Chapter 5 - Worksheet 2

This exercise is designed to help you identify the specific areas you will need to work on.

Clear your head and answer the following questions with the first things that come to your mind.

In your eyes, what are your wobbly bits in terms of emotions and pain?

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What wobbly bits do others point out in you? Do you agree with them?

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Describe the relationships you have with others – what's the correlation with the way you treat yourself?

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What could you do differently?

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