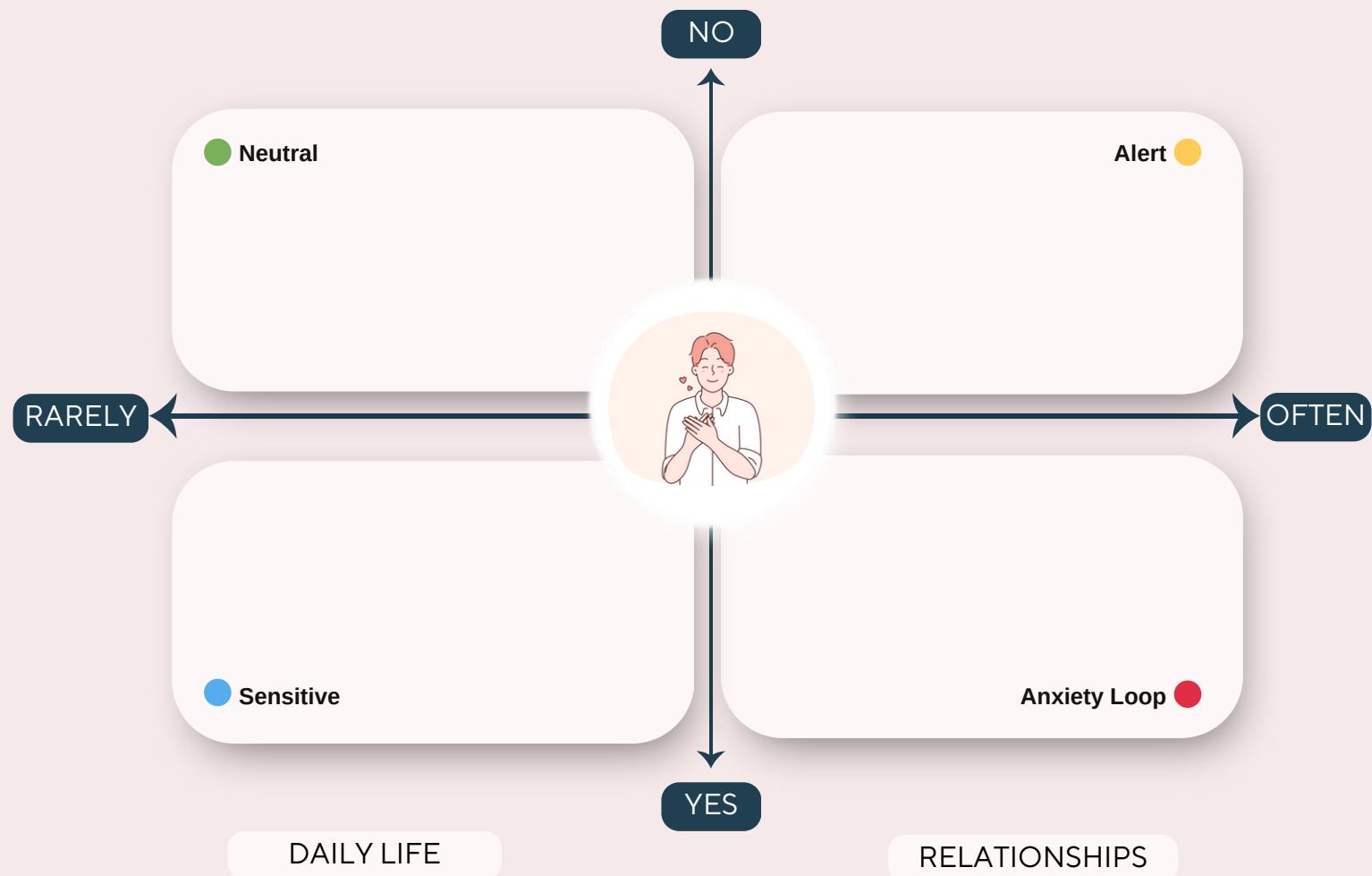
INSTRUCTIONS

For each statement, gently notice:

- Do I do this?
- How **often or rarely**?

Then place the number on the map.

Notice where most of your answers land.



