

Workbook Lesson #5 and #6:

The Book Of Why

And My Action Plan

Introspection

Self-Awareness And

Personal Growth Journal

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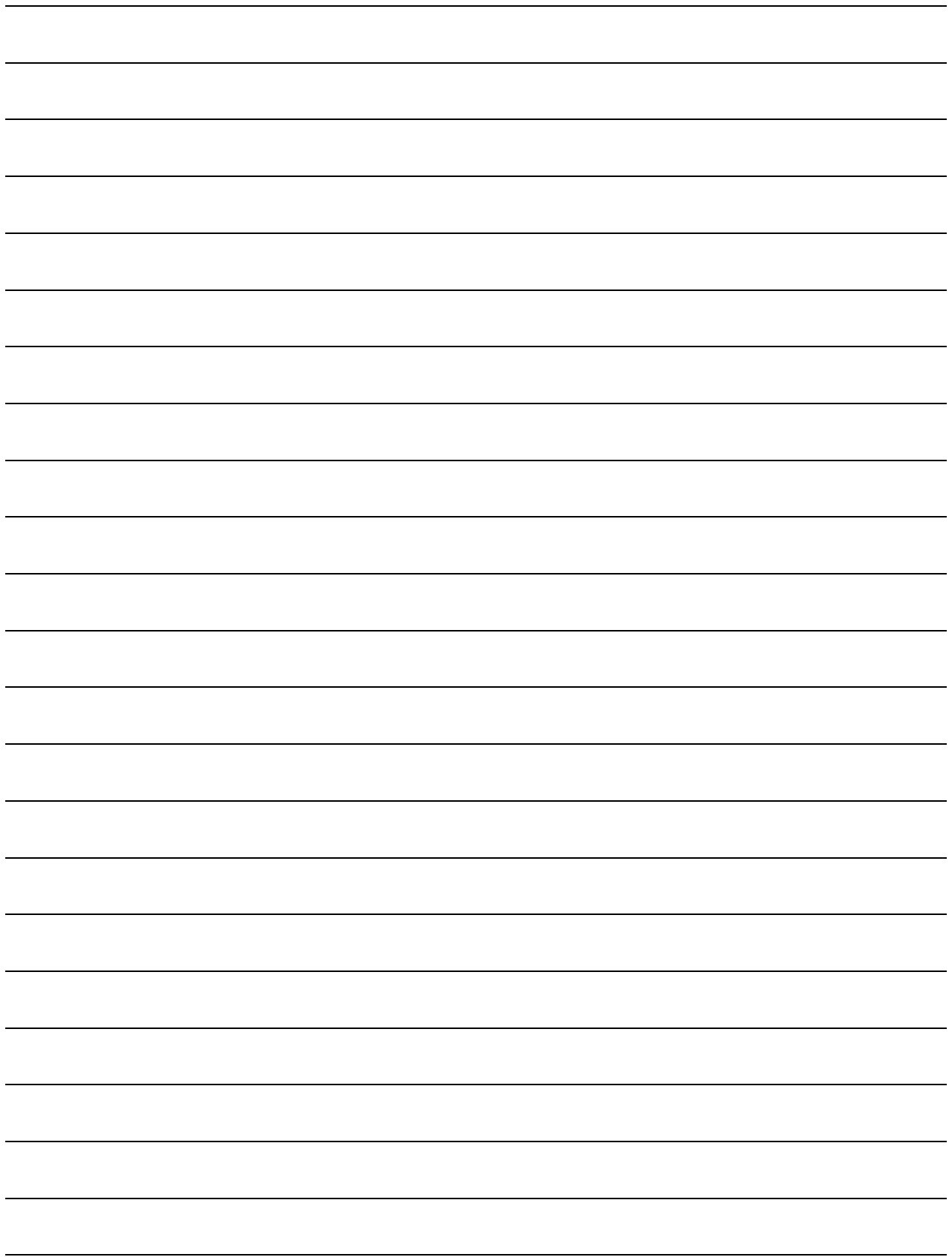
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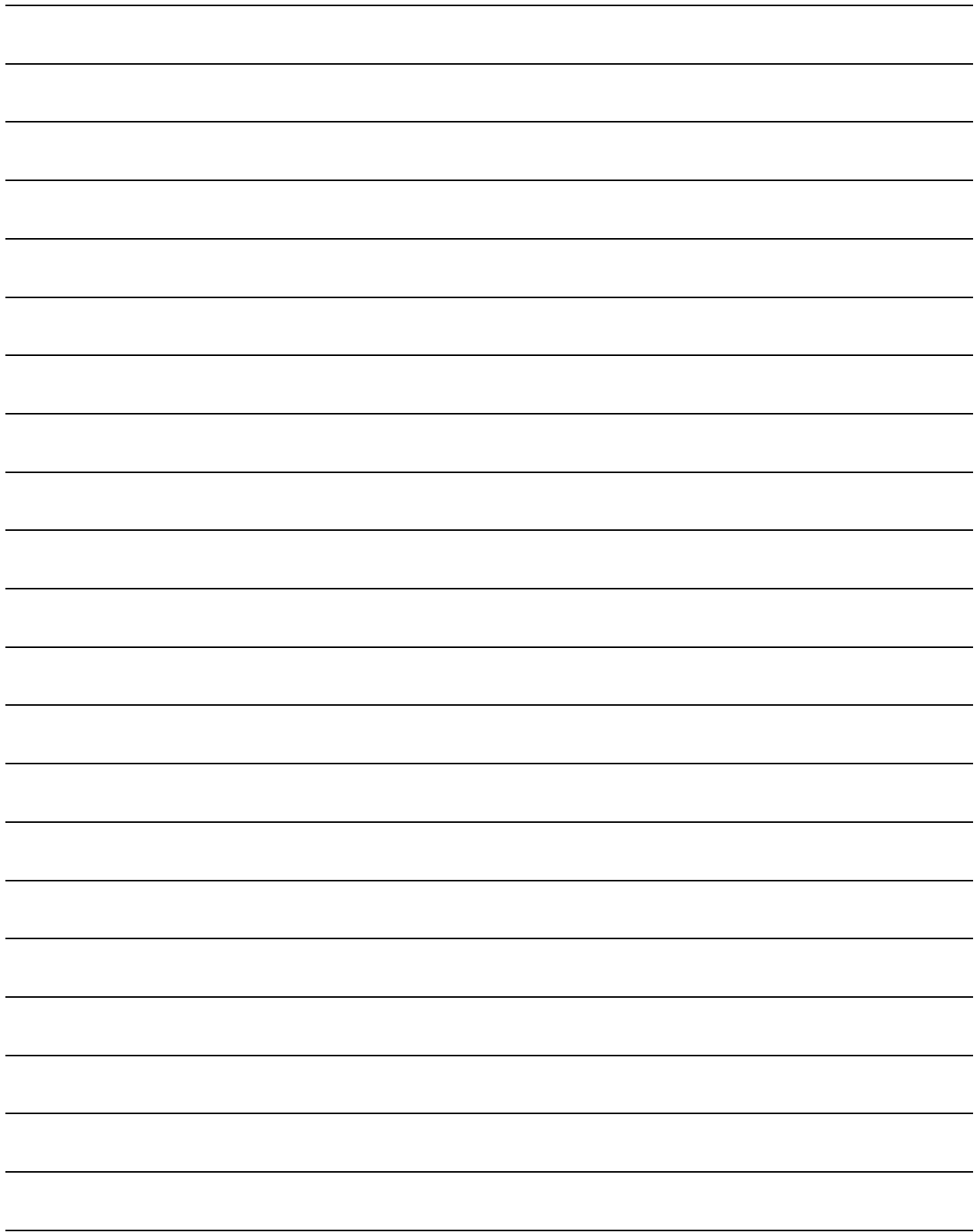
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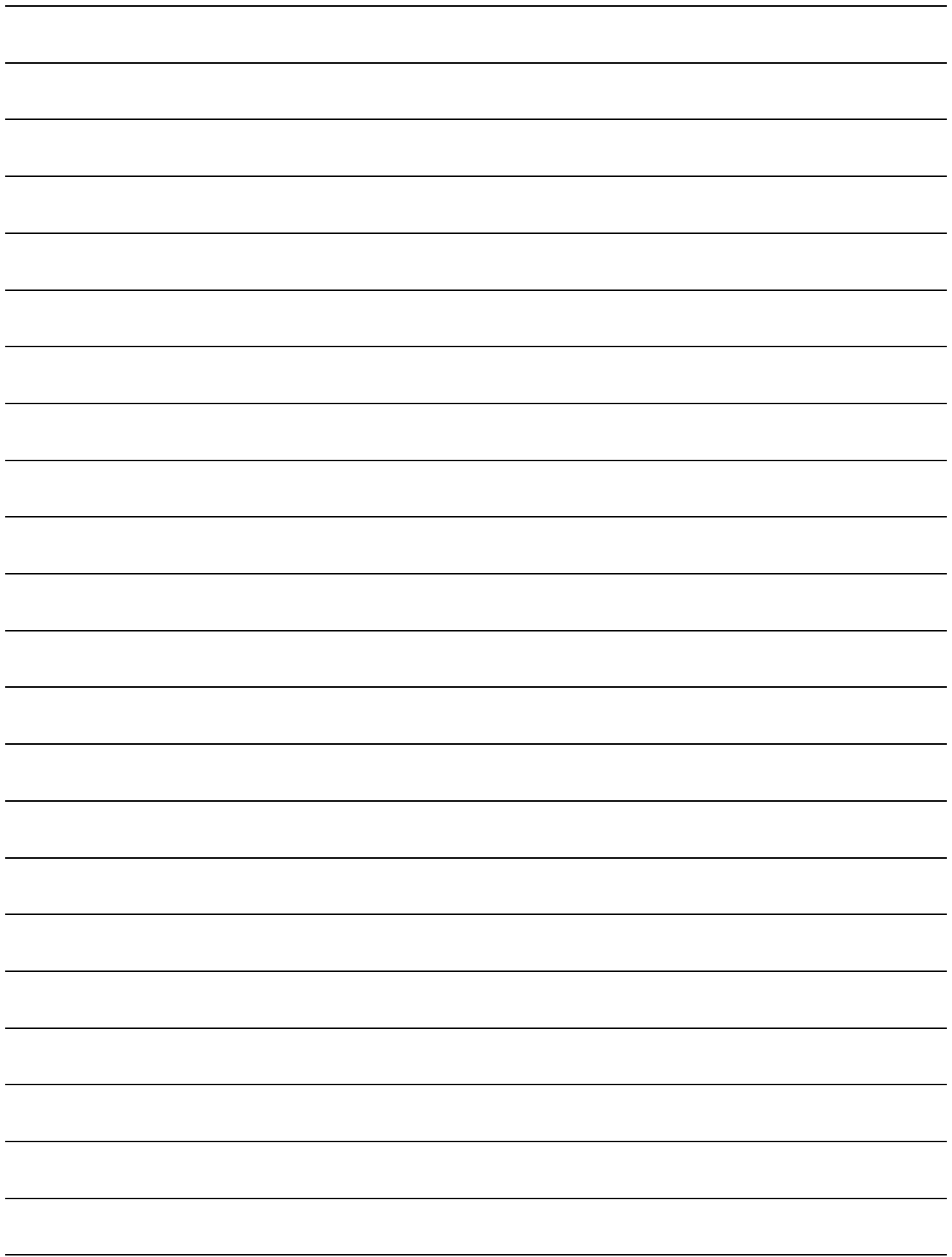
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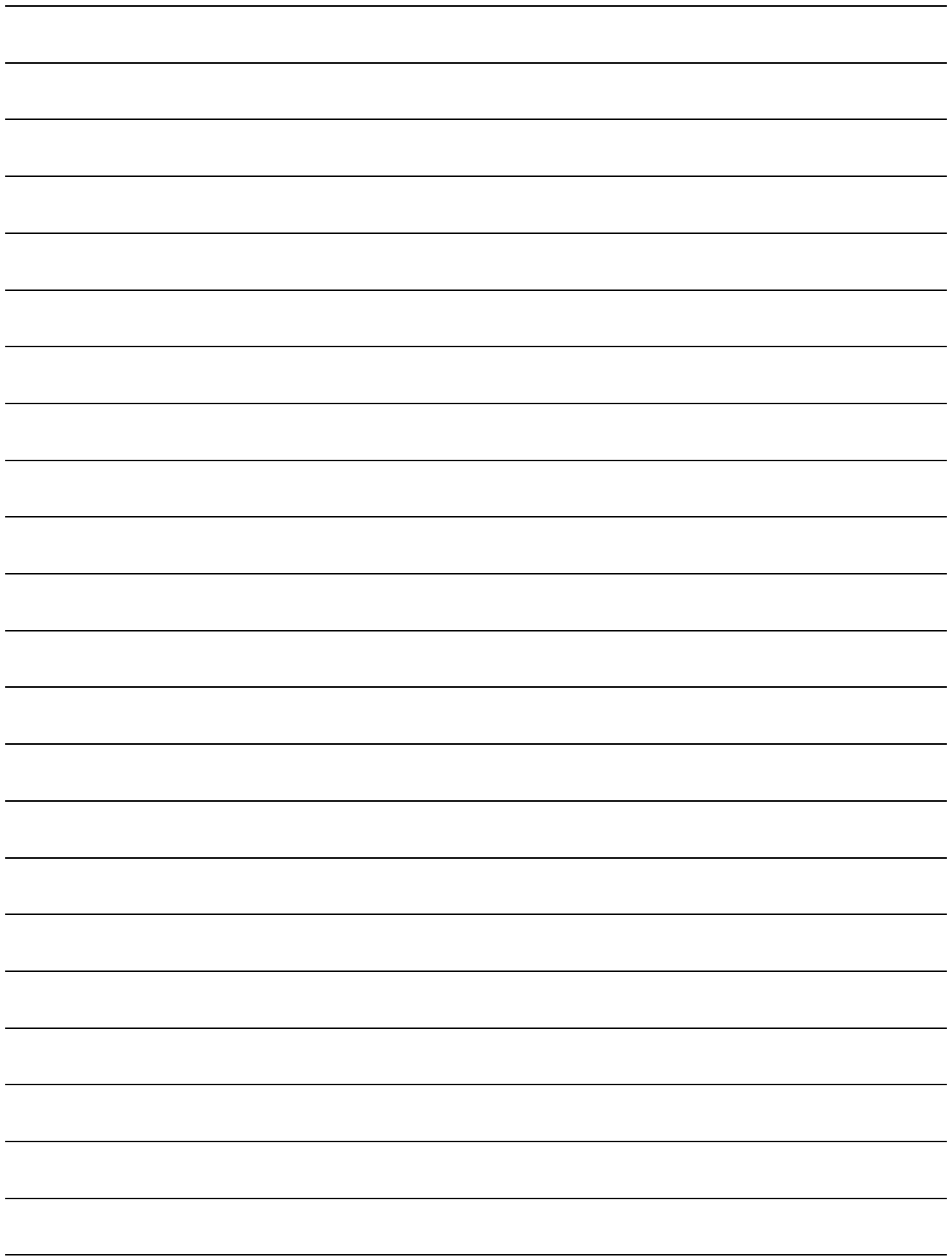


