

# Relationship Improvement Analysis

Print out and fill in or write your answers on another paper where you can refer back to it.

It is recommended to take this analysis every 3 months that you are a member here and are doing regular energy work.

## Part 1: What you have experienced

circle the number from 1 to 10 (10 being very intense) that you have experienced in your current or past relationships

Have felt betrayed 1 2 3 4 5 6 7 8 9 10

Have been abandoned 1 2 3 4 5 6 7 8 9 10

Have been abused (verbally, physically, mentally, emotionally, financially) 1 2 3 4 5 6 7 8 9 10

Have been misunderstood 1 2 3 4 5 6 7 8 9 10



Have been disregarded  
(felt like chopped liver)

1 2 3 4 5 6 7 8 9 10

Have felt disrespected

1 2 3 4 5 6 7 8 9 10

Have been neglected  
(physically, sexually,  
financially, emotionally)

1 2 3 4 5 6 7 8 9 10

Have felt disrespected

1 2 3 4 5 6 7 8 9 10

Have had your decisions  
and needs overridden  
(your needs didn't matter)

1 2 3 4 5 6 7 8 9 10

Intuitively felt like your  
person didn't love you  
enough

1 2 3 4 5 6 7 8 9 10



Have felt shamed/guilty by  
your person or for being with  
your person 1 2 3 4 5 6 7 8 9 10

Have felt rejected 1 2 3 4 5 6 7 8 9 10

Has your person ever  
allowed others to interfere in  
the relationship 1 2 3 4 5 6 7 8 9 10

Has your person ever  
clung to you in an  
unhealthy way 1 2 3 4 5 6 7 8 9 10

Review your answers and write the top 5 most painful ones  
(in order of the most hurtful)

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_

## Part 1 directions:

There is a Trauma Removal Energy Transmission Audio Recording for many of these themes.

Take your first/most intense source of pain and listen to that recording. I recommend 3 to 5 times a week until you notice a difference.

Be sure to watch the Deletion Energy (Red Diamond) video under Energy Tools so you can do it along with the audio. Do additional Deletion Sessions on your own. More audios will be uploaded over time.

## Part 2: How you feel

circle the number of how much you feel these at the current moment in life.

You know what your desires are at any given time

1 2 3 4 5 6 7 8 9 10

You place your desires as a priority for yourself

1 2 3 4 5 6 7 8 9 10



You feel cherished by  
your person

1 2 3 4 5 6 7 8 9 10

You feel protected and  
defended (physically,  
mentally, emotionally and  
financially)

1 2 3 4 5 6 7 8 9 10

You feel confidence inside of  
yourself

1 2 3 4 5 6 7 8 9 10

You feel supported in  
your endeavors in life

1 2 3 4 5 6 7 8 9 10

You feel like you can easily  
create your life experiences  
(co-create with the Universe)

1 2 3 4 5 6 7 8 9 10


You feel like you have high  
standards

1 2 3 4 5 6 7 8 9 10

You confidently  
communicate what you  
want in bed

1 2 3 4 5 6 7 8 9 10

Heather  
Cypel

The logo for Heather Cypel features the name "Heather Cypel" in a purple serif font. The text is enclosed within a purple, hand-drawn style oval that has two small star-like symbols at its top and bottom points.

You feel heard and understood by your person

1 2 3 4 5 6 7 8 9 10

Your person works with you to create your life together

1 2 3 4 5 6 7 8 9 10

You have deep sexual healing experiences

1 2 3 4 5 6 7 8 9 10

You feel like you can easily get what you need in life

1 2 3 4 5 6 7 8 9 10

You feel safe inside of yourself (on an intrinsic level)

1 2 3 4 5 6 7 8 9 10

You feel proud to be with your partner

1 2 3 4 5 6 7 8 9 10

You feel emotionally mature

1 2 3 4 5 6 7 8 9 10



You feel pretty and sexy

1 2 3 4 5 6 7 8 9 10

You feel like you  
understand boundaries  
and can set them properly

1 2 3 4 5 6 7 8 9 10

Review your answers and write the top 5 places you would  
like to grow and develop inside of yourself

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

4 \_\_\_\_\_

5 \_\_\_\_\_

Move on to part 3 and the directions will be below  
that section



## Part 3: How they feel about you

circle the number of how much you feel your person or past person  
has felt about you

Feels proud/lucky to be  
with you

1 2 3 4 5 6 7 8 9 10

Knows they will lose you if  
they messed up

1 2 3 4 5 6 7 8 9 10

Feels safe to share their  
emotions with you

1 2 3 4 5 6 7 8 9 10

Feels like the sexual  
connection was more than  
physical

1 2 3 4 5 6 7 8 9 10

Feels protective over you

1 2 3 4 5 6 7 8 9 10



Feels a desire to support  
you in your endeavors

1 2 3 4 5 6 7 8 9 10

Feels like he will be heard  
and understood by you

1 2 3 4 5 6 7 8 9 10

Gives you space to handle  
situations but will step in if  
you want him to

1 2 3 4 5 6 7 8 9 10

Feels strong inside of  
himself (emotionally)

1 2 3 4 5 6 7 8 9 10

Feels like you are feminine  
and he is masculine and he  
likes that

1 2 3 4 5 6 7 8 9 10

Feels like you both are  
complimentary each other  
in life.

1 2 3 4 5 6 7 8 9 10

Heather  
Cypel



Expresses love in one or more of his primary love languages

1 2 3 4 5 6 7 8 9 10

Respects your boundaries and decisions

1 2 3 4 5 6 7 8 9 10

Communicates when he is busy and offers options for other times to connect

1 2 3 4 5 6 7 8 9 10

Feels his purpose strongly and is not floundering for approval

1 2 3 4 5 6 7 8 9 10

Is respectful in the language he uses towards you (or his intention is respectful)

1 2 3 4 5 6 7 8 9 10



Tries to grow or better himself in some way

1 2 3 4 5 6 7 8 9 10

Is willing to listen when you need things done differently and doesn't trigger

1 2 3 4 5 6 7 8 9 10

Review your answers and write the top 5 places you would like to see your person or future person treat you better

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_

The directions for answers to parts 2 and 3 are on the next page



## Parts 2 and 3 directions:

1. Keep your answers in mind and watch Sacred Feminine Activation. Take each video 1 week at a time and practice each tool regularly during the week. (4 weeks total)
2. Watch video 1 of Empath Upgrade and write out which area inside of yourself triggers the most. Do the energy practice on that aspect and then the others. Take 1 per week (4 weeks total)

### Optional action steps:

3. Subscribe to and attend the live monthly coaching calls.
4. You can always purchase coaching or a deep level energy session with me to unroot and resolve an issue that is super deeply embedded in your system.



You can have your dream experience in a relationship.

Remember that the most you will experience is what you settle for.

So, if you desire to have better results, shift your energy to have that experience!

Once you begin unfreezing all the old trauma out of your system, you can begin to reprogram yourself to naturally have the very experiences you desire.

In this portal, I teach you how to remove the trauma, wounds and triggers you currently have and then teach you how to reprogram by installing new energy patterns in your system.

This process takes time and practice and WILL render results.

Let's get started!