DAILY LIFE

1. I scan for what could go wrong
2. I replay things in my head
3. I feel on edge without a clear reason
4. I overthink simple choices
5. I struggle to fully relax
6. I avoid unfamiliar situations

WORK

13. I worry about making mistakes
14. I over-prepare for tasks or meetings
15. I check my work repeatedly
16. I feel tense before routine work tasks
17. I hold back from speaking up
18. I fear negative feedback

RELATIONSHIPS

7. I worry about upsetting others
8. I read into tone, silence, or pauses
9. I need reassurance
10. I avoid conflict
11. I overthink what I said afterward
12. I feel responsible for others' emotions

BODY

19. I feel a tight chest or shallow breathing
20. I feel restless or fidgety
21. I have racing thoughts before sleep
22. I feel sudden anxiety without a clear trigger
23. I carry muscle tension I can't release
24. I feel alert even when tired

Stress Mapping

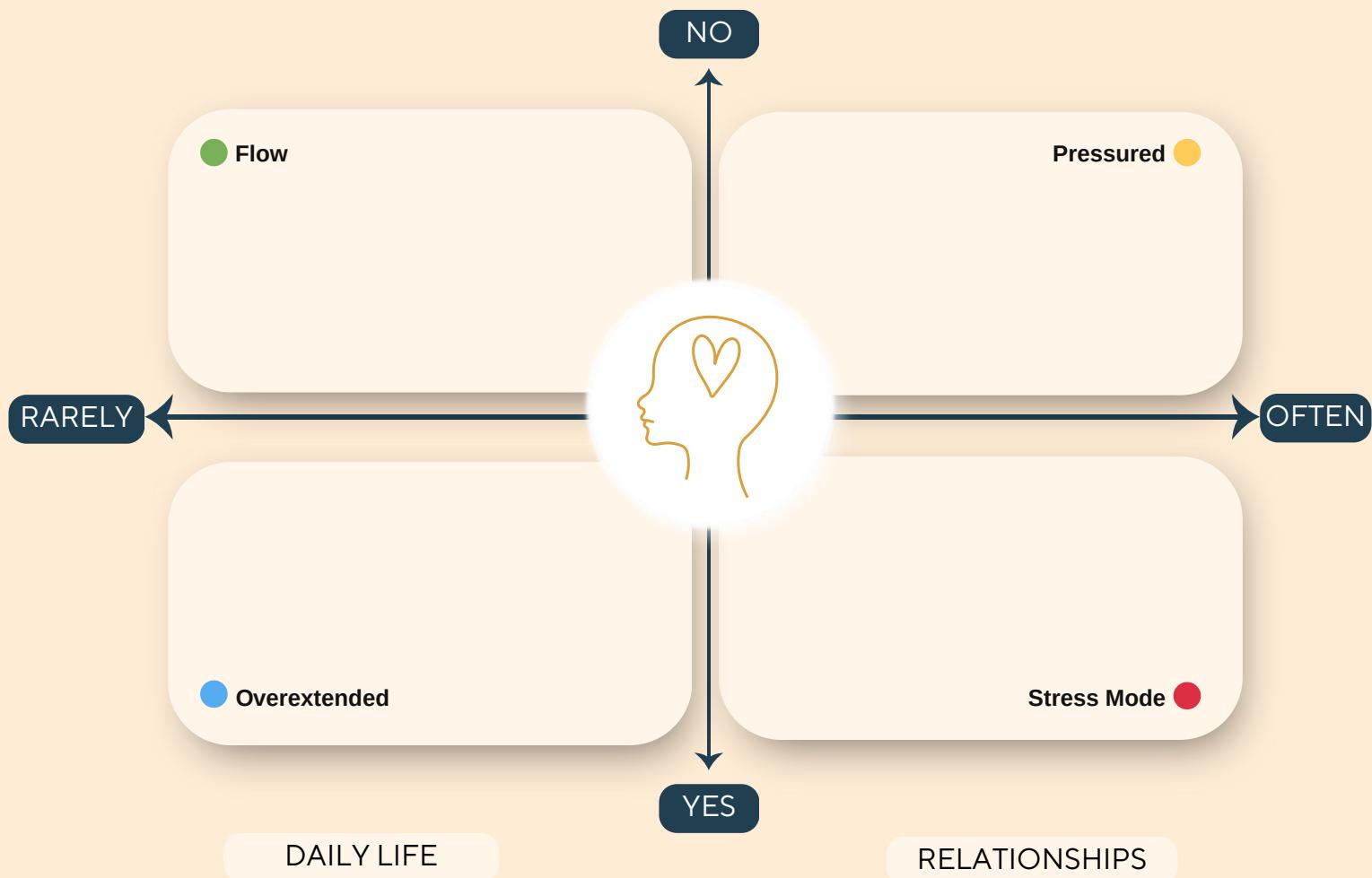
INSTRUCTIONS

For each statement, gently notice:

- Do I do this?
- How **often or rarely**?

