



Look Within

Holistic Coaching

The Look Within GNM Self-Healing System Workbook

A practical guide to understanding your body's messages

Heather Headley, RN, BSN

Look Within Holistic Coaching LLC

Lookwithinmethod.com

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Section 1: Introduction

This workbook is a guide to help you understand what your body is communicating through physical symptoms using the principles of German New Medicine (GNM).

Each symptom has a biological purpose, connected to an emotional or perceptual conflict that the body is trying to process or resolve. By working through these pages, you'll learn how to trace symptoms back to their emotional roots, recognize where you are in the healing cycle, and identify what your body needs to feel safe again.

This workbook is designed for education and self-awareness. It is not a replacement for medical care or diagnosis. Always seek professional medical support when needed.

Section 2: How to Use This Workbook

This workbook is your core tool.

It walks you through seven steps to decode symptoms and integrate awareness. [The Look Within Body & Emotion Map](#) supports Step 3, and the [Main Conflict Types Guide](#) supports Step 4. You can move through the process one symptom at a time, at your own pace.

This workbook is divided into six main sections.

The core of your work happens in **Section 3 — The Step-by-Step Self-Healing Process**, which contains seven guided steps to help you decode your symptoms and understand your body's natural healing rhythm.

You'll move through these steps:

1. **Step 1 — Symptom Inventory**
Describe what you're experiencing. Note the body area, sensations, and when the symptom began.
2. **Step 2 — Identify the Triggering Event**
Reflect on what was happening in your life right before the symptom appeared.
3. **Step 3 — Locate Your Body Area and Emotional Theme**
Use [The Look Within Body & Emotion Map](#) to find the emotional theme connected to each body area.
4. **Step 4 — Identify the Conflict Type**
Use [The Look Within Main Conflict Types in GNM](#) to determine which biological conflict best matches your body area and emotional theme.
5. **Step 5 — Determine Your Phase**
Identify whether you're in the Conflict Phase (stress) or Healing Phase (repair).
6. **Step 6 — Conflict Resolution Insight**
Reflect on what your body may need for this to feel safe or resolved.
7. **Step 7 — Track Progress**
Observe how your symptoms and emotional awareness shift over time.

Supporting Documents

Download and save the two supporting guides before you begin:

- [The Look Within Body & Emotion Map](#) — connects body areas with emotional themes.
- [The Look Within Main Conflict Types in GNM](#) — explains the biological conflicts related to each theme.

[The Look Within GNM Self-Healing System Workbook — Look Within Holistic Coaching LLC](#)

Section 3: Step-by-Step Self-Healing Process

Step 1 — Symptom Inventory: Describe what you’re experiencing.

Begin by observing what your body is communicating right now. This step helps you describe your symptoms in detail — where they are, what they feel like, and when they began.

Write as specifically as you can. The more clearly you describe your symptoms, the easier it will be to trace their emotional or biological roots later.

Ask yourself:

- What sensations am I noticing — pain, pressure, tingling, swelling, heat, or fatigue?
- Where in my body do I feel it most strongly?
- When did it start, and has it changed over time?
- What makes it better or worse?

Record each symptom in the chart below. Each one represents your body’s way of communicating that something meaningful is being processed or repaired.

Symptom or Sensation	Body Location	Description (pain, rash, swelling, etc.)	When It Started

Step 2 — Identify the Triggering Event

Every symptom begins with a moment that felt unexpected, isolating, or emotionally overwhelming — what GNM calls a *biological conflict*.

In this step, you'll look back to what was happening in your life right before the symptom appeared. The goal isn't to analyze or assign blame, but to notice what your body may have registered as a shock or unresolved stress.

Ask yourself:

- What changed, hurt, or surprised me around that time?
- Did I lose something or someone important?
- Was there tension, fear, anger, guilt, or betrayal?
- Did I feel powerless, alone, or unable to speak up?

Write freely — this is where you begin connecting the emotional moment to the physical response. You may find that as you remember, certain sensations, images, or emotions surface again. That's your body helping you trace the original imprint so you can finally resolve it.