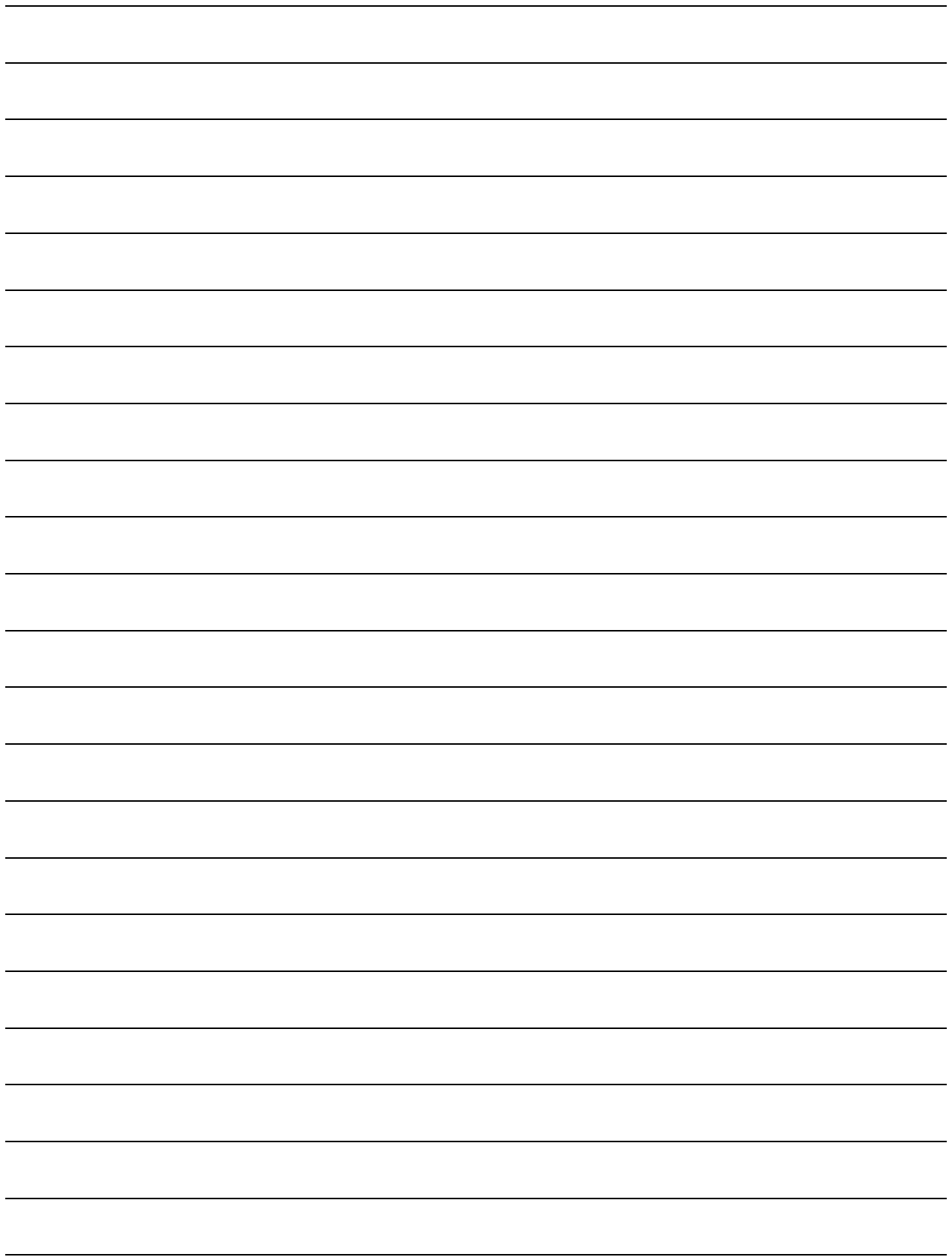


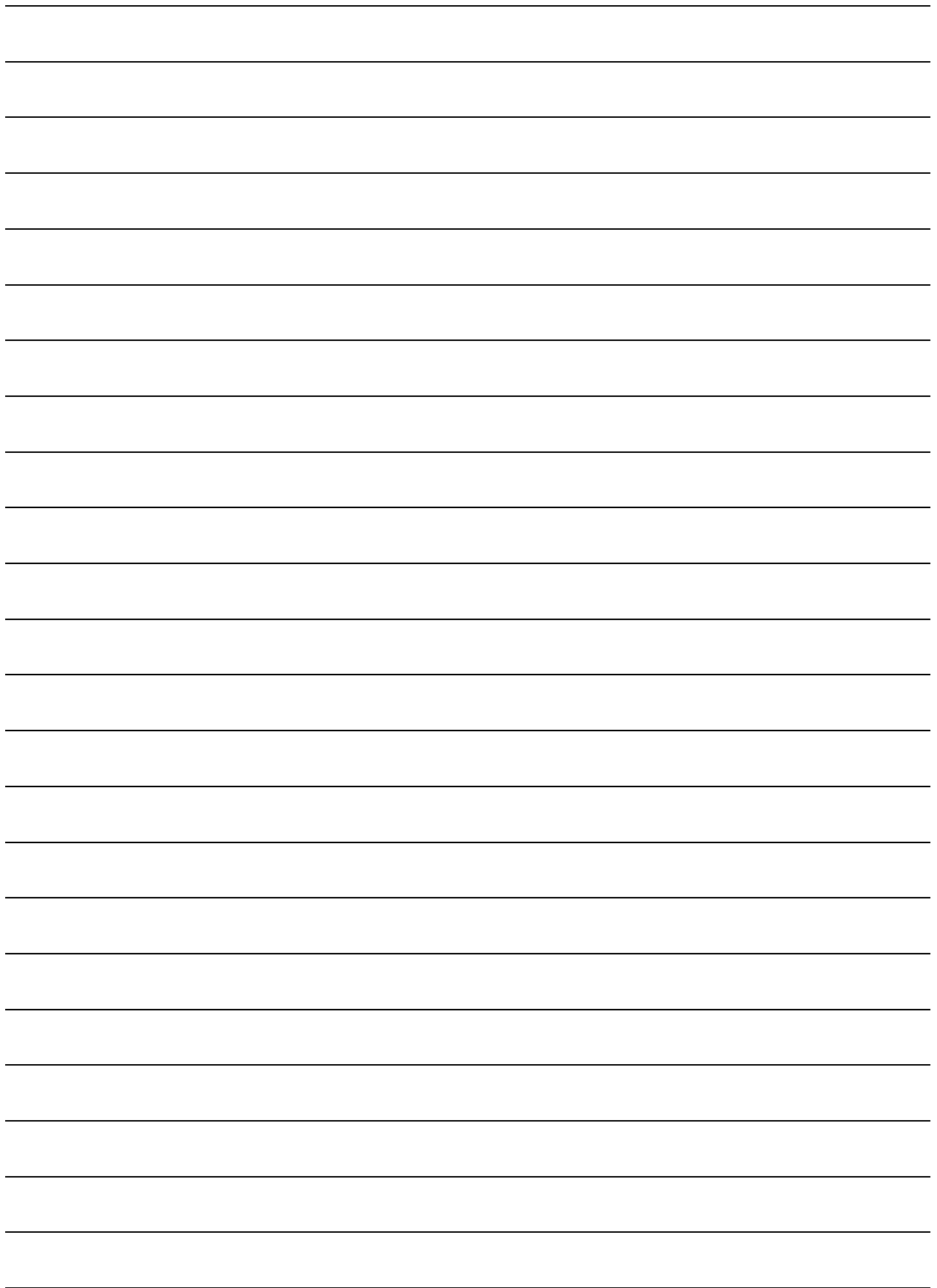
What role did you play?

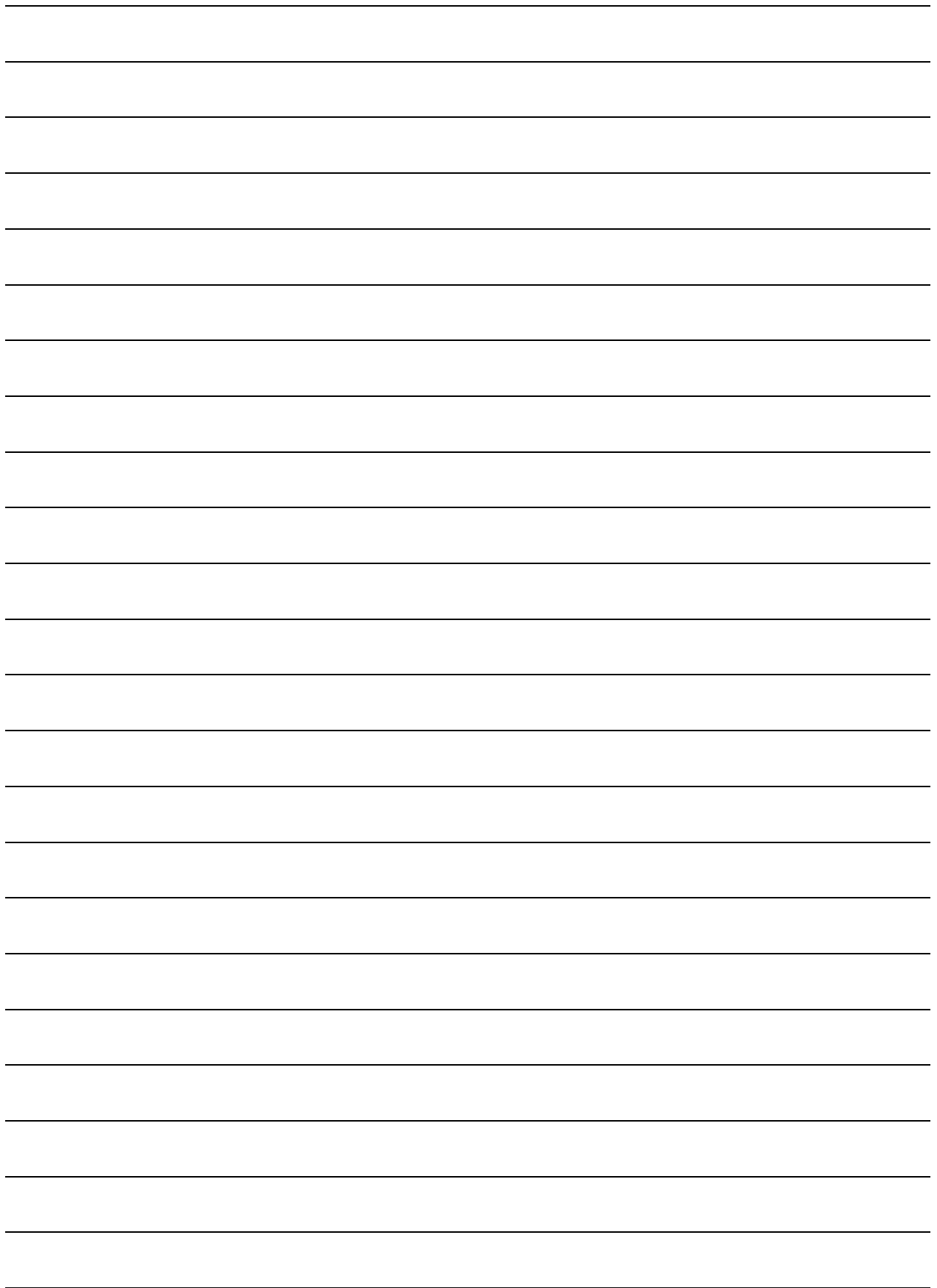


What did you do or not do that created this issue? Personal responsibility.