Then place the number on the map.

Notice where most of your answers land.



1. I rush from one thing to the next
2. I pack my day without real breaks
3. I feel like there's never enough time
4. I skip pauses just to get through the day
5. I use evenings to collapse rather than unwind
6. I feel pushed by my own schedule

1. I feel irritable when there's too much going on
2. I withdraw when I don't have the energy to engage
3. I cancel or avoid plans because I feel overwhelmed
4. I feel pressure to show up even when I need rest
5. I need space from people to cope
6. I feel interactions take more than they give

WORK

13. I work at a pace that feels pressured
14. I push through work even when I'm tired
15. I move from task to task without stopping
16. I stay mentally switched on after work hours
17. I feel constant urgency, even for routine tasks
18. I rest only once everything is finished

BODY

19. I carry tension as I go about my day
20. I feel physically tired but keep pushing on
21. I feel wired, tight, or on edge in my body
22. I struggle to fully switch off, even when resting
23. I rely on caffeine, sugar, or adrenaline to get through
24. I take time off but don't feel restored

Burnout Mapping

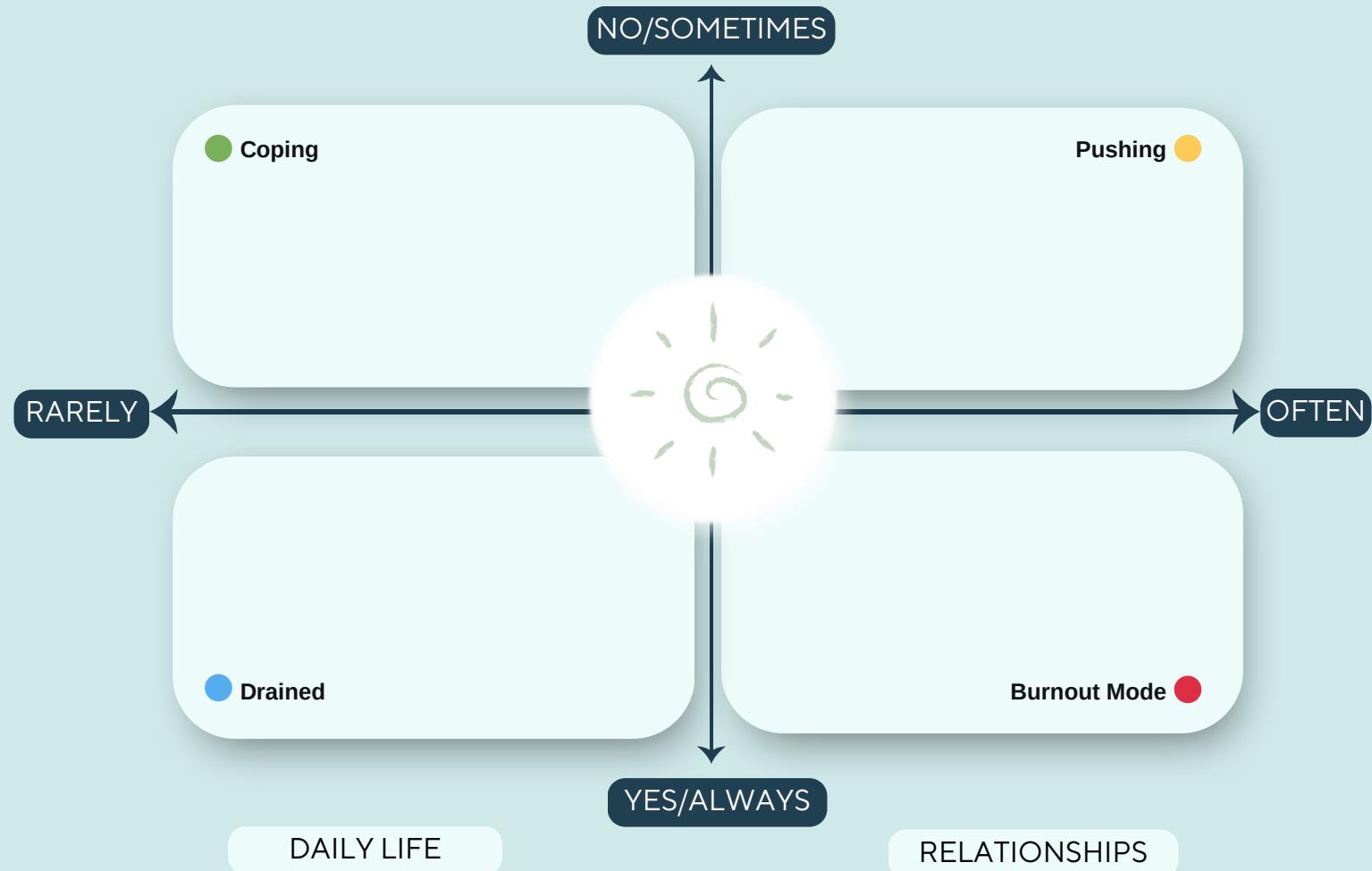
INSTRUCTIONS

For each statement, gently notice:

- Do I do this?
- How **often or rarely**?

Then place the number on the map.

Notice where most of your answers land.



1. I start the day already feeling worn out
2. I move through the day on autopilot
3. I find it hard to get started, even on simple things
4. I take breaks that don't really help
5. I've lost interest in things that used to matter
6. I feel like my capacity doesn't refill properly

7. I pull back from conversations
8. I want more time alone than before
9. I let messages or calls sit unanswered
10. I avoid social plans
11. I feel distant in interactions
12. I don't show up the way I used to

WORK

13. Tasks feel heavier than they used to
14. I get tired quickly once I start working
15. I put off tasks that once felt manageable
16. I do only what's necessary to get through the day
17. I feel detached from my work
18. I struggle to care about outcomes

BODY

19. I feel constantly tired, even after rest
20. My body feels heavy, slow, or foggy
21. I have low stamina through the day
22. I take longer to recover from illness or stress
23. I feel disconnected from my body
24. I rest without feeling refreshed

