

Commonwealth Educational Seminars

Home Study Continuing Education Program



You Can Heal Your Life

By Louise L. Hay

Certification Number:



Certification Exam

You Can Heal Your Life

By Louise L. Hay

Select one response for each question below.

1. When we grow up, we have a tendency to re-create the emotional environment of our early home life.

- a. True b. False

2. A thought cannot be changed.

- a. True b. False

3. All dis-ease comes from a state of unforgiveness.

- a. True b. False

4. Self-approval and self-acceptance are the main keys to positive changes in every area of our lives.

- a. True b. False

5. The concept of loving ourselves cannot work miracles in our lives.

- a. True b. False

6. Berating ourselves for being too heavy is a waste of time.

- a. True b. False

7. Blame is one of the surest ways to stay in a problem.

- a. True b. False

8. Whatever we believe does not become true for us.

- a. True b. False

9. When we have some pattern buried deeply within us, it is not necessary to become aware of it in order to heal the condition.

- a. True b. False

10. The most powerful way to do affirmations is by looking in a mirror and saying them out loud.

- a. True b. False

11. Thoughts have no power over us unless we give in to them.

- a. True b. False

12. The relationships we have with objects, food and people all reflect the relationship you have with yourself.

- a. True b. False

13. Hunting for love never brings the right partner.

- a. True b. False

14. Love is never outside of ourselves; love is within us.

- a. True b. False

15. It is not our natural birthright to go from success to success all of our life.

- a. True b. False

16. Pain, of any sort, is not an indication of guilt.

- a. True b. False

17. Arthritis is a dis-ease that comes from a constant pattern

- a. True b. False

18. Our skin does not represent our individuality.

- a. True b. False

19. Stiffness in the body represents stiffness in the mind.

- a. True b. False

20. Most of the author's childhood was spent enduring both physical and sexual abuse.

- a. True b. False

21. Sometimes what seems to be a big tragedy turns out to become the greatest good in our lives.

- a. True b. False

You have now completed the exam. Please answer the following evaluation questions.
Your answers do not affect your test score:

22. I have completed all the requirements for this home study course without any assistance from others.

- a. True b. False

23. The content of this course was appropriate for my profession.

- a. True b. False

24. The course information was relevant and can be applied to practice.

- a. True b. False

25. The course information contributed to achieving personal, professional goals.

- a. True b. False

26. I would recommend this program to others.

- a. True b. False

You Can Heal Your Life Certification Test

You may take this certification test online.

- 1. Log on to CommonwealthSeminars.com**
- 2. At the bottom of the column on the left, click on “Take Your Test”**
- 3. Click on *You Can Heal Your Life* in the books listing.**
- 4. Fill in the information requested. Use the Certification Number at the bottom of this page as your ID.**
- 5. Take the test and submit it.**
- 6. Download and print your Certificate of Completion.**

**Or you can fill out this printed test and send it to us.
Please fill in the following information and Mail/fax it to:**

**Commonwealth Educational Seminars
1020 West Barnstable Rd
Marstons Mills, MA 02648
Fax: (508) 420-3360**

Name: _____

Address: _____

City: _____ **State:** _____ **Zip:** _____

Telephone: (_____) _____ **e-mail:** _____ @ _____

I am seeking CE credit for the following profession(s):

Profession	License Number	State
_____ Psychologist (APA):	_____	_____
_____ Social Work (ASWB):	_____	_____
_____ Certified Counselor (NBCC):	_____	_____
_____ LMHC (NBCC):	_____	_____
_____ Drug/Alcohol Counselor/LADC:(NAADAC):	_____	_____
_____ Licensed Marriage/Family Therapist (NBCC):	_____	_____

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