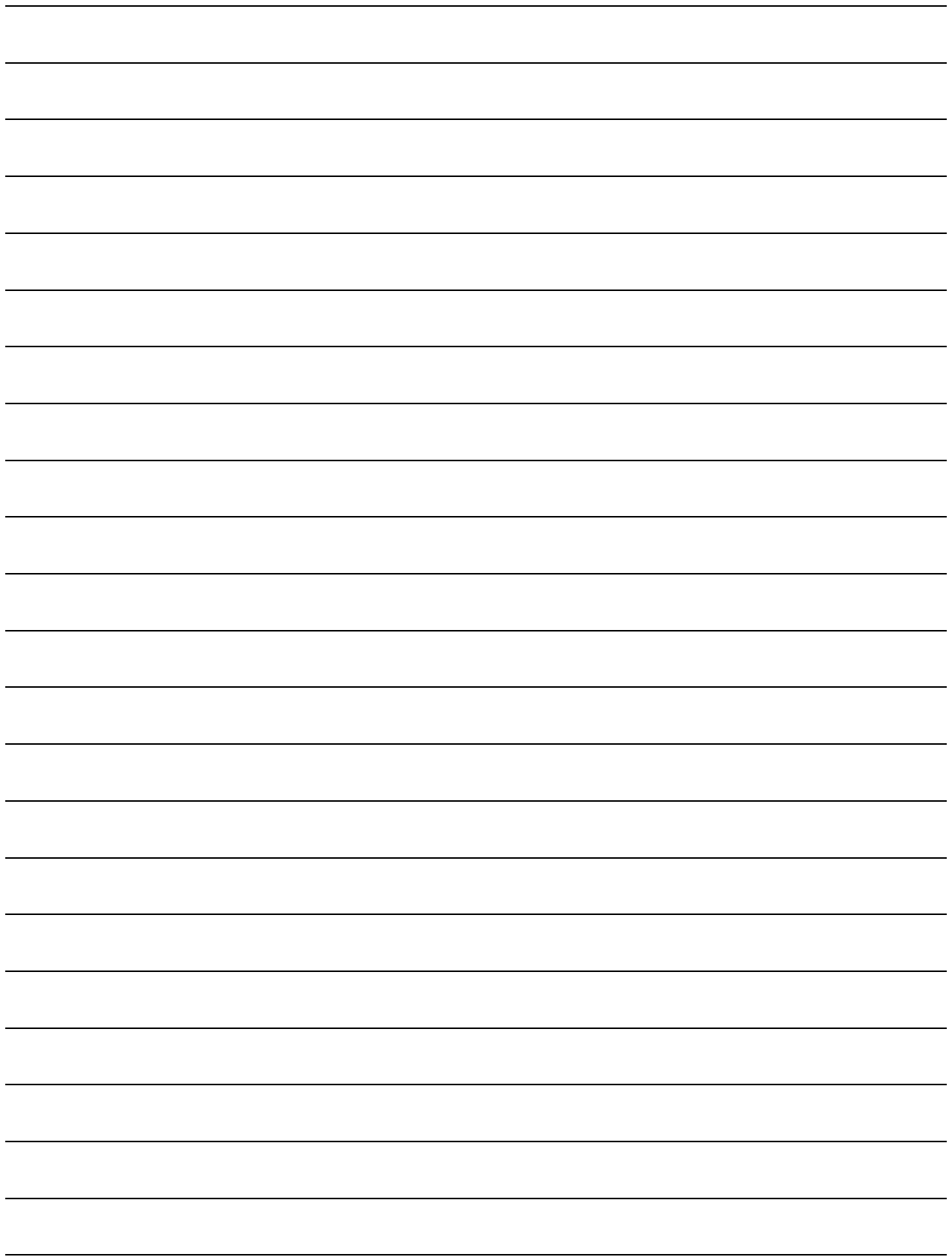


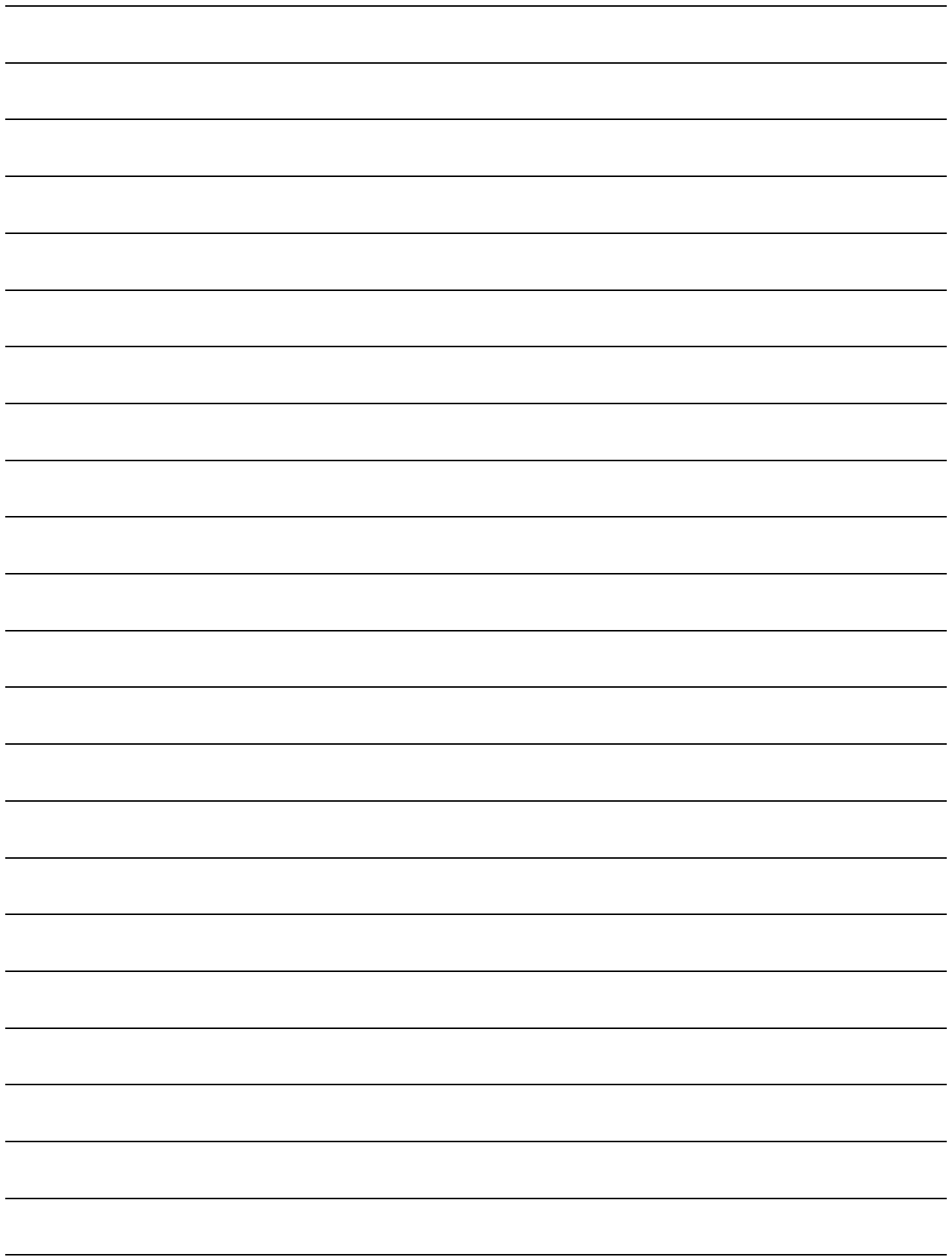


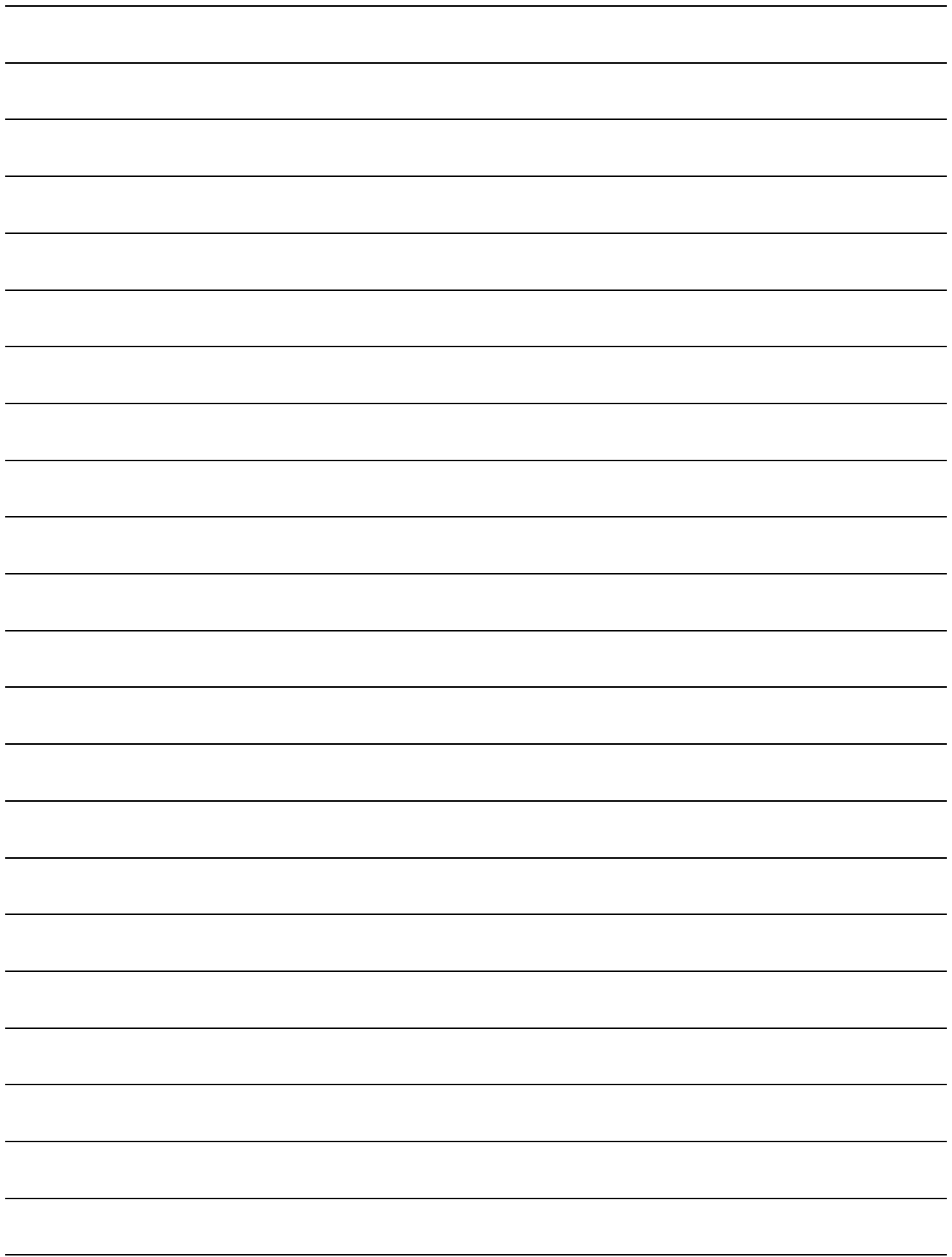


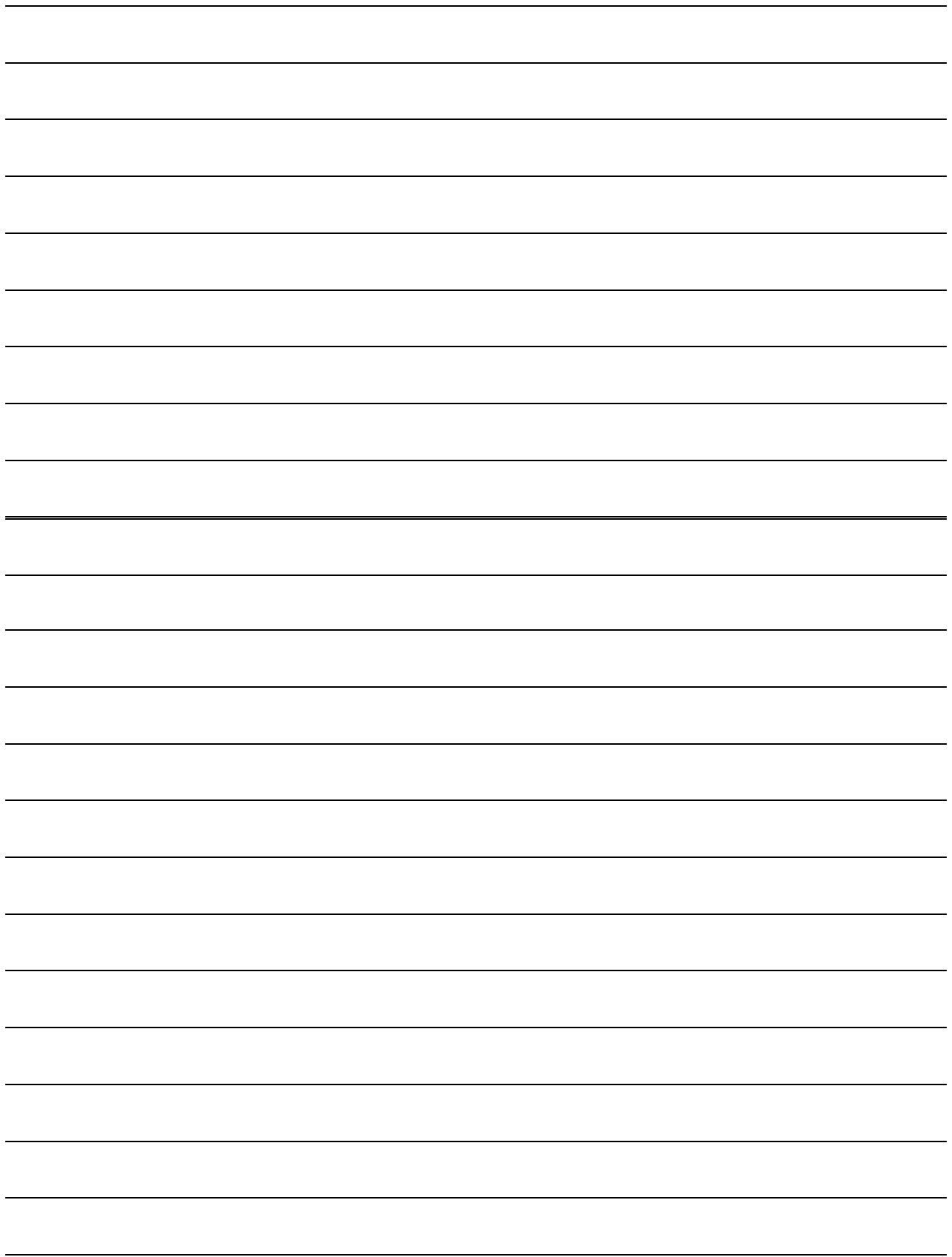






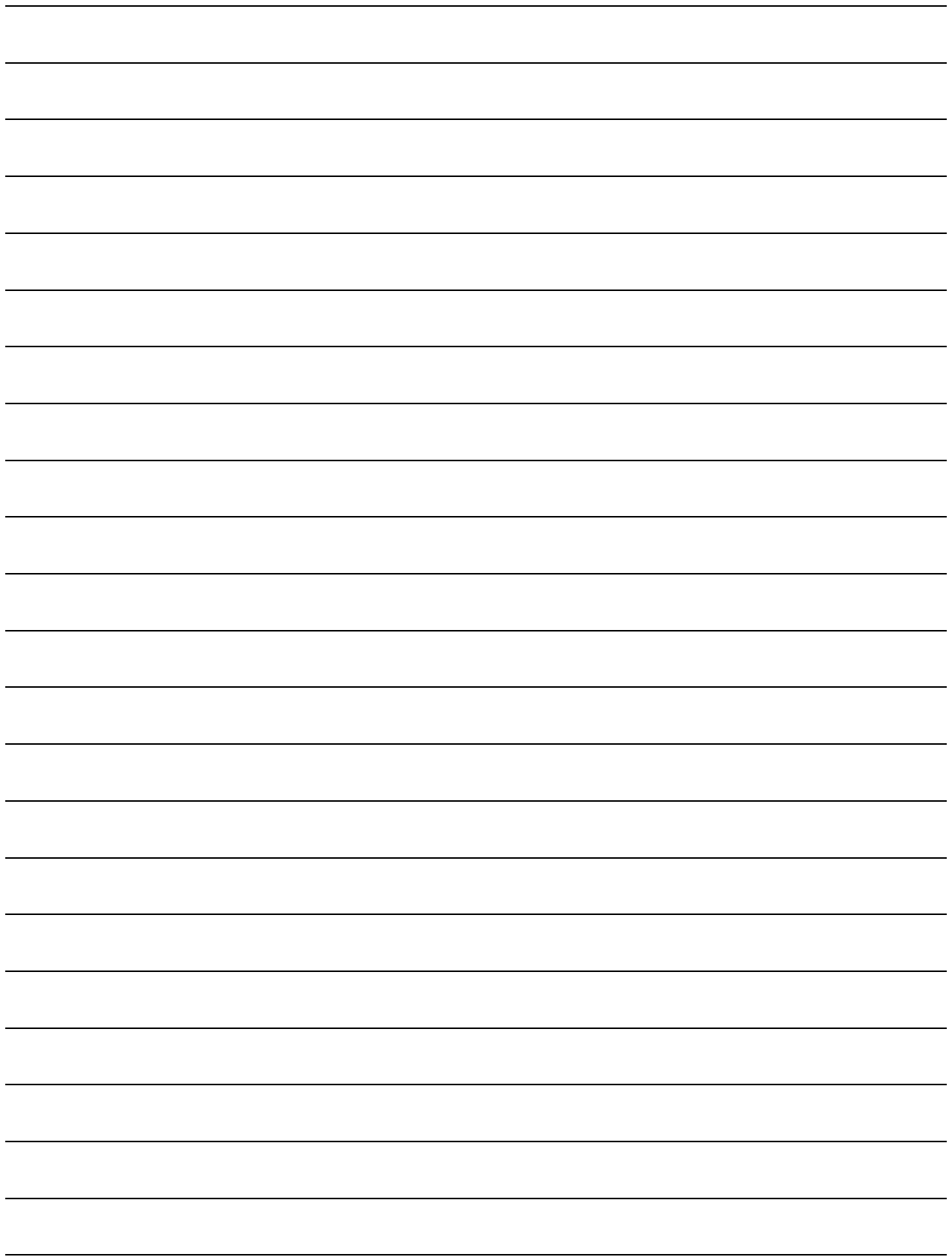