INSTRUCTIONS

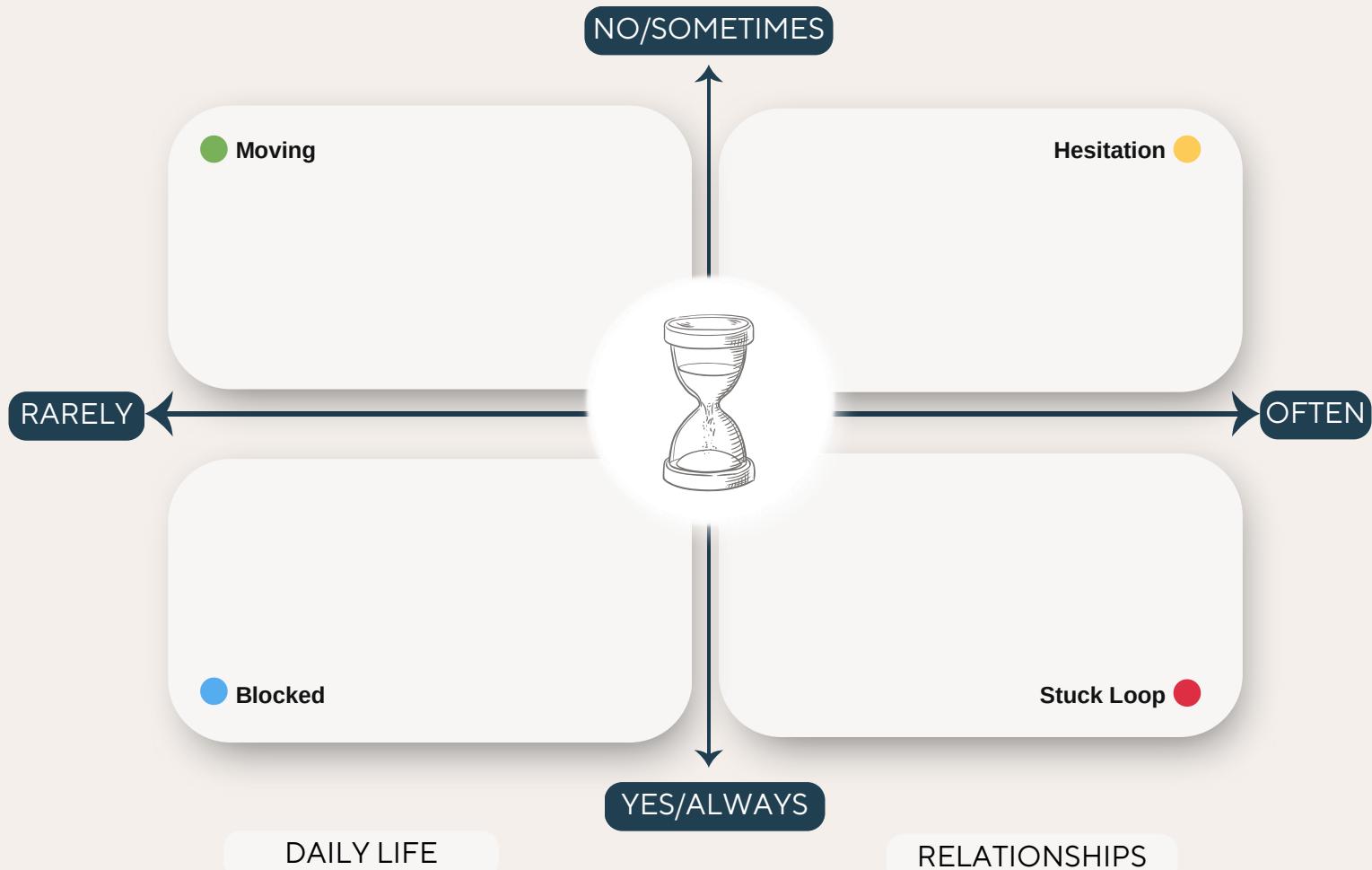
Procrastination Mapping

For each statement, gently notice:

- Do I do this?
- How **often or rarely**?

Then place the number on the map.

Notice where most of your answers land.



1. I put off small tasks even when they wouldn't take long
2. I wait longer than necessary to start things
3. I fill time with easy activities instead of what matters
4. I know what to do, but don't do it
5. I delay tasks without a clear reason
6. I feel stuck choosing where to start

7. I put off conversations I know I need to have
8. I delay replying to messages or emails
9. I avoid decisions that involve other people
10. I let things linger instead of addressing them
11. I wait too long to say something important
12. I don't respond even when I've seen the message

WORK

13. I delay starting work tasks
14. I overthink how to begin instead of beginning
15. I plan or organise instead of doing
16. I avoid tasks that feel unclear or uncomfortable
17. I leave work until urgency forces action
18. I take longer to start than I need to

BODY

19. I feel frozen when I think about starting
20. I zone out instead of taking action
21. I feel physical resistance before beginning
22. I get distracted once I sit down to start
23. I avoid tasks by scrolling or switching activities
24. I need pressure to move into action

