



IDENTIFICATION FOR FURTHER UNDERSTANDING

Share a recent situation in which you felt from anger, fear, frustration, shame, bitterness, hate, grief, or jealousy. Use the questions below, as a starting point to get at what's going on.

1. Anger/Rage: how was I hurt?

2. Frustration: what did I feel hopeless about?

3. Shame: what was I hiding?

4. Resentment: what did I expect or hope for?

5. Depression: what did I lose?

6. Jealousy: where did I feel inadequate?