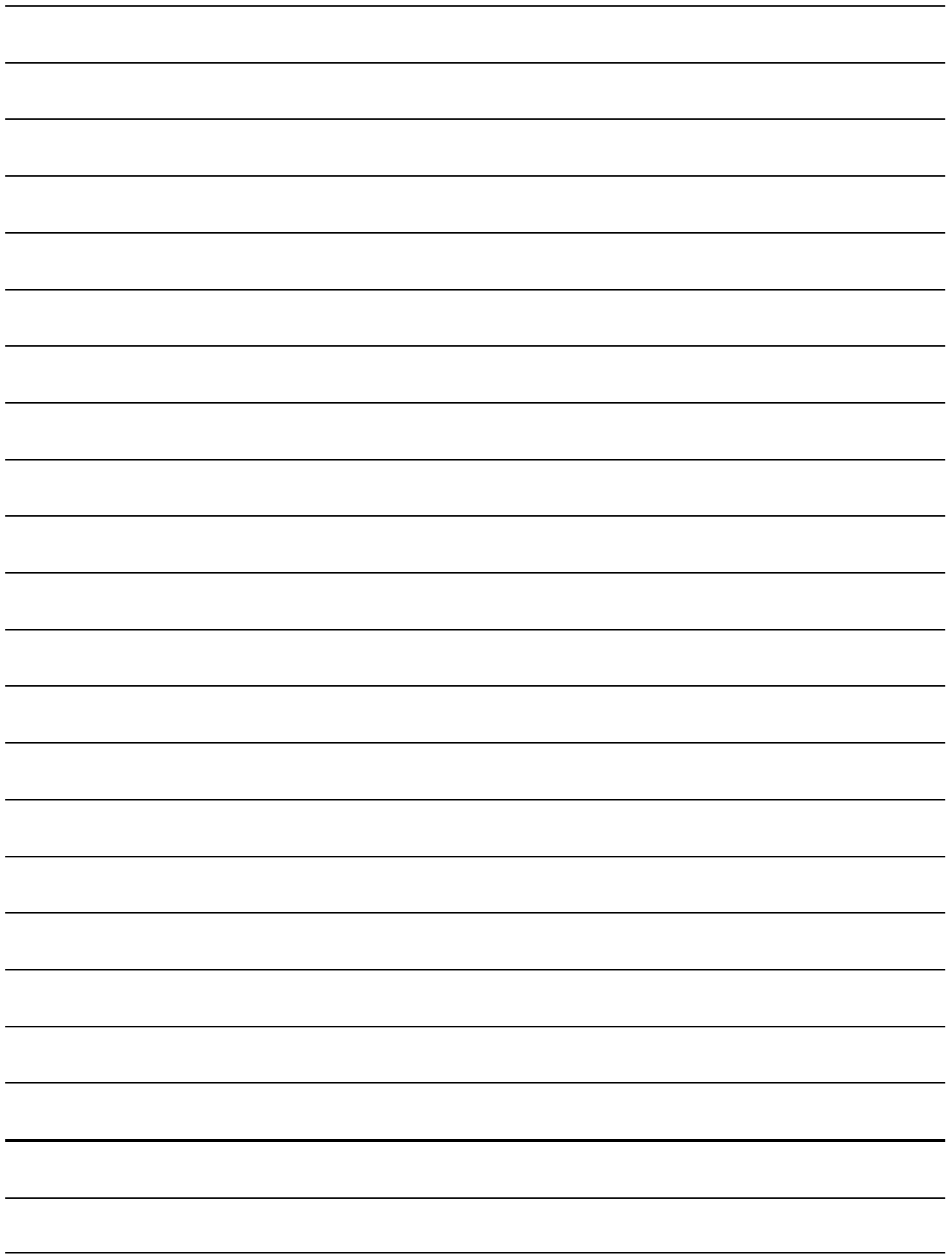


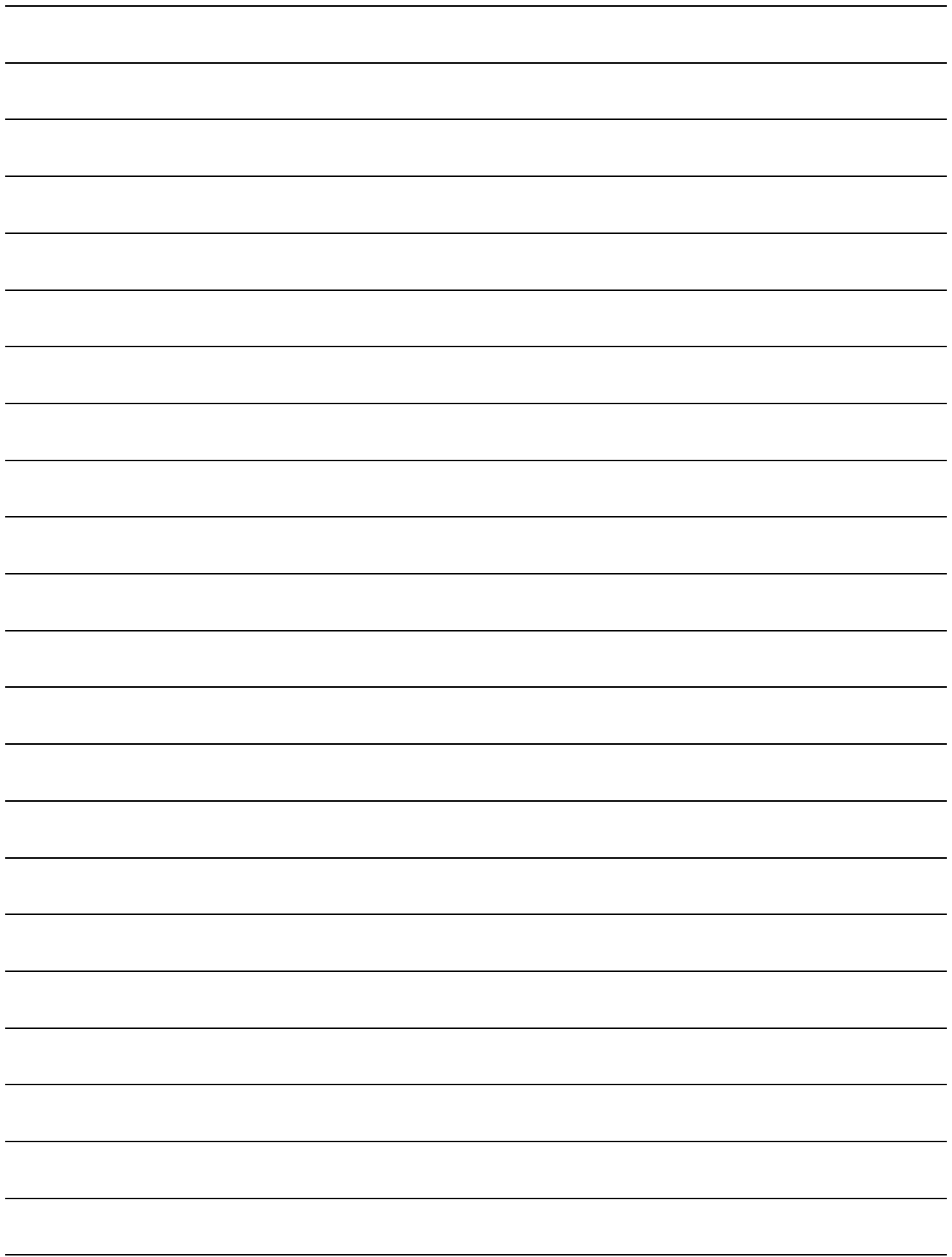


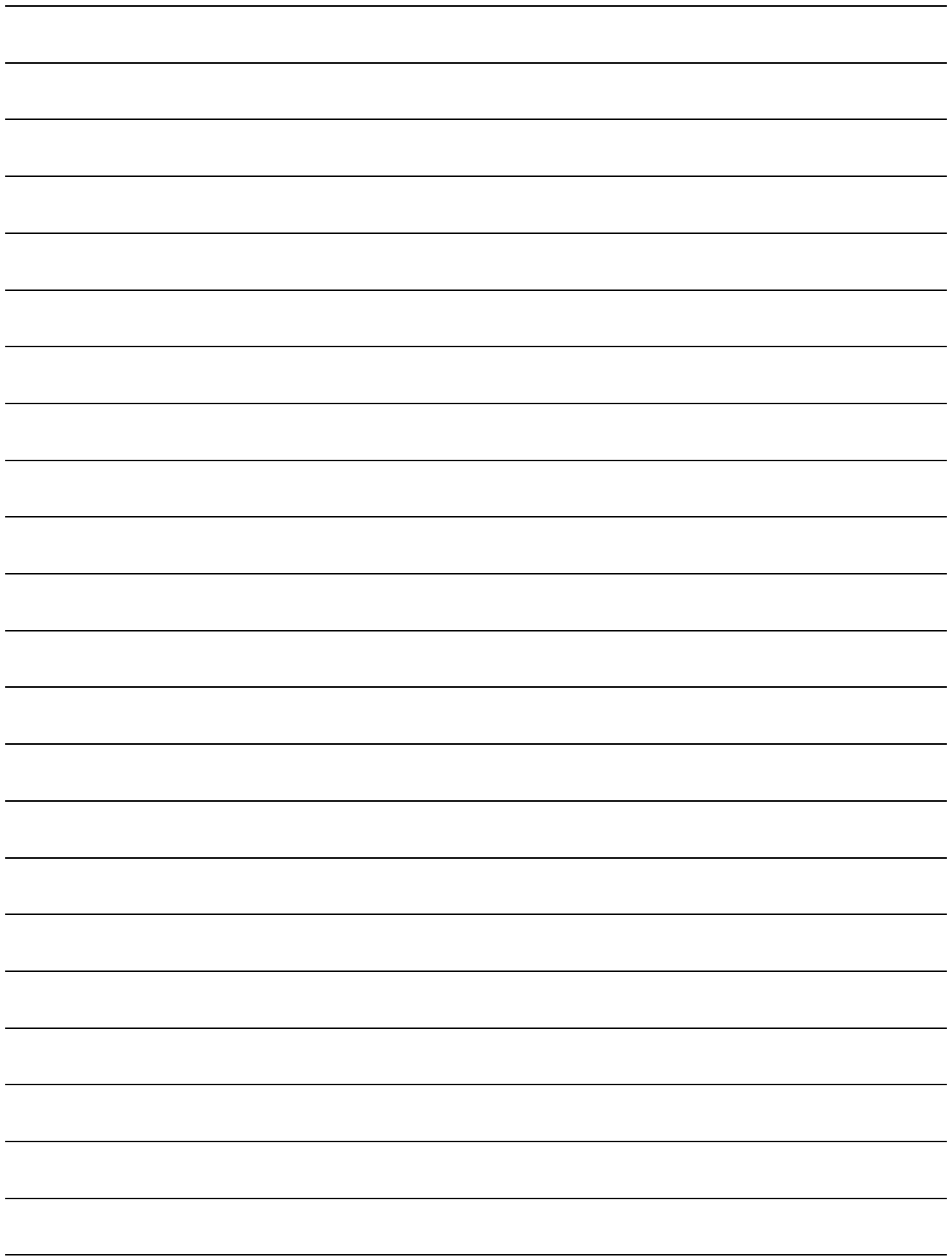
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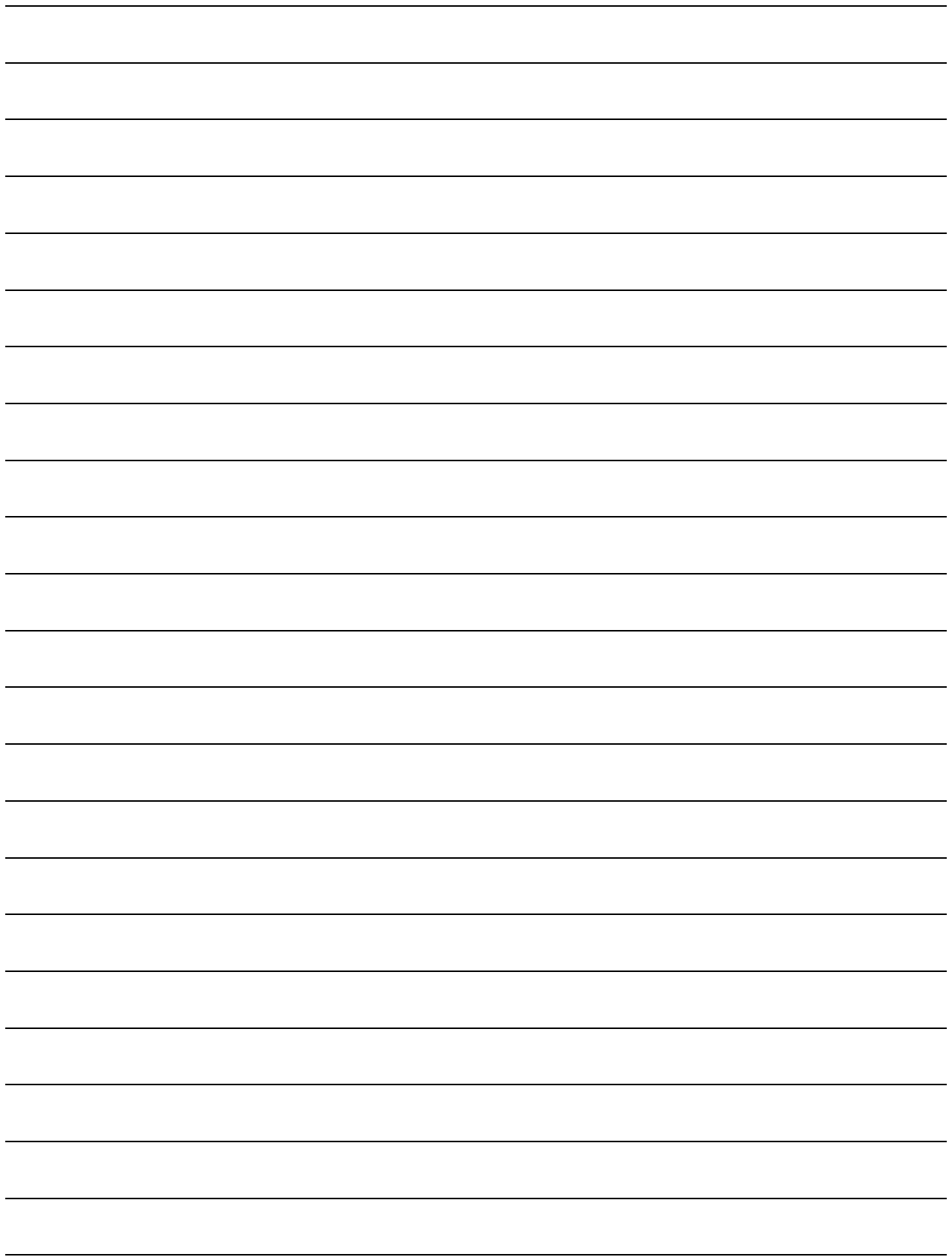


