

Part 2 Self Analysis

On a scale of 1 to 10 how easily do you agree to plans that someone else makes in the family

On a scale of 1 to 10 how often do you make a plan another's agree

Do you feel the need to please people?

Are you annoyed when you have agreed to go along with other people's plans?

On a scale of 1 to 10 how confrontational are you when you feel wronged.

On a scale of 1 to 10 how many times a day do you say no to your spouse?

Do you need to justify yourself the following actions?

1. Sleeping in
2. Not being productive
3. Not being helpful to others
4. Not being actively involved, helping parents or children
5. When is the last time you cooked a simple meal completely alone start to finish.... date
6. When is the last time you wrote a story a poem a song?
7. Do you feel you had an abundant happy childhood both emotionally and materialistically? If yes, what would you have added to it to make it even better? If no, what do you feel was lacking.
8. Do you turn to religion for calmness and peace? If yes how often would you spend time actively Praying in a week.
9. Do you express your annoyance, anger at situations, or people or do you push it under the rug.
10. When you look at yourself, do you feel you would spend time with someone exactly like you meaning if you were the other person would you want to be your best friend? This is to help you analyze how much you admire or like yourself.

Again, there are no right or wrong answers. These are your personal exercises and is not to be judged or shared but a reflection with self-contemplation that I had designed for some of my courses but customize it for different age groups.