

BLUEPRINT RECODE



Welcome

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.



Dr Aartee Huzooree

ANXIETY Mapping

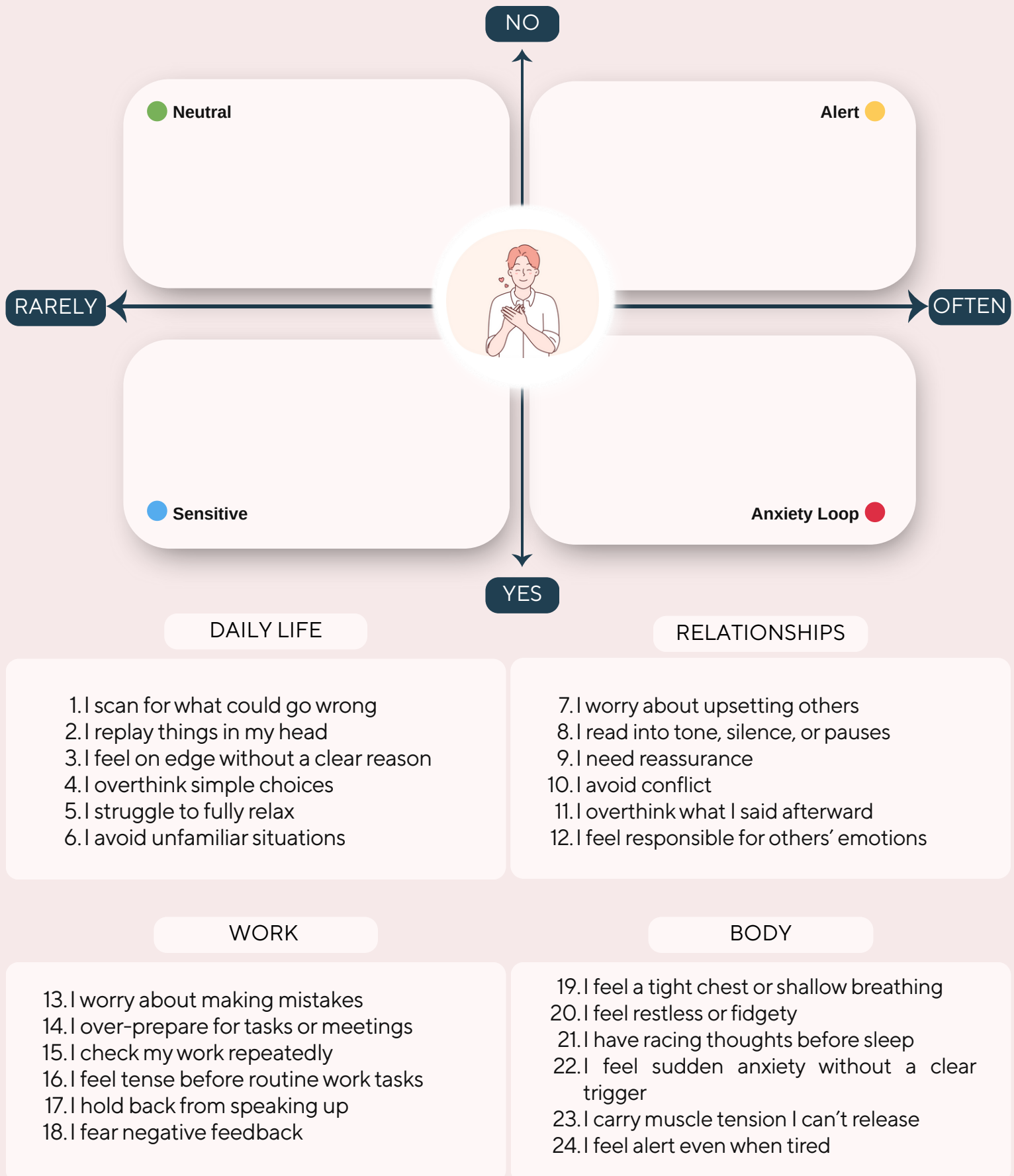
INSTRUCTIONS

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.