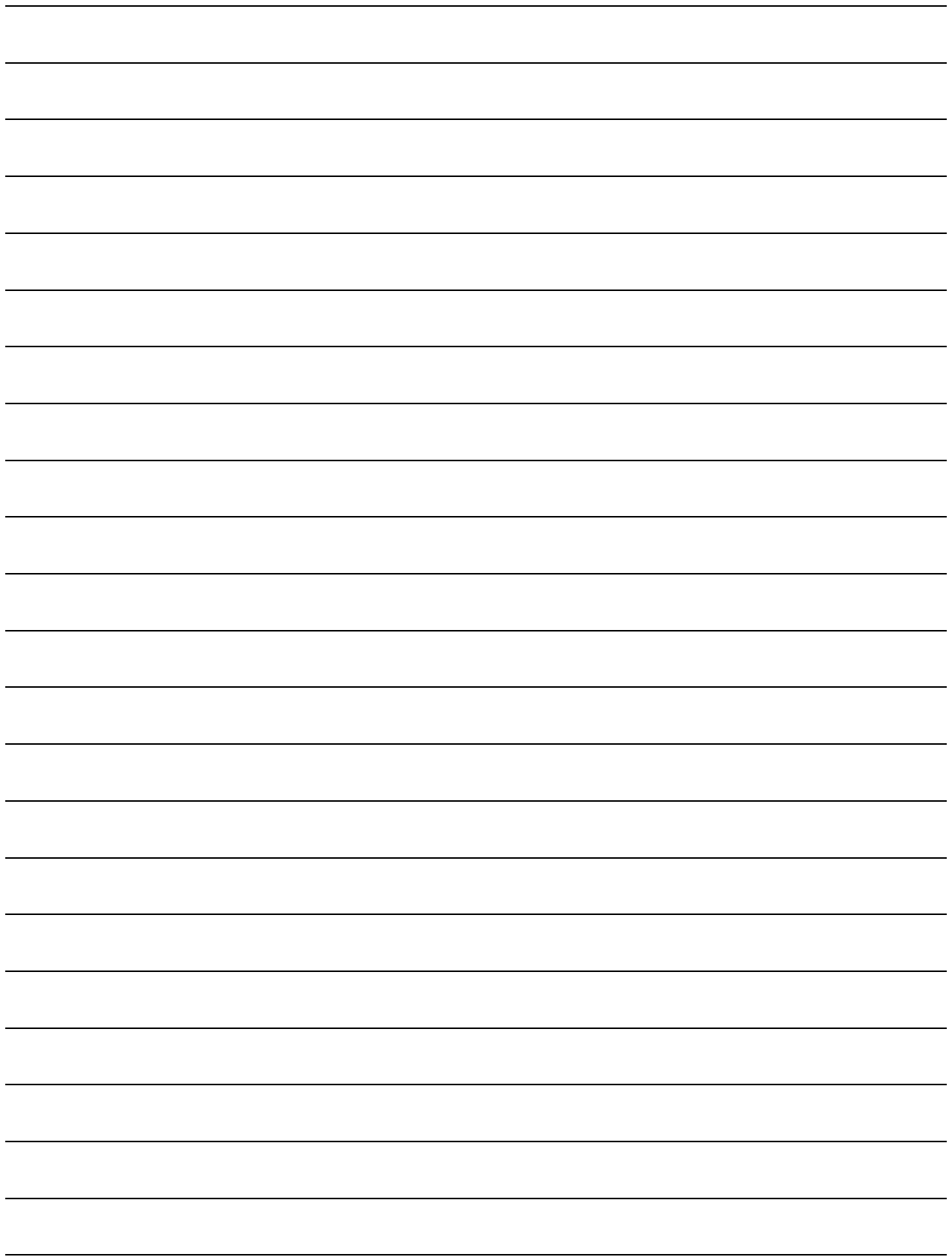


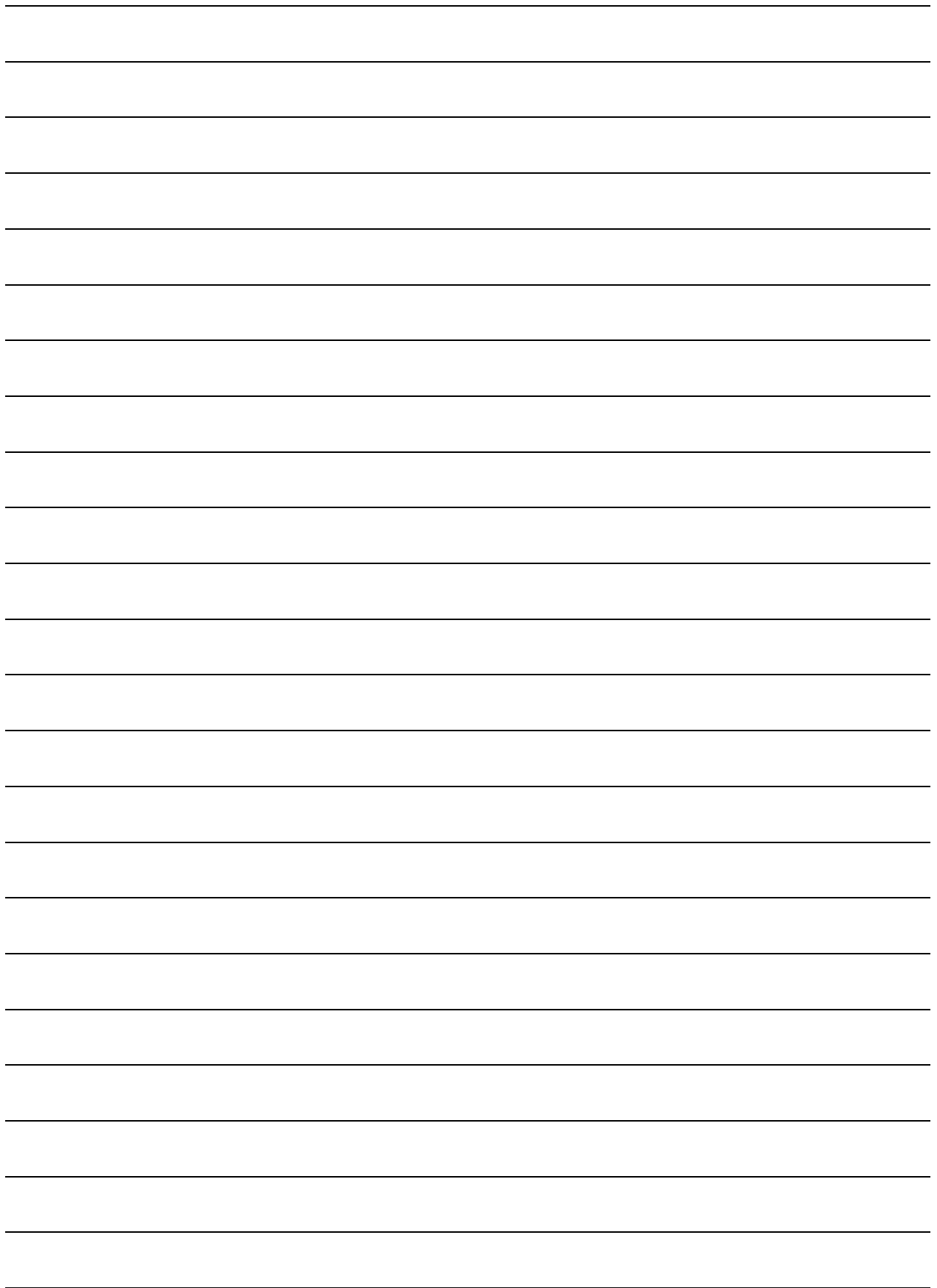


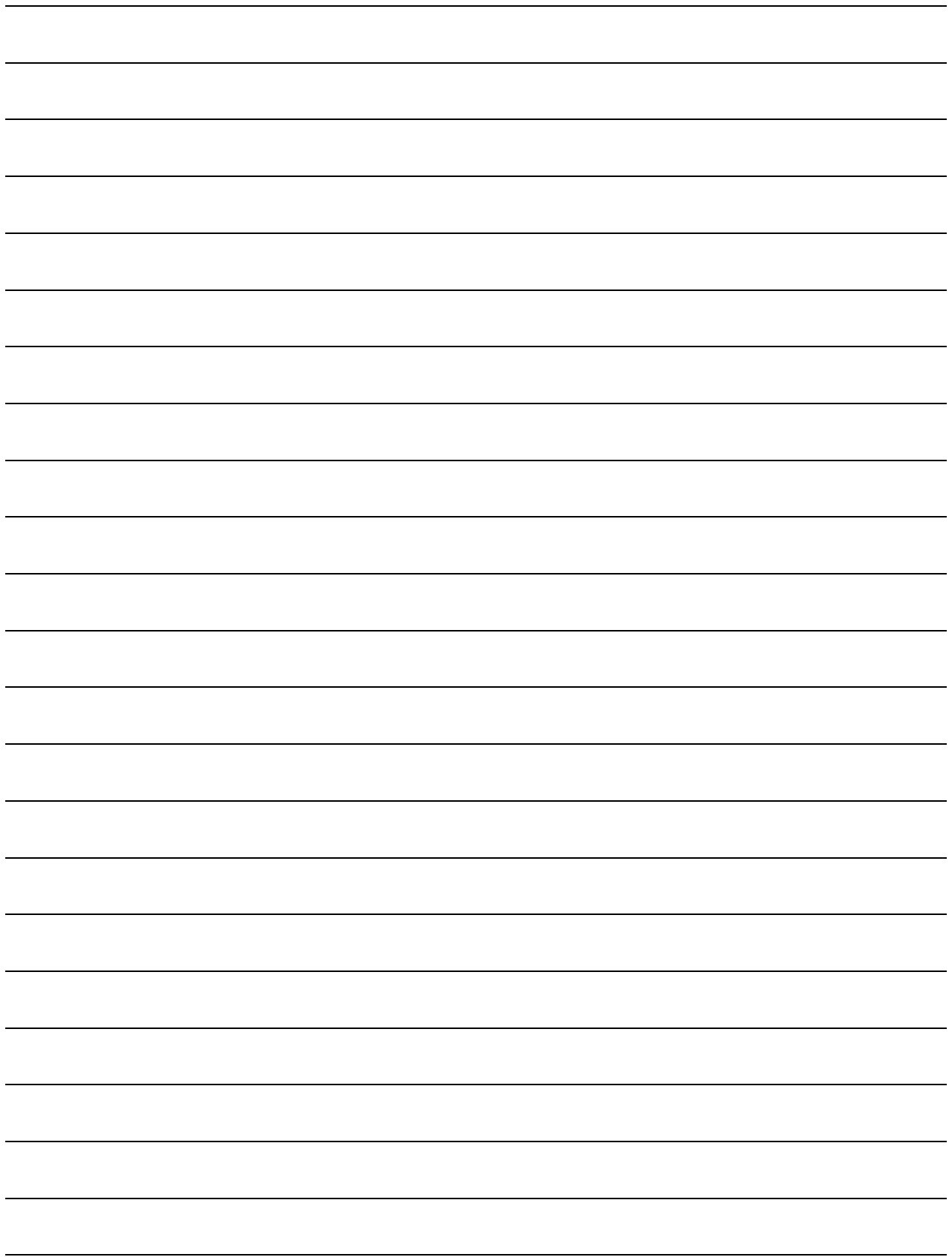








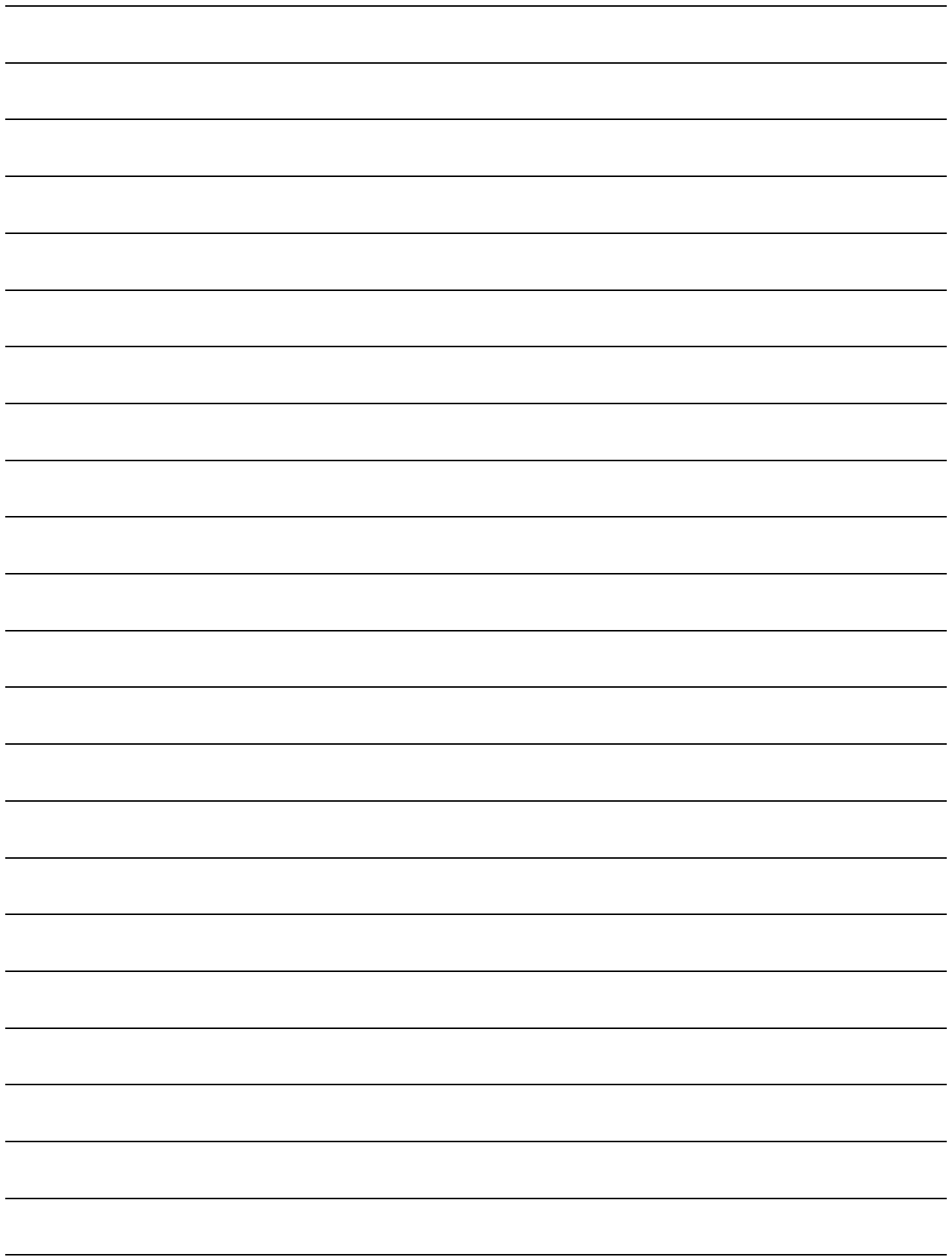


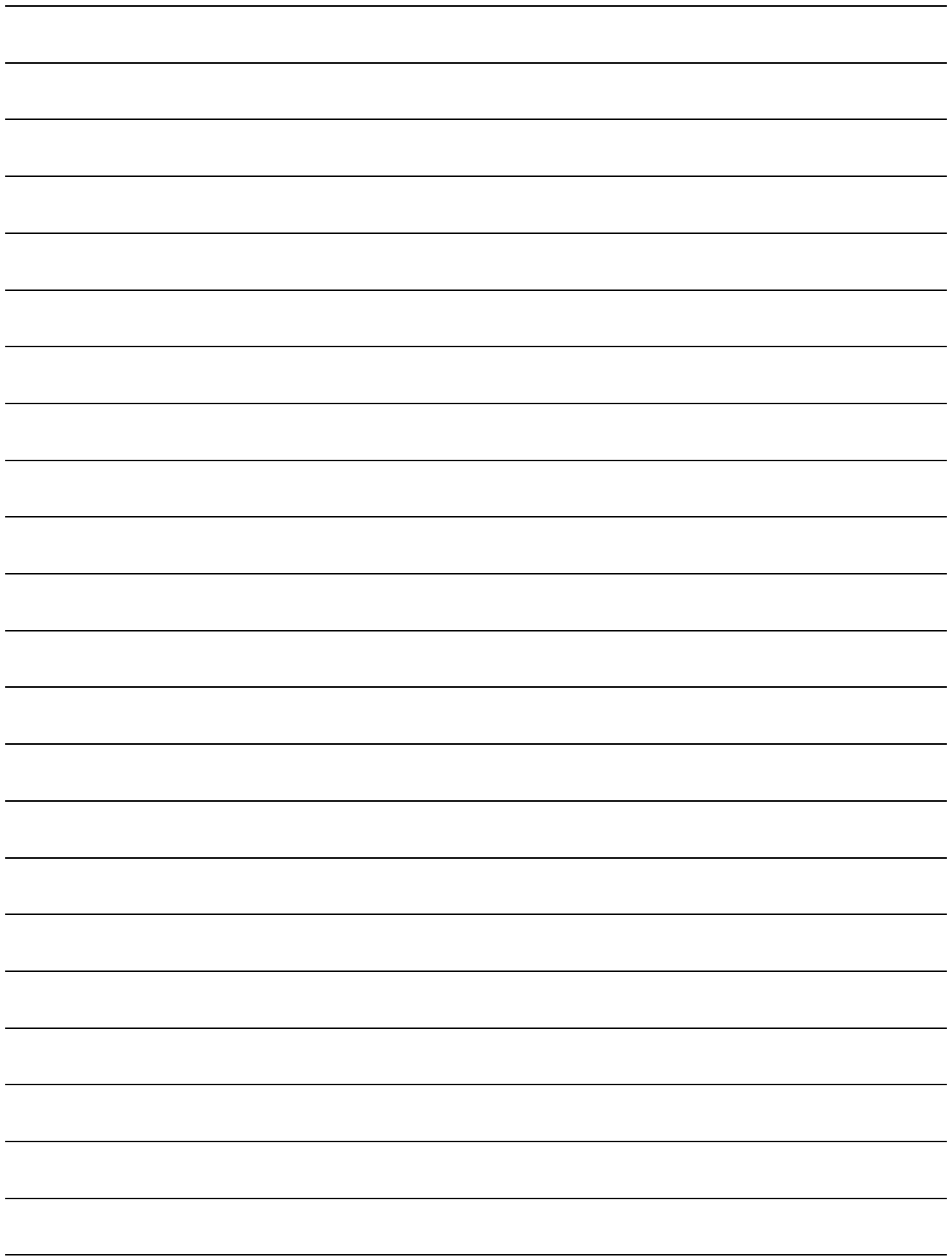


