

SELF-THERAPY

PSYCHODRAMA OF THE MOMENT

HOW DO I FEEL ABOUT IT?

ANGRY SCARED JOYFUL SAD CYNICAL POWERLESS PERSECUTED NUMB

HOW DO I REALLY FEEL?

RELIEVED DEPRESSED STRESSED ALBURNATED EXCITED ENVIROUS ASHAMED

THIS PROBLEM LIKELY STEMS FROM

MOTHER FATHER SPOUSE CHILD(REN) OTHER PEOPLE ME

SEX NO SEX INNER CHILD(REN) ORIGINAL SIN EARLY WEANING

BOUNDARY ISSUES BRAIN CHEMISTRY BASIC UNLOVABILITY BAD LUCK

OTHER:

RELEVANT PRESENT INFLUENCES

RELEVANT PAST ISSUES

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INSTRUCTIONS: AFTER WRITING BOTH LISTS, DRAW LINES TO CONNECT PRESENT AND PAST PHENOMENA TO ACHIEVE GREATER SELF-UNDERSTANDING

WHAT IT ALL MEANS

BREAKTHROUGH

ACTUAL THERAPY REQUIRED MEDICATION, PLEASE EVERYBODY ELSE IS CRAZY I'M SO EVOLVED

"OUR TIME IS UP FOR TODAY"