Stress Mapping

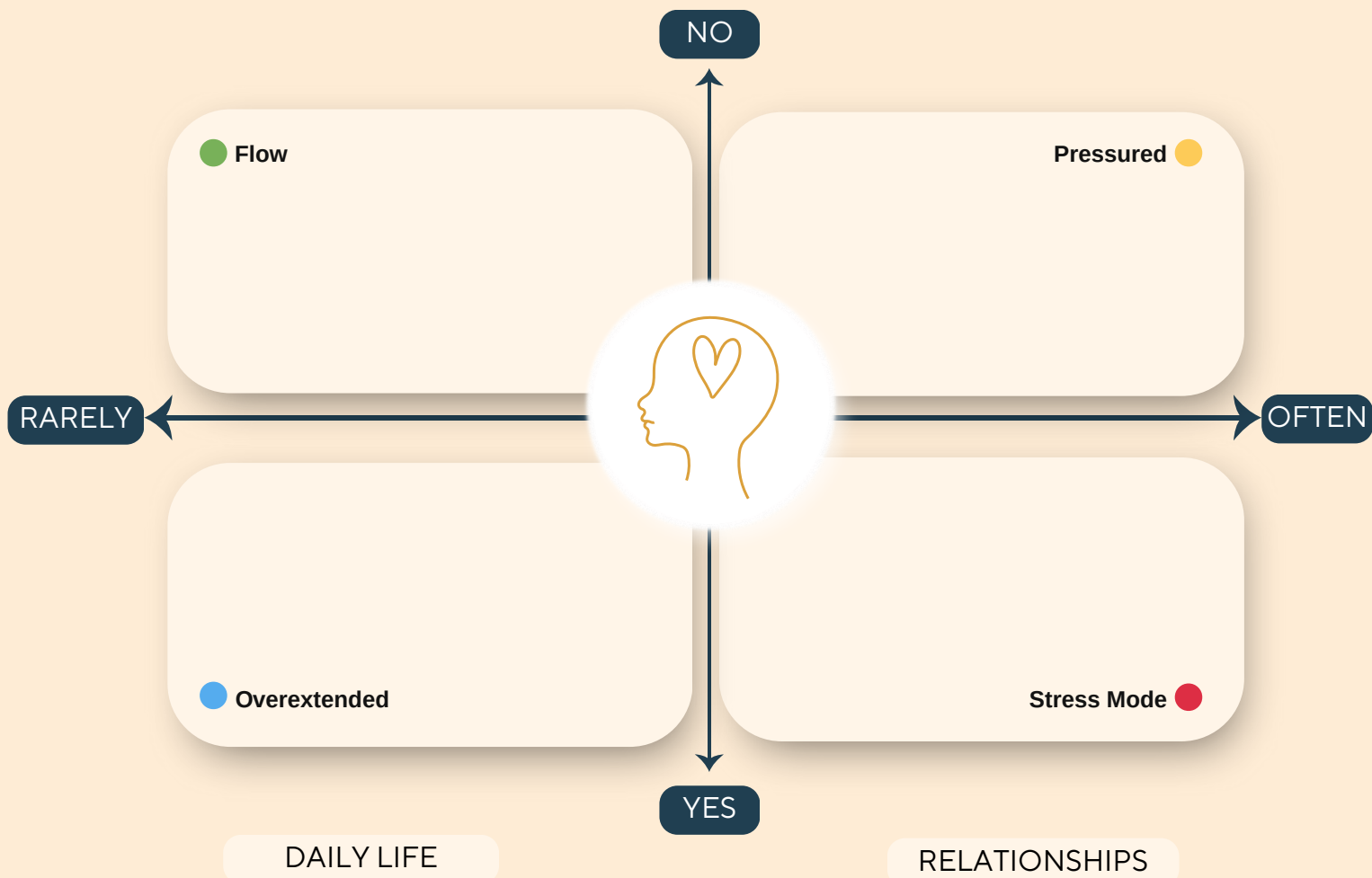
INSTRUCTIONS

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

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

