

## Quantum Techniques Intention List

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

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