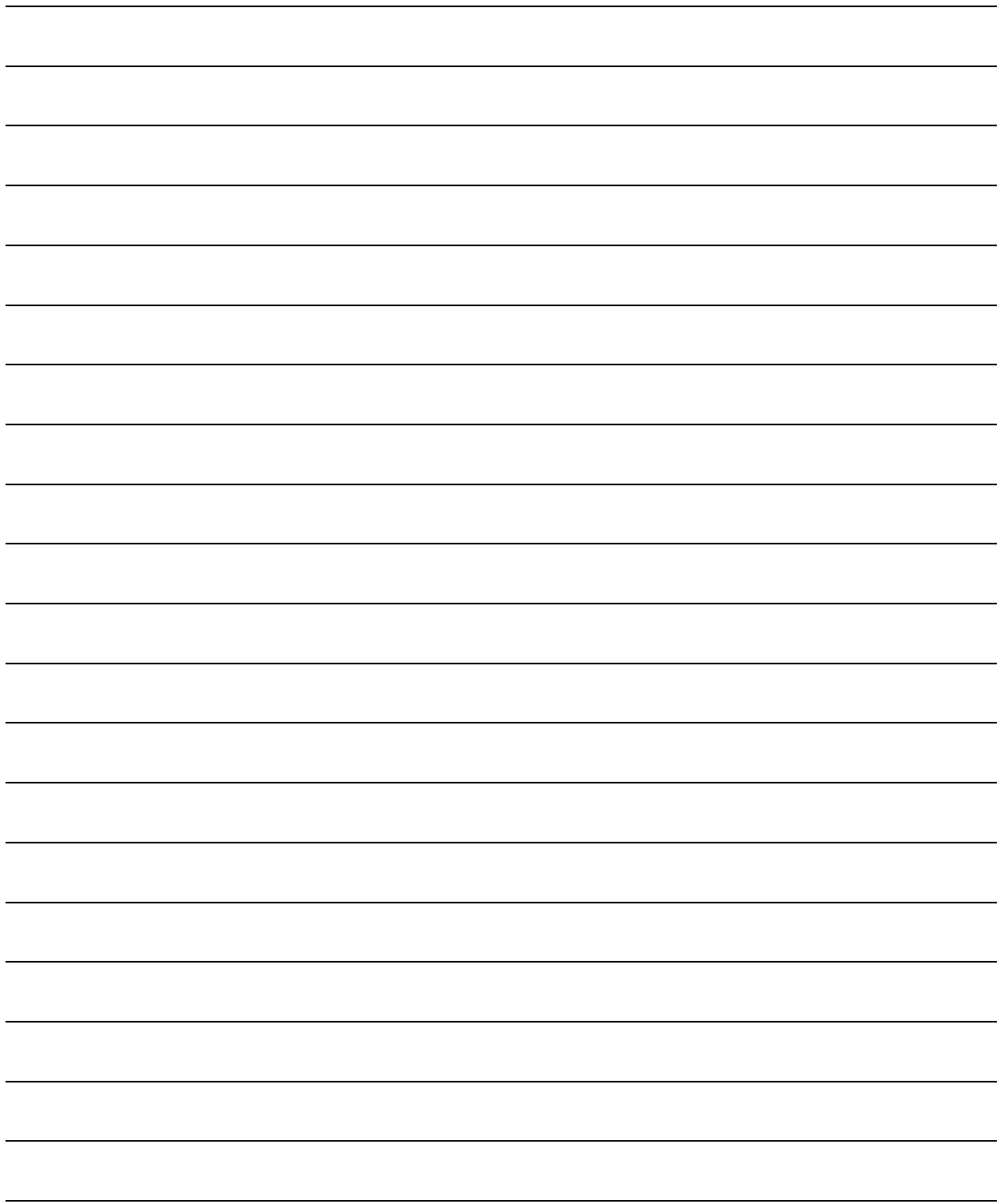
I want

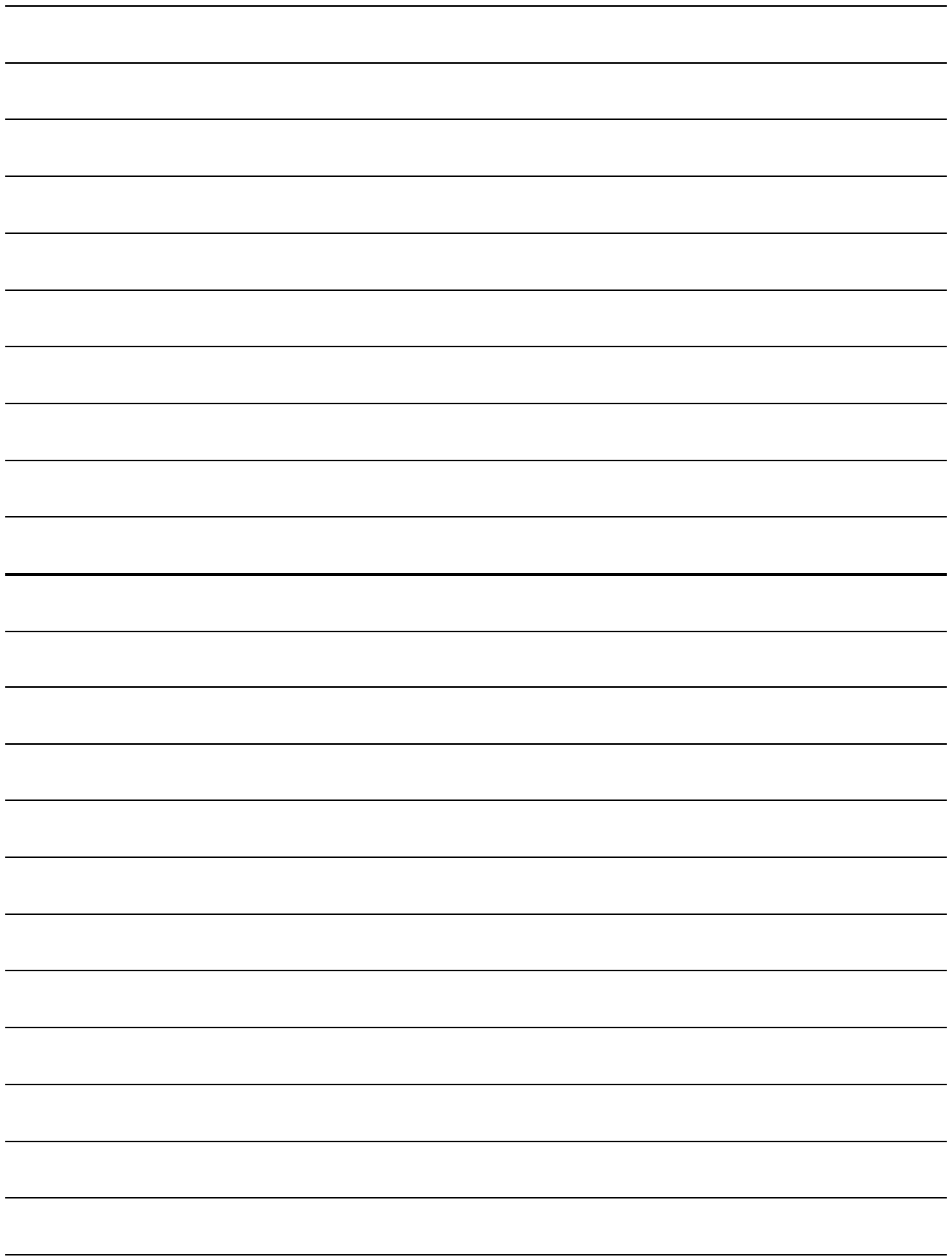


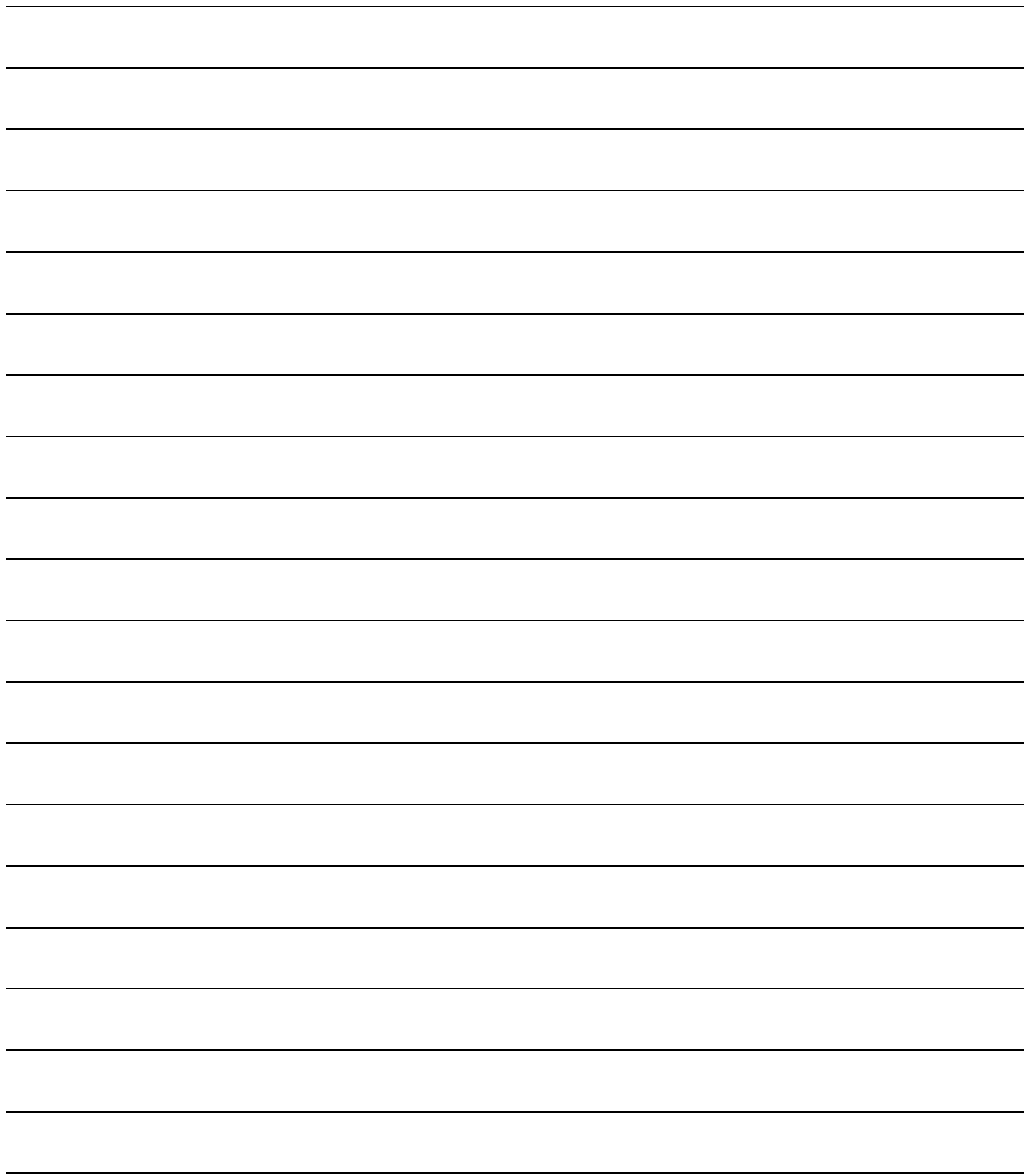
I hate

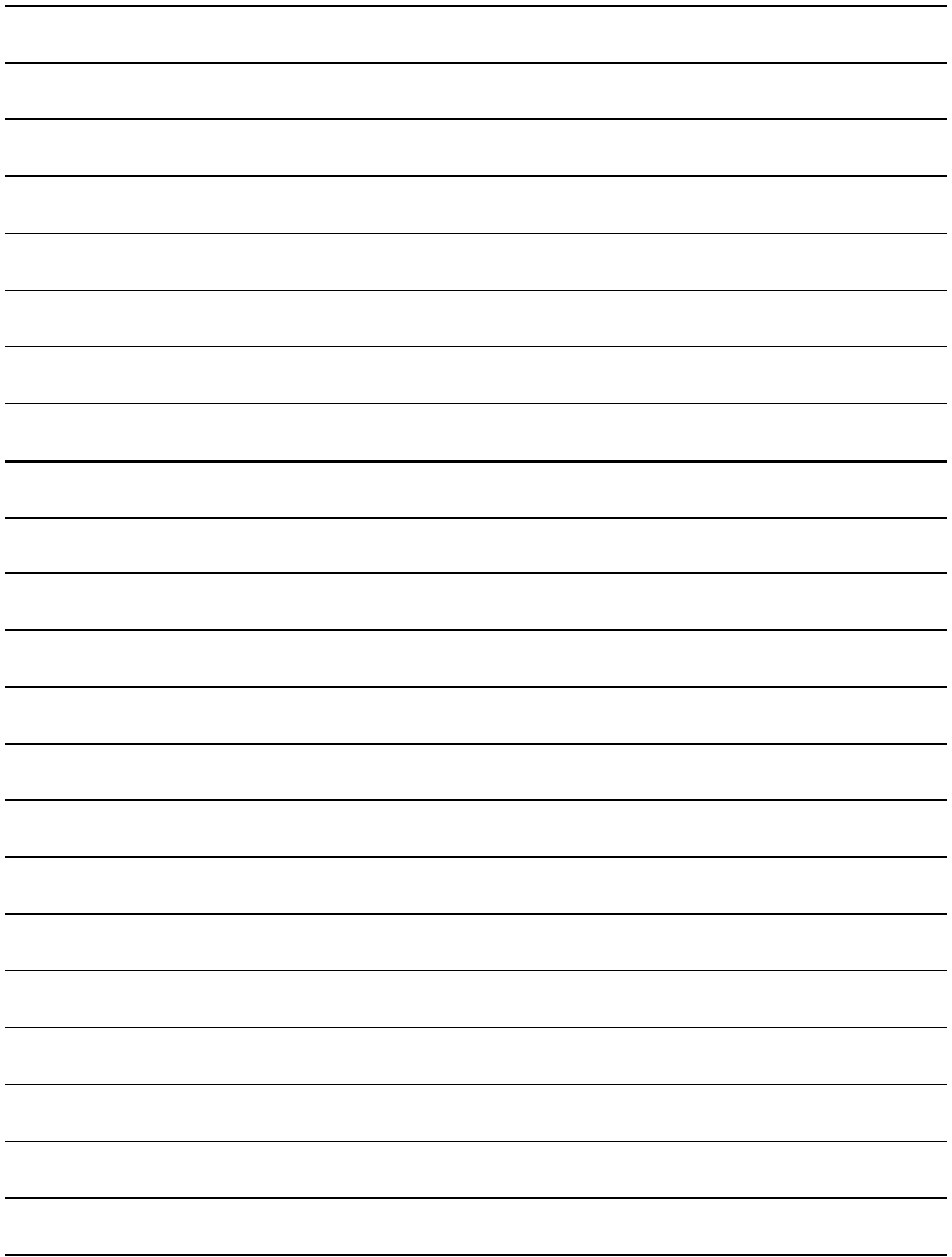


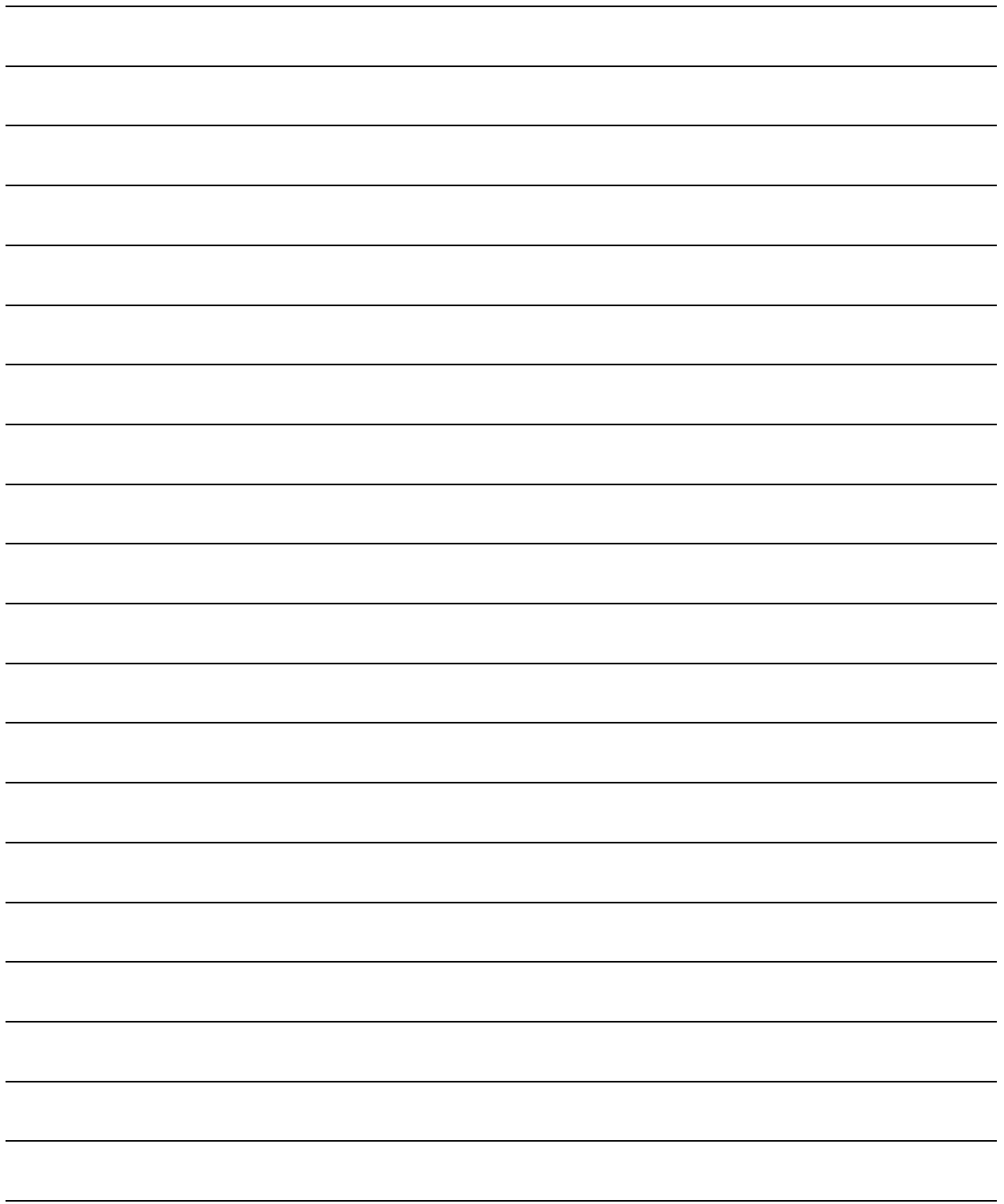