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

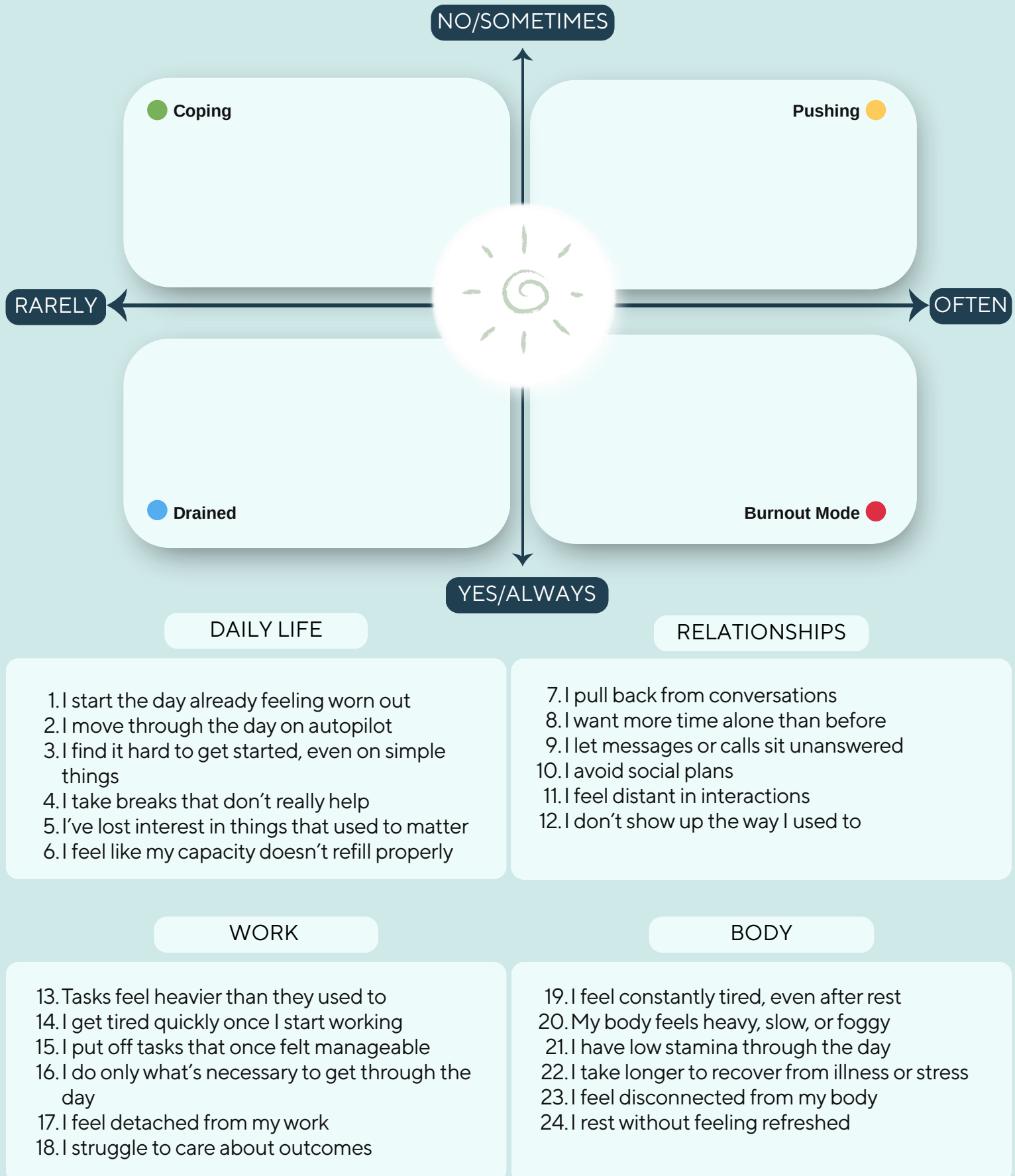
INSTRUCTIONS

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.