INSTRUCTIONS

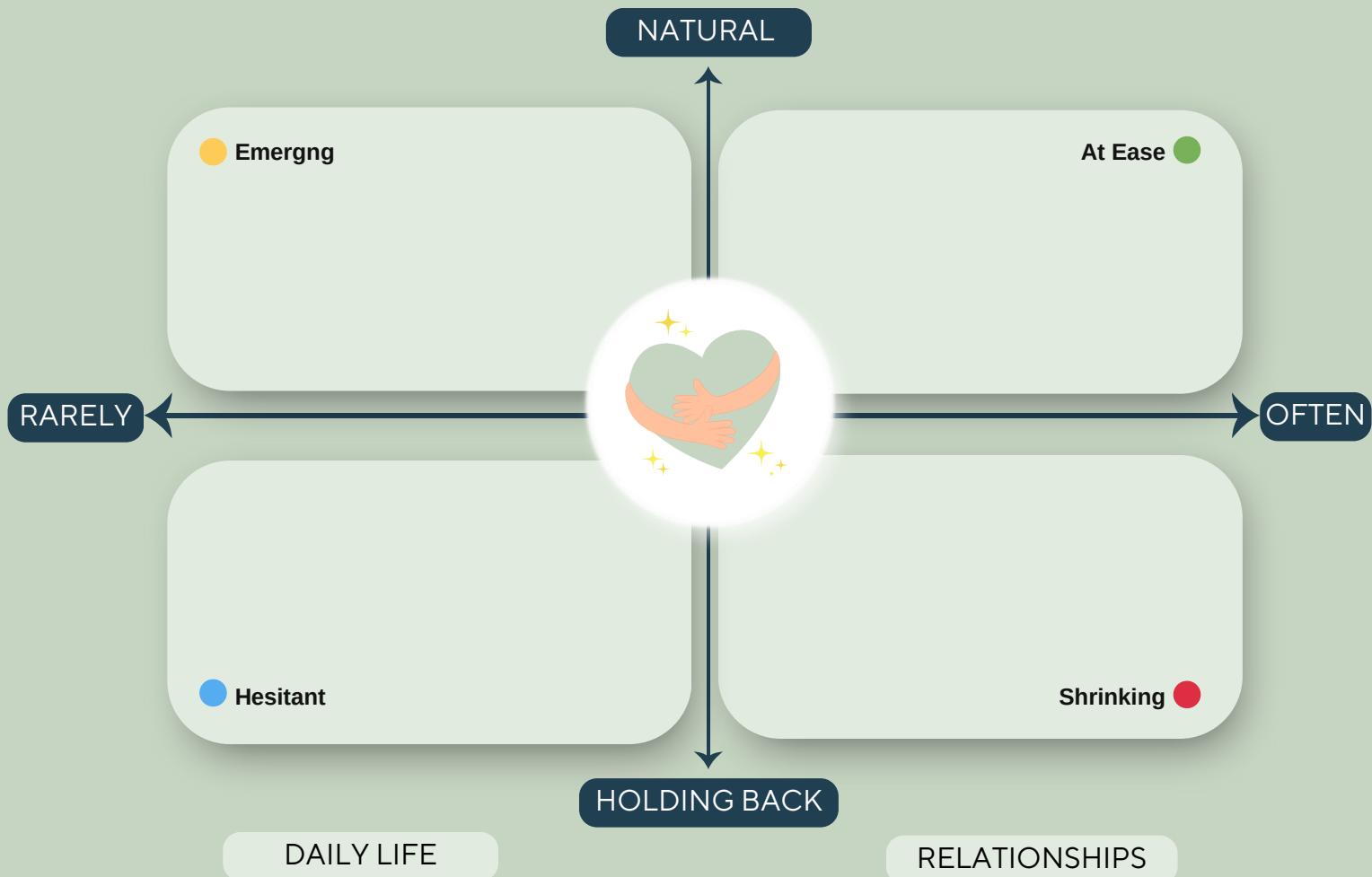
Confidence Mapping

For each statement, gently notice:

- Does this feel **natural**, or do I **hold back**?
- Does this happen **often** or **rarely**?

Then place the number on the map.

Notice where most of your answers land.



1. I say what I want without talking myself out of it
2. I stand by my choices once I've made them
3. I try without needing to feel certain
4. I take my own preferences seriously
5. I stand by decisions I've made
6. I allow myself to take up space

7. I say what I think or feel directly
8. I set boundaries without over-explaining
9. I say no without excessive guilt
10. I ask for what I need
11. I let others disagree without backing down
12. I stay present instead of shrinking

13. I speak up when I have something to say
14. I share ideas without holding back
15. I put work forward without over-tweaking
16. I take initiative without waiting to be asked
17. I hold my ground when questioned
18. I take feedback without shrinking

19. I hold an open posture
20. I maintain eye contact comfortably
21. I speak with a steady voice
22. I don't shrink my body
23. I move without self-consciousness
24. I feel settled in my physical presence



What you've mapped here isn't random.

It's showing you where your system has been working hard to cope.

For many people, patterns like anxiety, stress, burnout, procrastination, or low confidence don't shift because they aren't conscious choices.

They're automatic responses — learned by the subconscious mind and the nervous system over time. That's why insight alone often isn't enough.

Hypnotherapy works at the level where these patterns are stored.

In a deeply relaxed and safe state, the subconscious becomes more open to change — allowing old responses to soften and new, calmer ones to take their place.

Energy healing and intuitive guidance support this by helping release emotional and energetic blocks the body is still holding, especially when things feel overwhelming or hard to explain.

This work isn't about fixing you. It's about helping your system update what it no longer needs — so balance doesn't have to be forced.

When that shift happens, people often notice:

- less reactivity
- a calmer baseline
- clearer boundaries
- and a quieter mind

"I understood my patterns before — but this is what helped them actually change."

If you're ready to move from awareness into real change, this is where that work begins.
Reset • Realign • Transform

LETS CONNECT



Hi, I'm Aartee
I am an Energy Healer, Hypnotherapist and Intuitive Coach
with more than 25 years in holistic transformation.

I help people who look strong on the outside but feel
anxious, overwhelmed or stuck on the inside.

This is why I use hypnosis, energy work and subconscious
repatterning to help people break emotional cycles and
reset their inner world.

Let us begin your reset.

Aartee



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