Step 3 — Match the Body Area to Its Emotional Theme Using [The Look Within Body & Emotion Map](#)

Use [The Look Within Body & Emotion Map](#) to find the emotional theme(s) connected to each body area where you're experiencing symptoms.

Take notes or highlight what resonates. You'll map everything in the next step.

Step 4 — Identify the Conflict Type Refer to [The Look Within Main Conflict Types in GNM](#)

Now, using [The Look Within Main Conflict Types in GNM](#), identify the biological conflict that matches each body area and emotional theme. Record your findings below. Take notes or highlight what resonates. You'll map everything in the next step.

Step 5 — Determine Your Phase

In German New Medicine, every biological program has two main phases: the Conflict-Active Phase and the Healing Phase. Knowing which phase you're in helps you understand why your body feels the way it does and what kind of support it needs right now.

1. Conflict-Active Phase (also called the Stress Phase)

This phase begins the moment you experience a biological conflict — an unexpected emotional shock that catches you off guard. Your body immediately adapts to help you stay alert and survive the perceived threat.

Common signs include:

- Cold hands or feet (blood is redirected to vital organs)
- Increased tension, anxiety, or restlessness
- Trouble falling or staying asleep
- Loss of appetite
- Overthinking, obsessing, or replaying the conflict
- Feeling “wired but tired,” unable to relax

During this phase, the mind is focused on the problem and the body stays in high alert. There is usually little or no pain yet — just pressure, tightness, or a sense of being “on.”

2. Healing Phase (also called the Repair Phase)

This phase begins when the conflict is finally resolved — when the shock is no longer active, or you feel safe again. The body now shifts from survival into restoration. The changes that happened during the conflict phase are repaired and normalized.

Common signs include:

- Warm hands and feet (circulation returns to the surface)
- Deep fatigue or the need for extra rest
- Inflammation, swelling, or discharge
- Fever or body aches
- Digestive activity increases, often with bloating or elimination
- Emotional release, tears, or the return of appetite

This phase can look or feel like illness, but it's actually the body completing its repair program. It's the part that conventional medicine often treats with medication or intervention, though in GNM it's understood as the natural resolution process.

Tip:

If your body feels tense, cold, and alert — you may still be in the Conflict-Active Phase.
If you feel exhausted, inflamed, or emotional — you're likely in the Healing Phase.
Both are temporary. Your role is to stay aware of where you are and support your body accordingly rather than judging the experience.

Now that you've identified your body area, emotional theme, and conflict type, use this chart to track which phase each symptom is currently in. For each symptom or body area you're working with, mark whether you're noticing signs of the Conflict Phase (stress) or the Healing Phase (repair). If you're unsure, note your observations — your awareness will grow over time.

Body Area	Common Emotional Theme	Conflict Type	Conflict Phase (Stress) — Cold hands/feet, tension, racing thoughts, sleeplessness, loss of appetite	Healing Phase (Repair) — Fatigue, warmth, inflammation, discharge, fever, swelling, return of appetite	Notes / What You're Noticing

Step 6 — Conflict Resolution Insight

This step helps you uncover what your body truly needs in order to complete the healing cycle. Every biological program continues running until your system feels the original conflict has been resolved — not just mentally, but emotionally and physically.

Take time here to explore what *resolution* would look or feel like for you. This isn't about forcing closure or pretending everything is fine. It's about identifying what your body still perceives as unfinished.

Ask yourself:

- What would need to happen for this to finally feel safe or complete?
- Who or what was involved in the original conflict?
- What emotions are still unprocessed — anger, guilt, sadness, fear, shame, grief?
- What truth hasn't yet been acknowledged or expressed?

As you reflect, focus on *felt sense* rather than logic. Your body may signal release through breath, tears, warmth, or deep fatigue — all signs that repair is taking place.

Resolution doesn't always mean external change; sometimes it's internal understanding, forgiveness, or reclaiming your own authority in the situation.

The goal is awareness — to recognize what your body has been trying to resolve and to let it know it's finally safe to rest.

Situation or Conflict	Emotion (s) Felt	What Would Resolution Look or Feel Like?	Support or Action Needed

Additional Notes or Insights:

Step 7 — Track Progress

Healing happens in cycles, not straight lines. This step helps you observe your progress over time — physically, emotionally, and energetically. By tracking what changes, you'll begin to recognize your body's natural rhythm of activation, release, and repair.