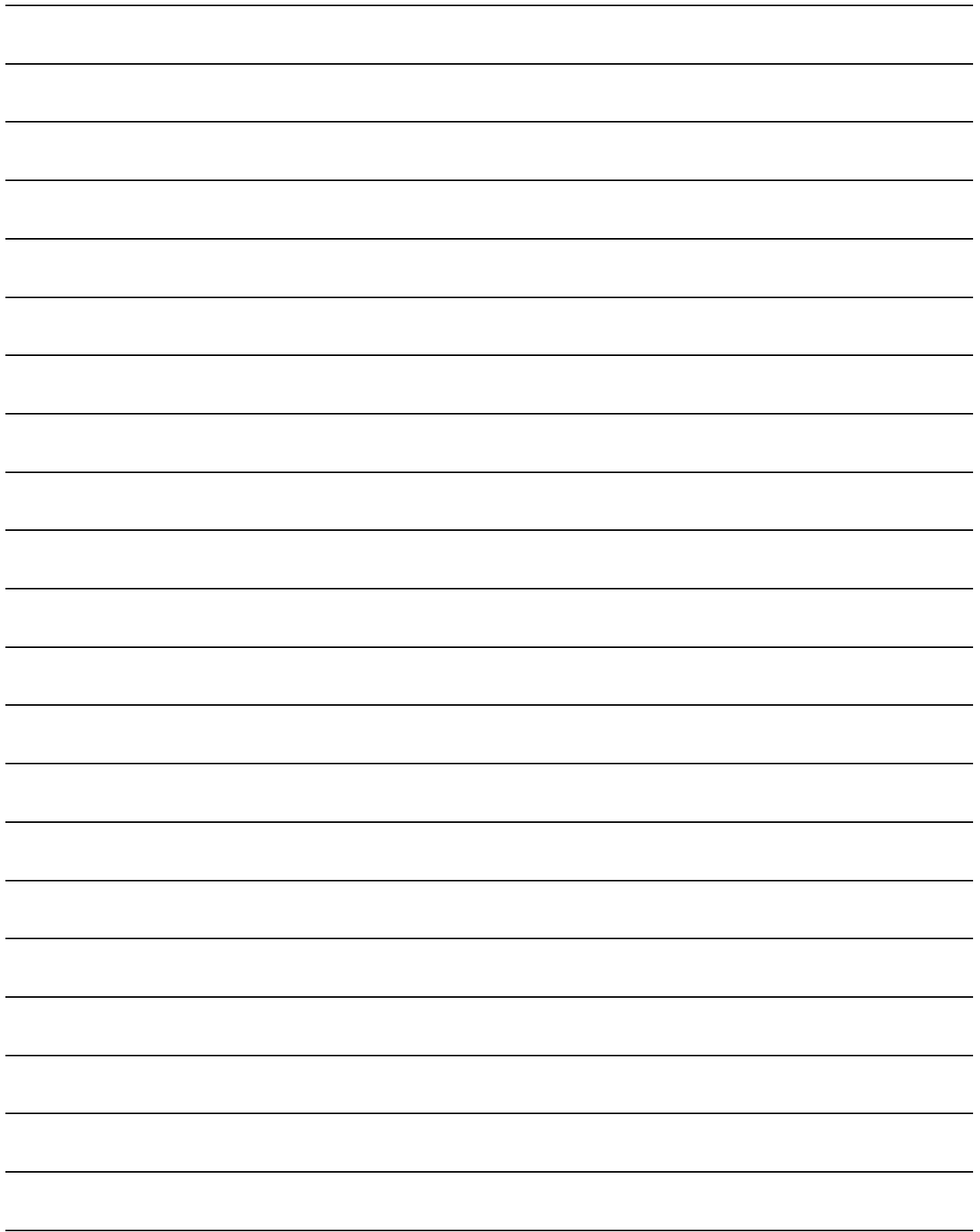




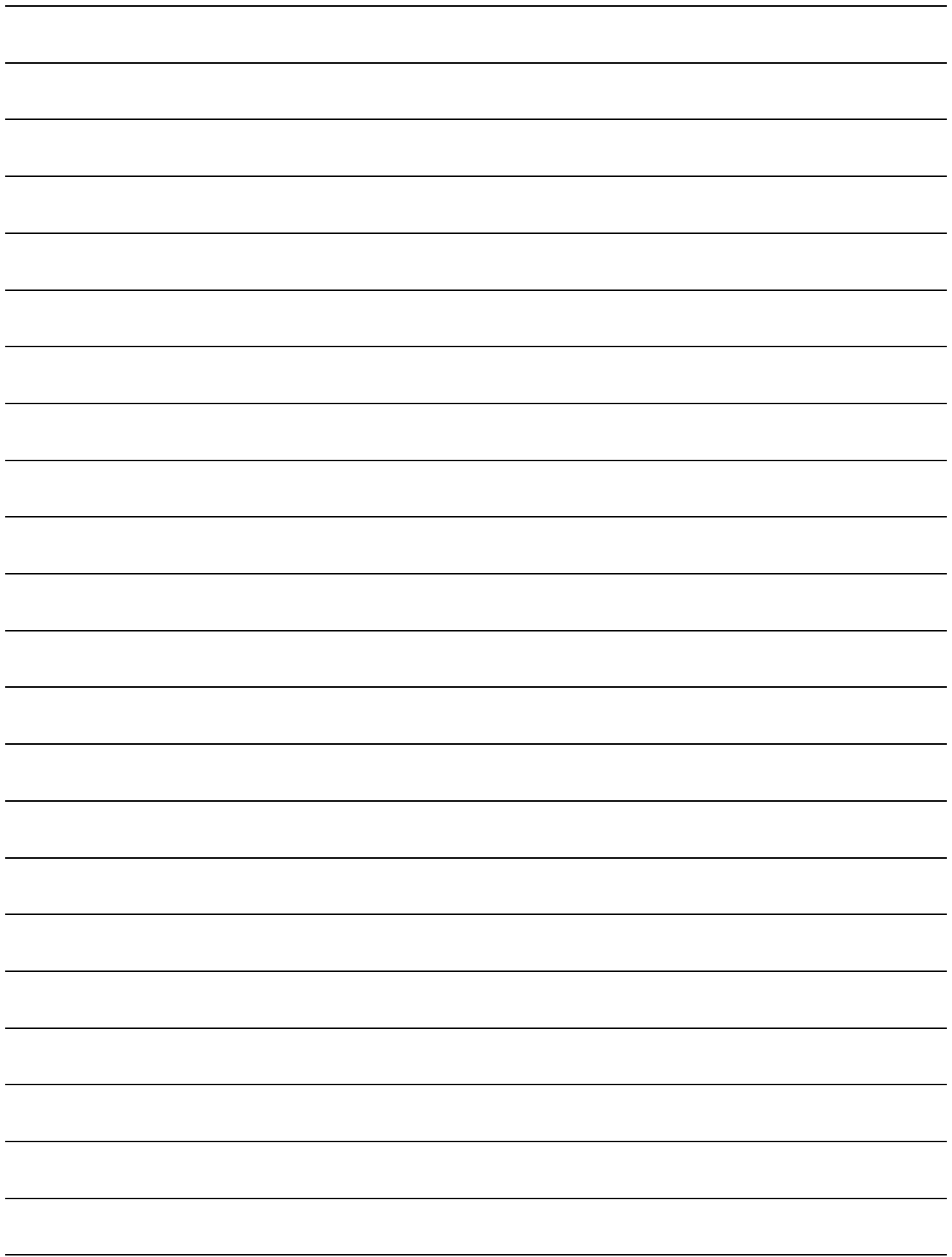


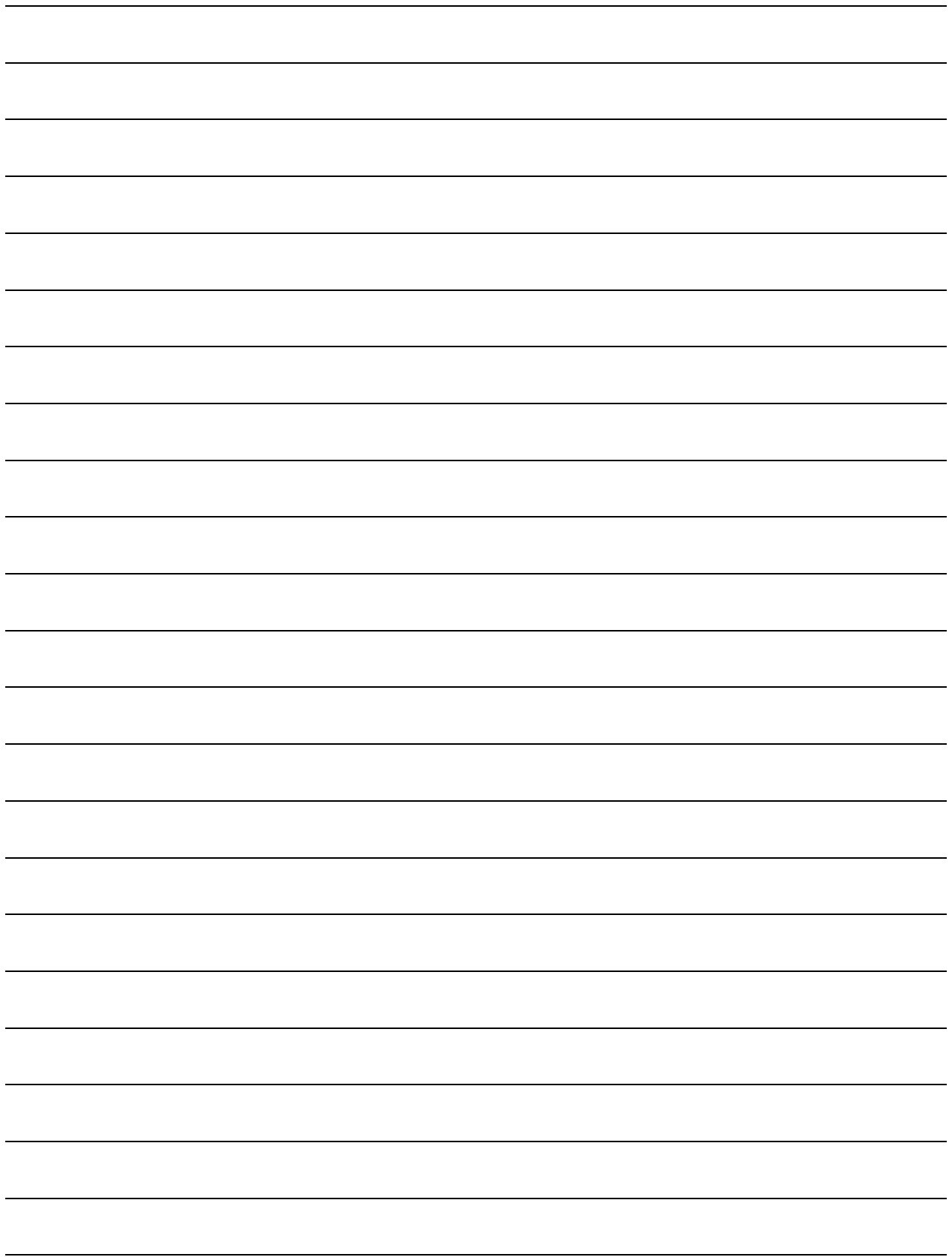


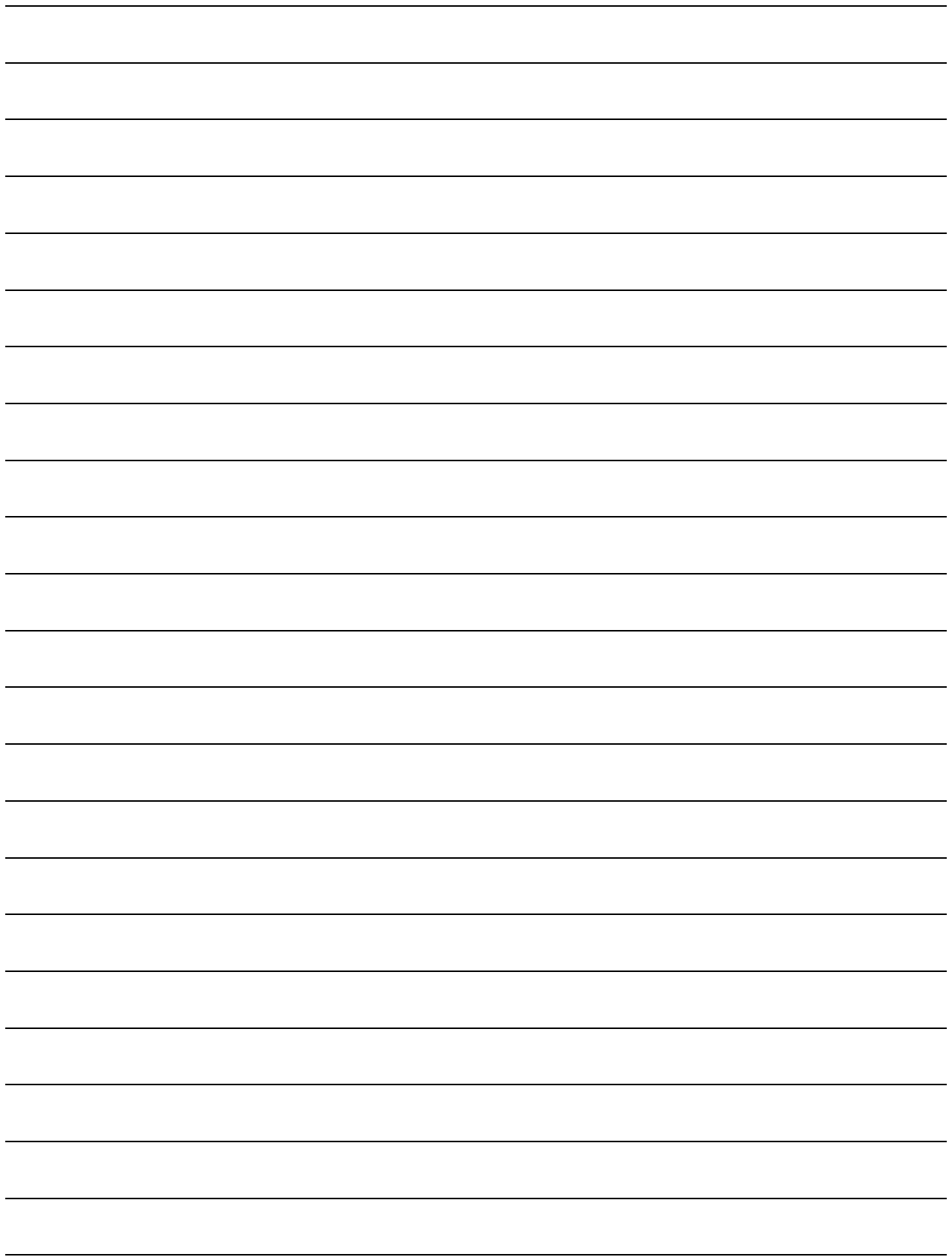




What does my life look like with this resolved?

