

## Quantum Techniques Intention List

### Intention to \_\_\_\_\_

1. ... take on another's illness
2. ... avoid responsibility for self
3. ... die
4. ... control others
5. ... avoid movement
6. ... say no to self
7. ... be physically safe
8. ... be sexually unattractive
9. ... take on another's pain
10. ... heal
11. ... work the smartest
12. ... work the hardest
13. ... suffer
14. ... punish others
15. ... be in pain
16. ... avoid responsibility for others/another
17. ... love
18. ... punish self
19. ... get attention from another
20. ... kill another
21. ... avoid decisions
22. ... be sick
23. ... kill a part of myself
24. ... be in crisis
25. ... get attention from myself
26. ... get love from another
27. ... get love from myself
28. ... say "no" to others
29. ... be the focus of someone's attention
30. ... solve a conscious conflict
31. ... control the future by suffering now
32. ... maintain separation from the rest of me at all costs
33. ... maintain separation from others at all costs
34. ... maintain separation from the Divine at all costs
35. ... avoid the emotions/pain of the moment at all costs
36. ... avoid my emotions
37. ... stay in control at all costs
38. ... make the world predictable at all costs.
39. ... be in crisis to not see or feel the truth of my life
40. ... avoid feeling panic
41. ... conceal
42. ... take on another's emotions, energy, or unhealed issues.
43. ... protect myself
44. ... protect others
45. ... heal parental or other relationship
46. ... be perfect
47. ... harm
48. ... steal
49. ... punish someone financially
50. ... be special
51. ... feel lovable by getting someone to violate their boundaries and prove how special I am.
52. ... be "invisible"
53. ... be in charge
54. ... be in financial crisis
55. ... "get even"
56. ... avoid having children
57. ... get a need met
58. ... heal an earlier trauma
59. ... be validated/understood
60. ... remain dependent
61. ... be helpless
62. ... escape
63. ... survive
64. ... take a break or rest
65. ... save someone
66. ... defeat someone (a parent, authority figure, healer, etc.)
67. ... be right at all costs
68. ... avoid healing (or working on) a relationship
69. ... change someone
70. ... gain approval from others
71. ... gain approval from God
72. ... avoid judgement (from self, others, God)
73. ... hide information for healing
74. ... avoid conflict
75. ...keep the focus of someone's attention (healer) to be safe