Notice how symptoms shift rather than disappear all at once. Fatigue might turn into warmth, or pain may lessen as calm returns. These are signs that your body is completing its program.

Each time you update this section, reflect on what feels different — not only in your body, but in your emotions, thoughts, or perspective. Awareness itself is a form of regulation.

Date	Symptom	Intensity (1–10)	Emotional Insight or Shift	Notes on What Supported Healing

Observation Tip:

Healing may include temporary flare-ups, fatigue, or emotional waves. Instead of judging them, track them — they're part of the body's recalibration process.

My Next Step

Now that you've mapped your symptoms, emotional themes, and insights, take a moment to reflect on what feels most important to address or support next.

This isn't about doing more — it's about aligning your awareness with action.

Ask yourself:

- What small step would help my body feel safer or more supported right now?
- Is there a conversation, boundary, or change that would bring relief?
- What can I do to nurture my system as it completes this phase of healing?

Write your next step below — something simple, honest, and doable.

My Next Step:

Section 4: Integration and Reflection

This section helps you step back and see the bigger picture of your healing process. As you review your notes, charts, and insights, notice what themes keep repeating — emotionally, physically, or situationally. These patterns reveal where your system is still asking for attention and where balance is returning.

Use this space to connect dots between what you've experienced and what your body has been communicating.

Ask yourself:

- What emotions or themes show up most often in my symptoms?
- Which areas of my body tend to react first under stress?
- What tends to bring relief or resolution?
- What have I learned about how my body communicates?

Patterns and Insights I Notice:

How I Supported My Healing This Week:

What I Want to Continue Practicing or Exploring:

When to Seek Support

There may be times when symptoms feel intense, persistent, or unclear. This work is meant to increase awareness, not replace medical care. If you're unsure, in pain, or your symptoms aren't improving, seek professional medical evaluation and emotional support.

You don't have to interpret or navigate this alone. Sometimes the most healing step is asking for help — from a qualified practitioner, therapist, or coach who can hold space while you process what's unfolding.

For personalized support or deeper integration, you can book a Reveal, Regulate, or Recalibrate session here:

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Section 5: Resources and Next Steps

Healing is a continual process of awareness, regulation, and integration. You've begun to learn how to listen to your body's signals — now, these tools and spaces can help you keep going with more support and guidance.

Continue Your Learning

- Watch: *How to Use This GNM Worksheet to Decode Any Symptom* This video walks you through each step of the workbook so you can follow along in real time.
- Explore: *The Daily Reset Group and YouTube Channel* You'll find guided practices, reflections, and deeper education on GNM, nervous system regulation, and embodiment.

Go Deeper

If you're ready for more personalized guidance, book a Reveal, Regulate, or Recalibrate session at lookwithinholisticcoaching.com. Each session helps you integrate what you've uncovered here and move from understanding to transformation.

[The Look Within GNM Self-Healing System Workbook — Look Within Holistic Coaching LLC](#)

Section 6: Closing Note

Your body communicates through sensation and rhythm. Every signal, ache, or shift is a part of that language. Healing begins the moment you listen without fear — when you stop trying to control the process and start trusting what your body already knows how to do.

Each step you've taken through this workbook is a return to that trust. Keep observing, feeling, and responding with presence. Healing isn't a destination — it's an ongoing conversation between you and your body.

Thank you for allowing this work to support your journey back home to yourself.

Heather Headley, RN, BSN
Look Within Holistic Coaching LLC
lookwithinmethod.com

Author's Note

This workbook was created through research, lived experience, and collaboration with AI-assisted tools to help organize and present information clearly. Every effort has been made to ensure accuracy and alignment with the principles of German New Medicine. This resource is intended for education and self-awareness and is not a substitute for professional medical care.

Next: Continue integrating your insights with ongoing support through the *Look Within Method™*. Visit lookwithinmethod.com to access videos, articles, and upcoming classes — or to book a Reveal, Regulate, or Recalibrate Session for deeper guidance.

Your healing doesn't end here; this is where integration begins.