

① THE COMPLETE SUBCONSCIOUS SUCCESS MAP INTAKE FORM

The Open Heart Blueprint

Instructions

This is not a test. There are no wrong answers. Please answer as openly and honestly as possible. No one will ever see your answers. The only way to get the best results is by answering with brutal honesty. Your responses will allow you to build your fully personalized Subconscious Success Map and your private reprogramming audio needs.

Use a notebook specially for this program. Write down all your answers in handwriting. DO NOT USE A COMPUTER OR TYPE YOUR ANSWERS. YOU CAN DO THAT AFTER YOU FIRST WRITE IT ON PAPER.

SECTION 1: CURRENT LOVE IDENTITY & STRUGGLES

- ① In a few sentences, describe your love life right now. (be as detailed as possible)
- ② When you're dating or in a relationship, what negative emotions do you most often feel?
- ③ When a man pulls away, how do you usually respond? (be as detailed as possible)
- ④ Do you often feel like you're working for love? Please explain.
- ⑤ Who are you most often attracted to? (select all that apply) (Remember, you are not attracted to them consciously, but these are the men you end up in relationships with)

- Emotionally unavailable men
- Men who need fixing
- Avoidant men
- Inconsistent men
- Men with great potential but low leadership
- Secure, stable men (but I lose them eventually)

- ⑥ If you stood fully in your standards — and no longer settled, chased, or overgave — what's the worst thing your mind worries might happen?
- ⑦ What pattern has been hardest for you to break in relationships?
- ⑧ Do you feel guilty or selfish for having high standards?
- ⑨ Which of these identities feel most like you? (select any)

Fixer

You feel responsible for helping men reach their potential and believe love will work once you help him improve or "heal."

Overachiever

You believe you need to do, accomplish, and prove your value constantly in order to feel worthy of being chosen.

Pleaser

You prioritize keeping others happy, often suppressing your own needs or desires to avoid conflict or rejection.

Prover

You subconsciously feel the need to "earn" love by showing how loyal, patient, forgiving, or valuable you are — even when it's not reciprocated.

Good Girl

You fear being seen as difficult, demanding, or selfish, so you play it safe by being agreeable, easygoing, and undemanding — even when it hurts you.

Anxious Giver

You feel safest when you're giving, doing, or anticipating his needs, fearing that stopping would make him pull away.

Avoider

You keep emotional distance or stay busy to protect yourself from vulnerability, intimacy, or the fear of losing control.

Chaser

You pursue men emotionally or physically, feeling uncomfortable when you're not actively trying to secure his attention, affection, or commitment.

Rescuer

You are drawn to men who need saving, believing your love or effort can fix their wounds, addictions, or instability.

Performer

You believe you need to be impressive, perfect, beautiful, or "high value" at all times to stay desirable and keep his attention.

Other

Describe here:

SECTION 2: ORIGIN OF CORE BELIEFS

- ☐ What did you see about love and relationships growing up?
 - ☐ What did you learn you had to be/do to feel loved as a child?
 - ☐ What fears or doubts come up when you imagine marriage or partnership?
 - ☐ Which fears do you struggle with most? (select any/all that apply)
 - Fear of rejection
 - Fear of abandonment
 - Fear of intimacy
 - Fear of being too much
 - Fear of not being enough
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SECTION 3: DESIRED IDENTITY & FUTURE SELF

- ☐ Describe your dream relationship dynamic.
 - ☐ Who do you want to become in love?
 - ☐ What is one new belief you want to fully embody about love?
 - ☐ Describe the kind of man you're ready to attract.
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SECTION 4: BEHAVIORAL SHIFTS

- ☐ Which behaviors do you know you need to release?
 - ☐ Which new behaviors would you love to embody?
 - ☐ When you feel dysregulated (anxious, avoidant, triggered), what tends to cause it?
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SECTION 5: TRIGGERS & NERVOUS SYSTEM

- ☐ When do you feel most unsafe or triggered in love?
- ☐ What makes you feel safest, calmest, and most powerful in your feminine?

SECTION 6: PROTECTIVE PATTERNS & SURVIVAL FEARS

- ③ Imagine your dream man is in front of you right now, asking you to be his.
👉 What are you secretly worried he would see or discover that might make him change his mind?
- ④ Imagine you can no longer do these old protection strategies:
👉 What are you afraid would happen if you couldn't do the following?
- Hide parts of yourself:
 - People-please:
 - Be perfect:
 - Suppress your needs:
 - Settle for "good enough":
 - Fix men:
 - Stay in control:
 - Argue or defend:
 - Stay single:
- ⑤ What feels unsafe about being fully chosen, fully loved, and fully seen?
- ⑥ If you fully received love without earning or fixing, what emotions or fears would surface?
- ⑦ What personal "rules" do you believe about love?
- ⑧ If you fully let go of control, what are you afraid might happen?
- ⑨ When you think of letting a man lead, what limiting belief pops up?
- ⑩ Finish this sentence: "I'll be ready for a relationship when I..."
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NEXT, put your answers into your Subconscious Success Map. [Click here](#) to get the worksheet. Follow the instructions there.