



SUPERHEROTRAINING

The Quantum Collapse Process

DEMARTINI METHOD, SIDE A

PERSON:

DATE:

1	2	3	4	5	6	7
Trait I most like or admire about him/her	Initials of people who see this trait in me	How this trait in him/her is a drawback or disservice to me	How this trait in me is a drawback or disservice to others	Initials of those who see in him/ her the opposite trait to Column 1	Initials of people who simultaneously did/do the opposite trait to Column 1	Benefits that I Experience when this person acts out the opposite trait to Column 1

PERSON:						
DATE:						
8	9	10	11	12	13	14
Trait I dislike or despise most about him/her	Initials of people who see this trait in me	How this trait in him/ her is a benefit or service to me	How this trait in me is a service or benefit to others	Initials of those who see in him/her the opposite trait to Column 8	Initials of people who simultaneously did/do the opposite trait to Column 8	Drawbacks to me of this person acting out the opposite trait to Column 8

Thank-You Letter

Write a thank-you letter to the person you completed "The Quantum Collapse Process" on.

Seven Areas of Life: Spiritual, Mental, Vocational, Financial, Familial, Social, and Physical.

Think: Past, Present, Future

When positives outweigh the negatives, you become emotionally attracted and infatuated (addicted)

When positives don't equal negatives, you lie. Lies are imbalances.

When positives equal negatives, you become grateful and unconditionally loving. The truth is balance!

Seven Areas of Life: Spiritual, Mental, Vocational, Financial, Familial, Social, and Physical.

Think: Past, Present, Future

When negatives outweigh the positives, you become emotionally repelled and resentful (subdicted).

When negatives don't equal positives, you lie. Lies are imbalances.

When negatives equal positives, you become grateful and unconditionally loving. The truth is balance!