Procrastination Mapping

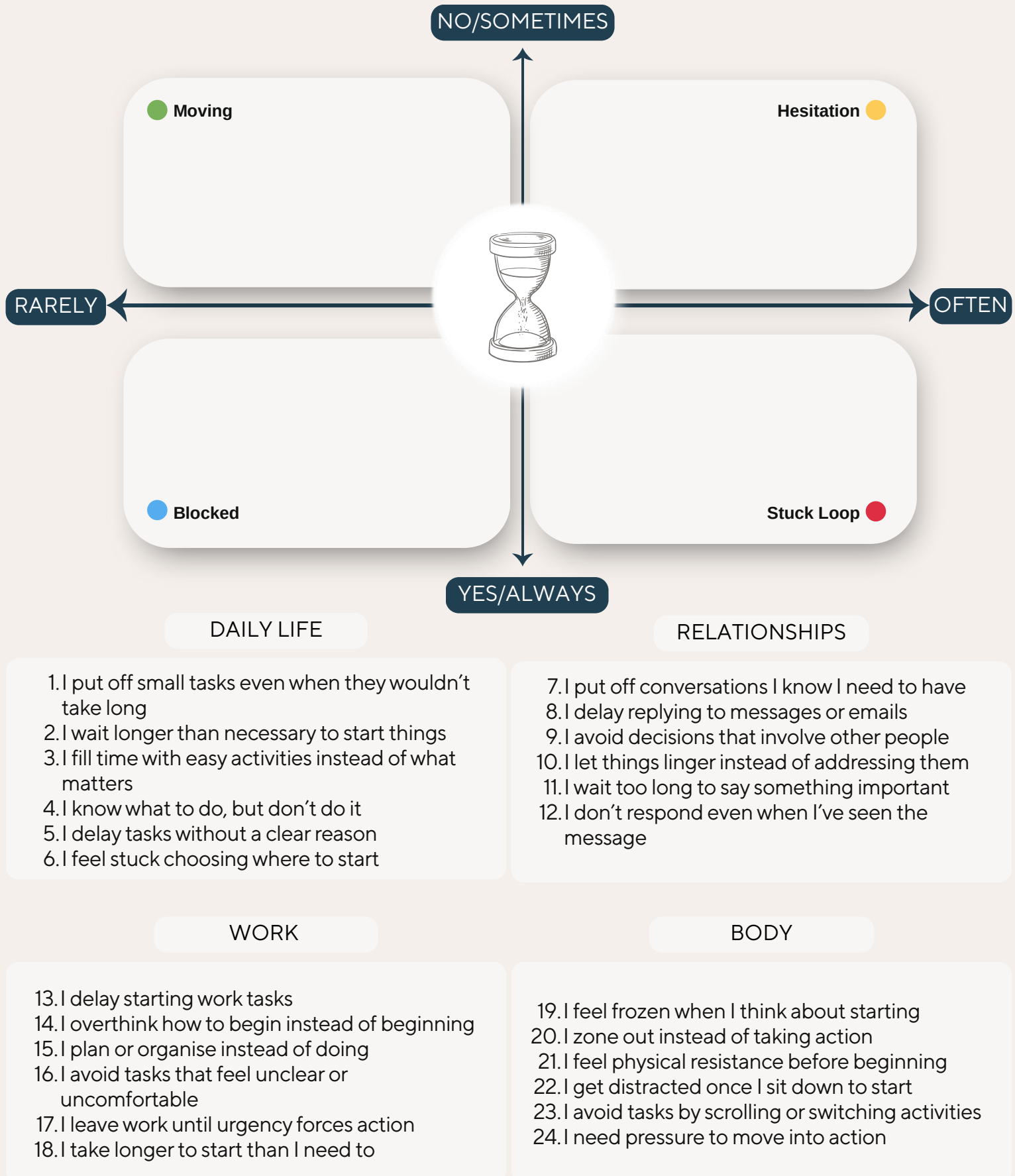
INSTRUCTIONS

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.



