

WORKSHEET 10

Introspection.

Think about what drives you out of control, and then introspect to discover the reasons for your lack of self-control in those particular cases.

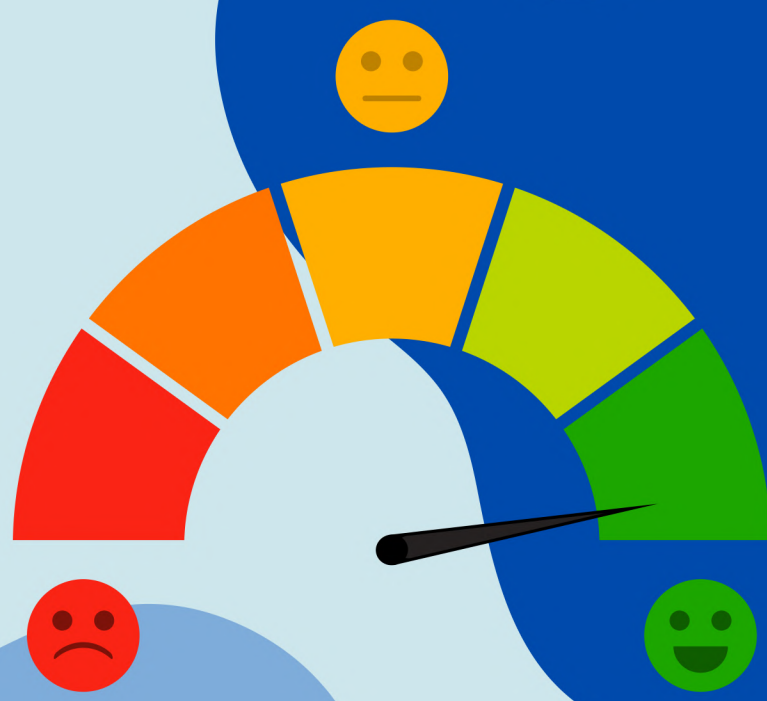
You will discover, some of it stems from deep prejudice, resentment, maybe complexes or fear.

And once you know the cause, consider how to neutralize these states, attitudes, emotions.



What takes me out of self-control:

How do I feel then ?



What do I usually do ?

What helps me ?