Confidence Mapping

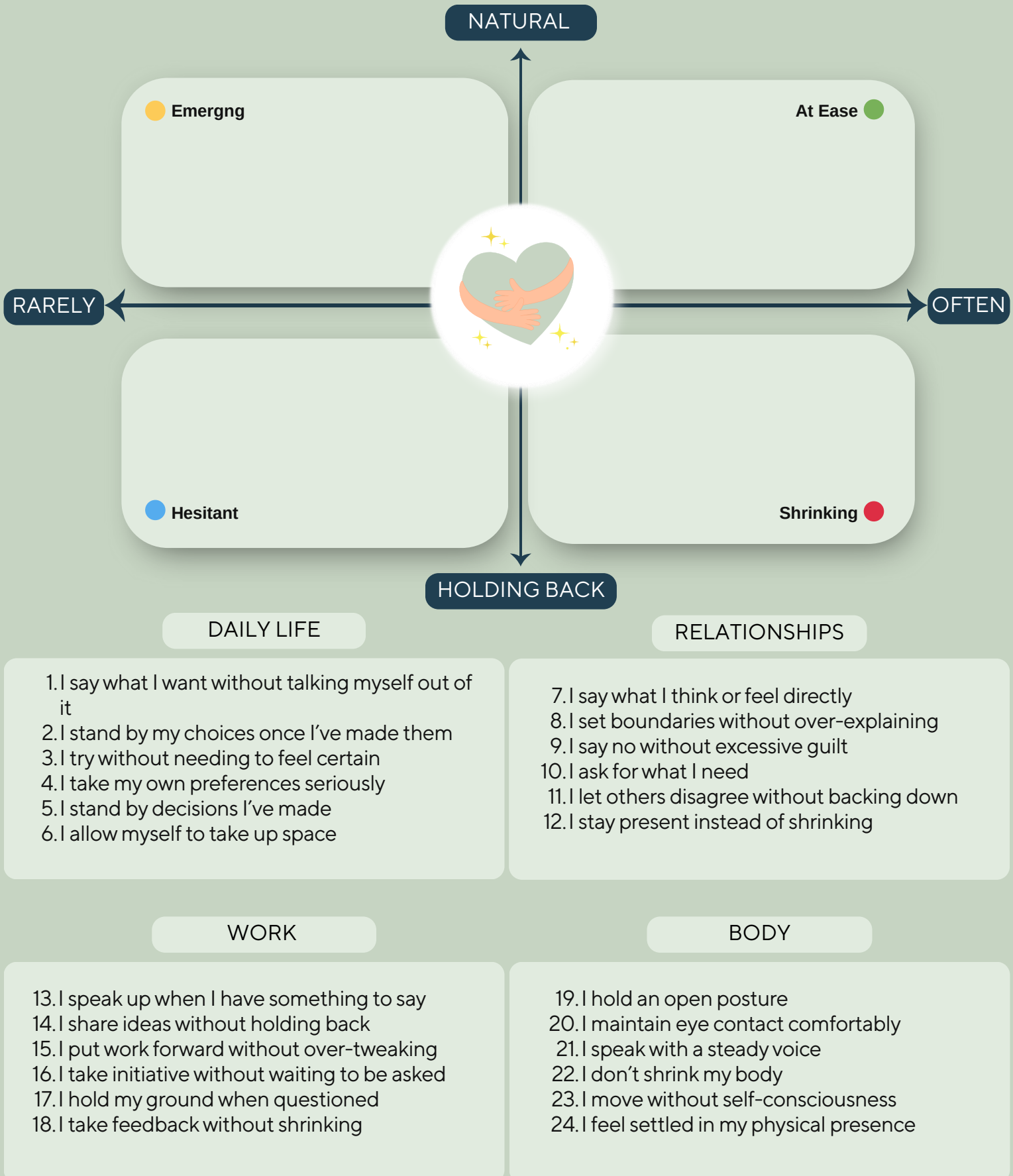
INSTRUCTIONS

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.





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

LET'S 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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