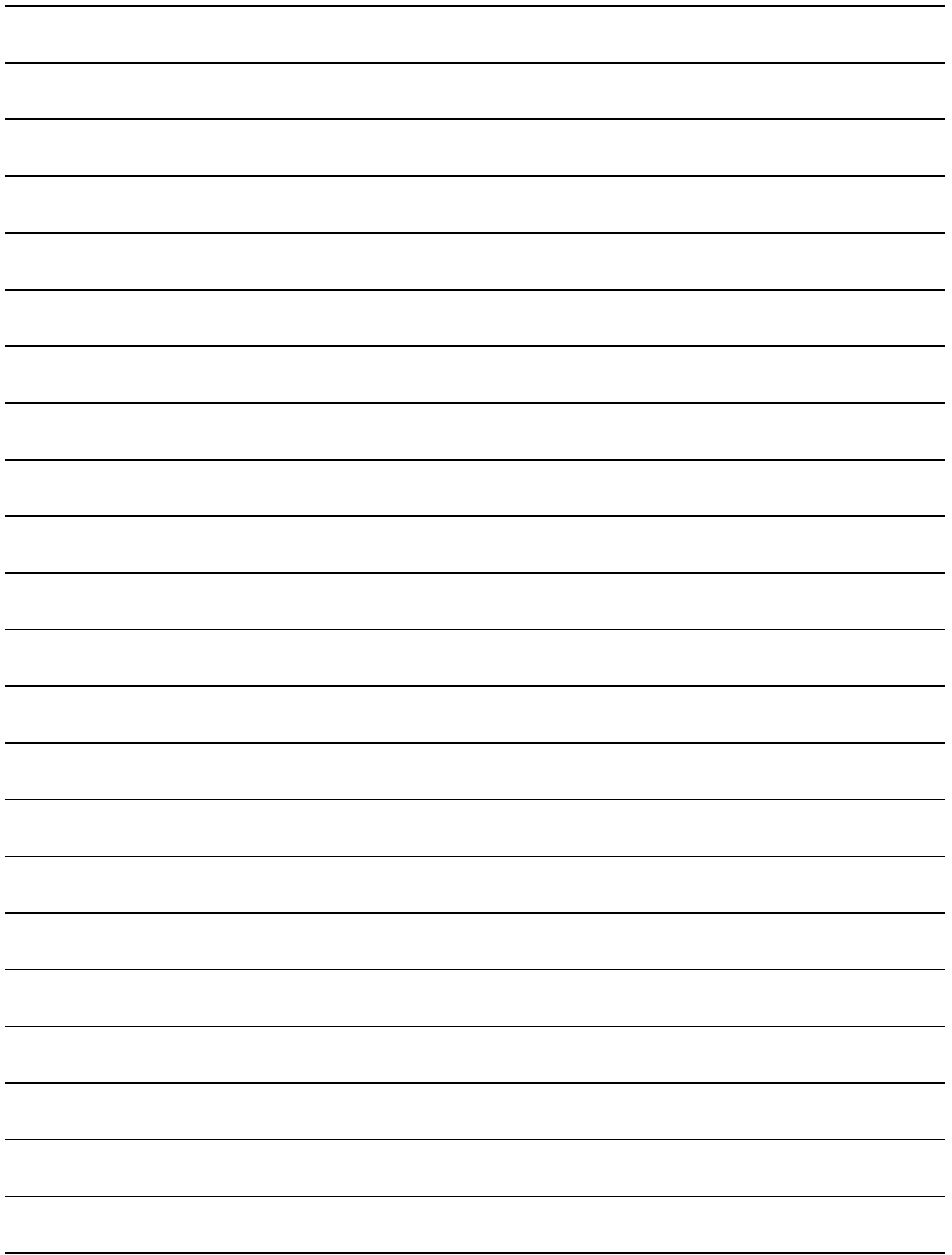


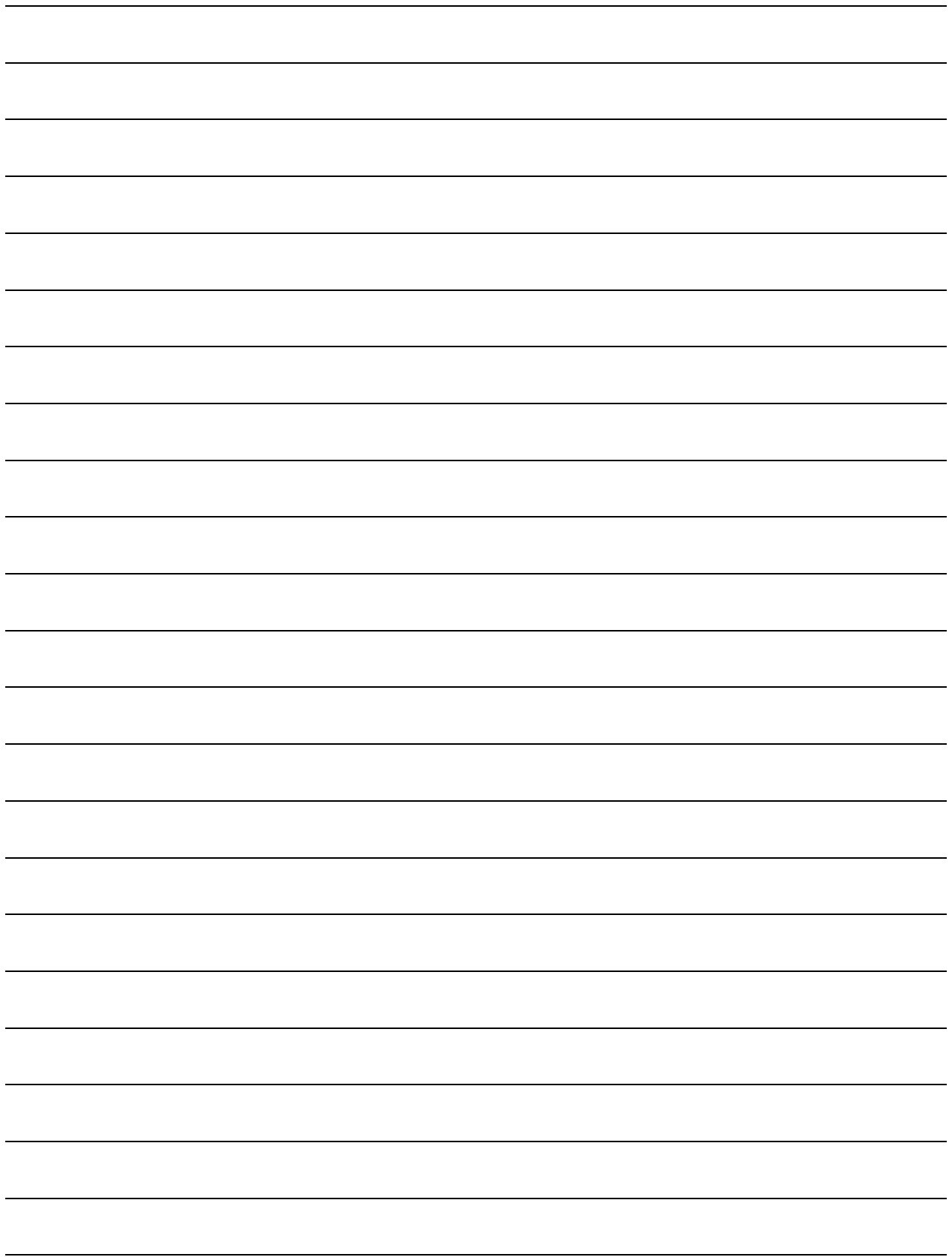


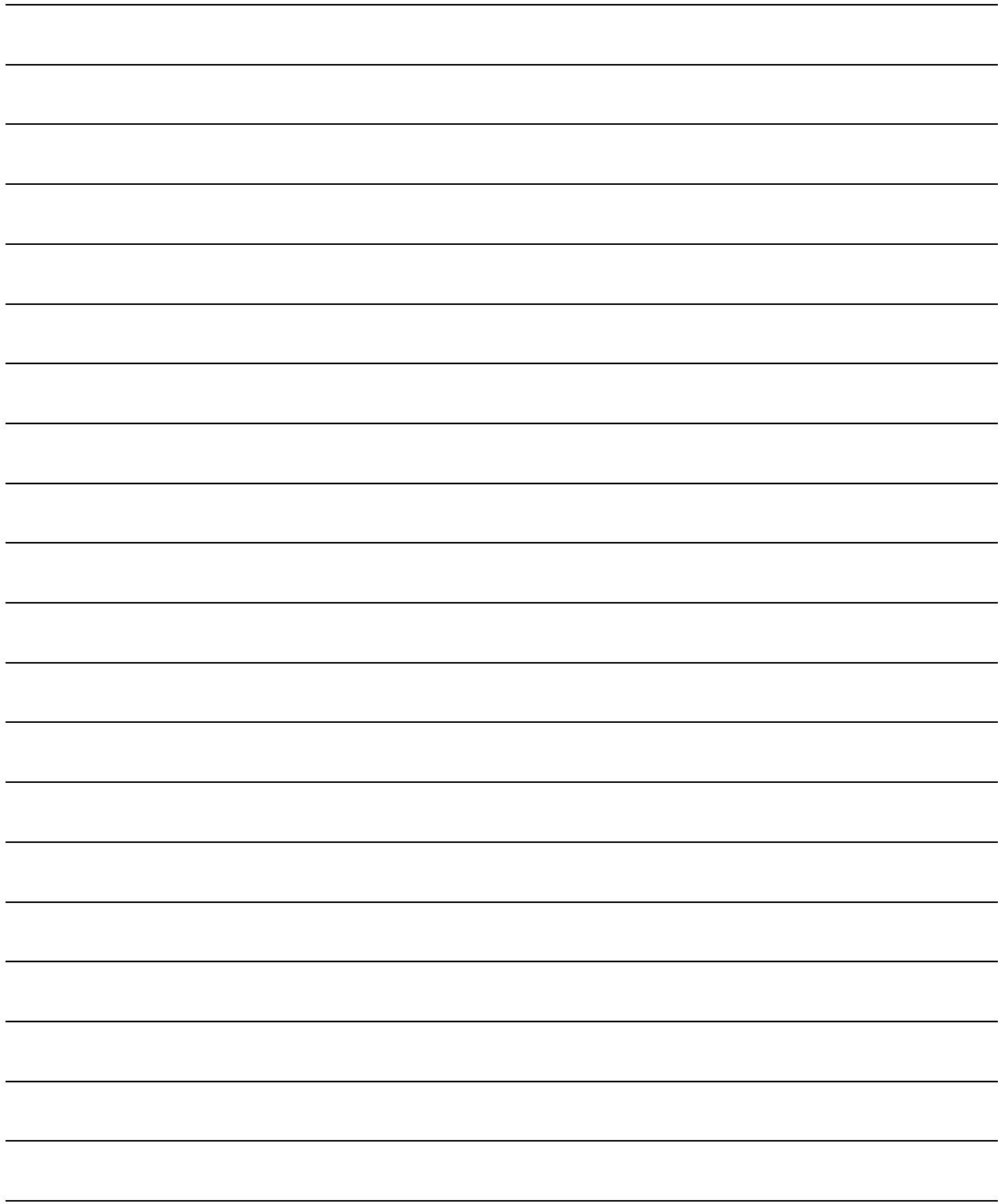




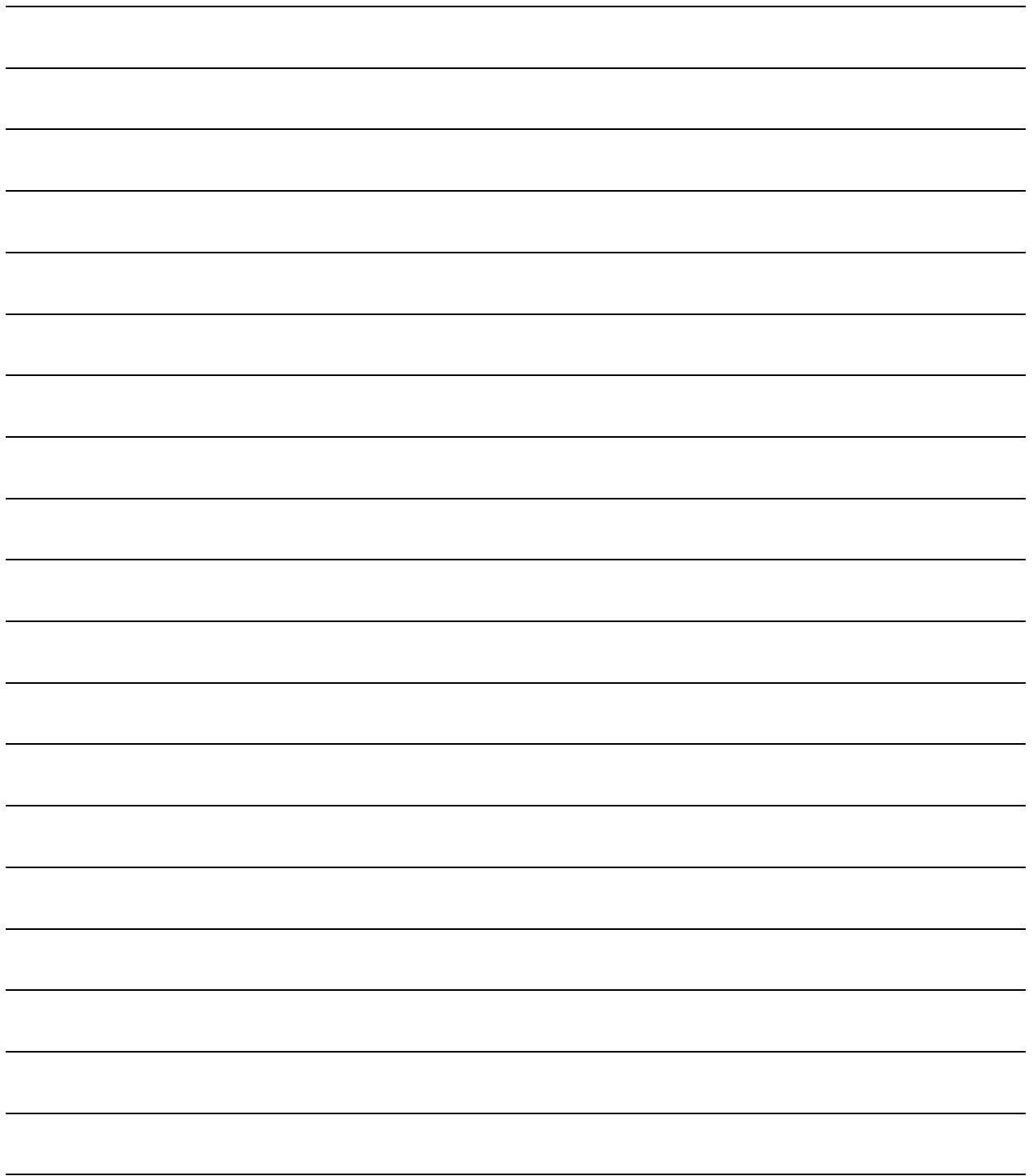
What is a way I can move toward a solution?

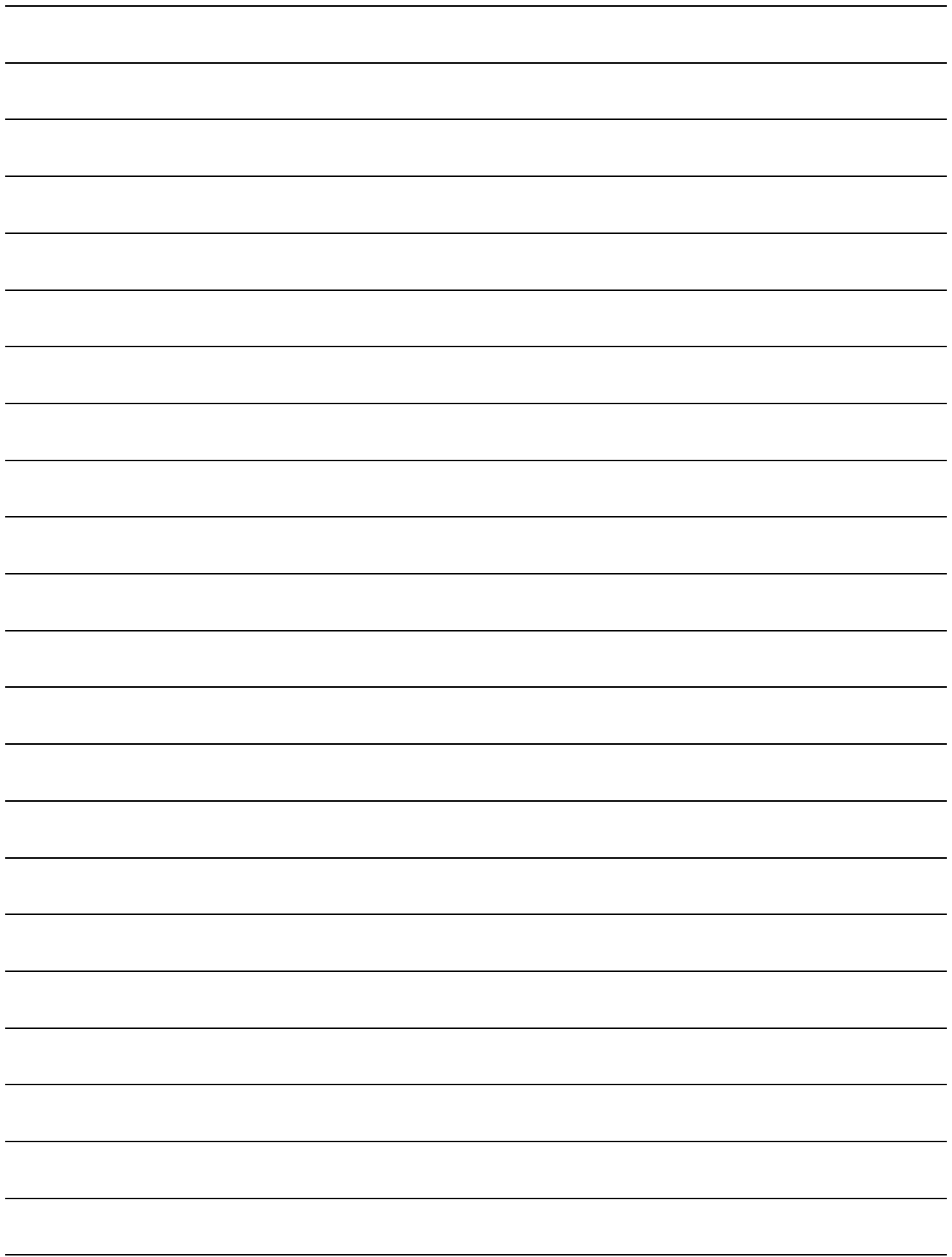


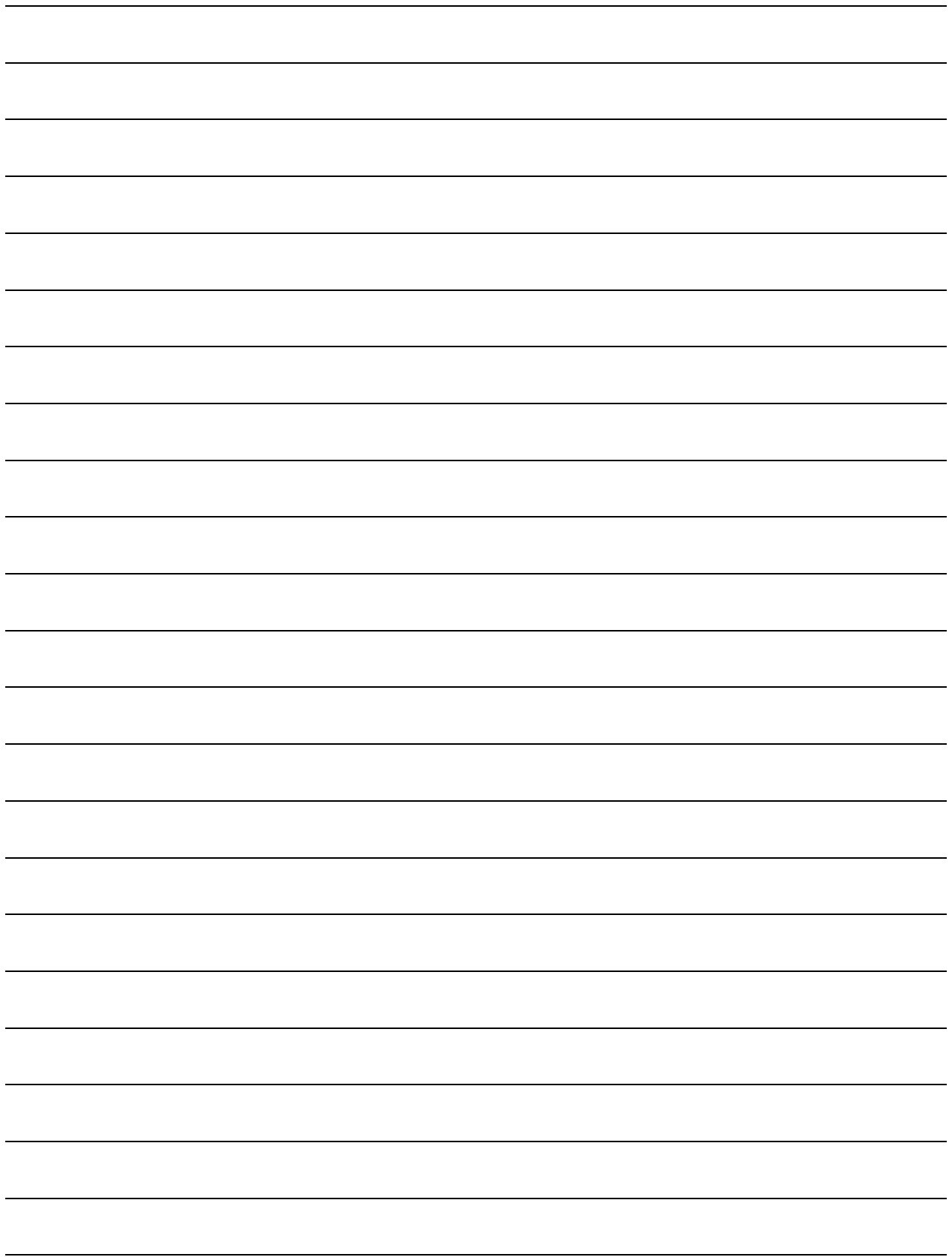


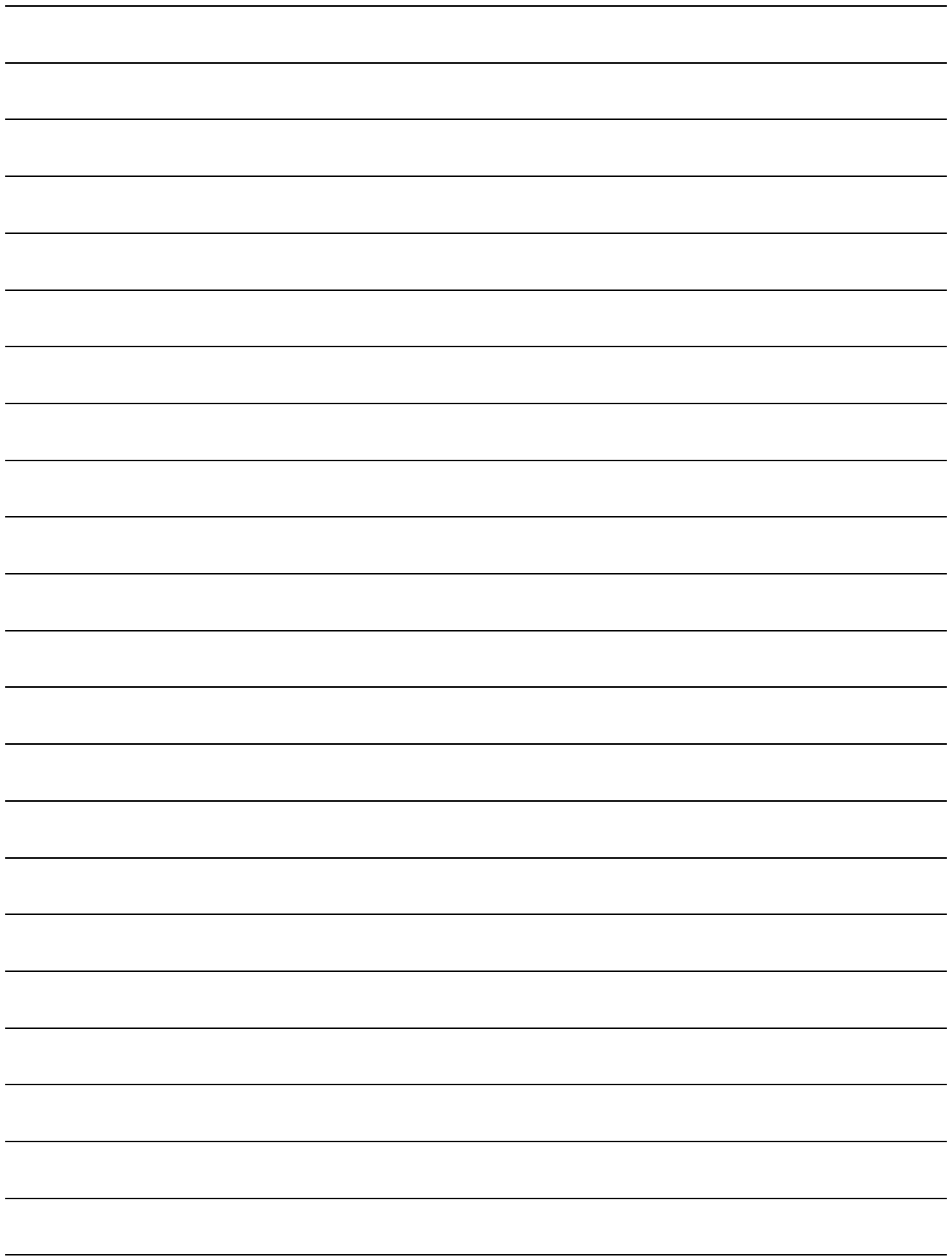


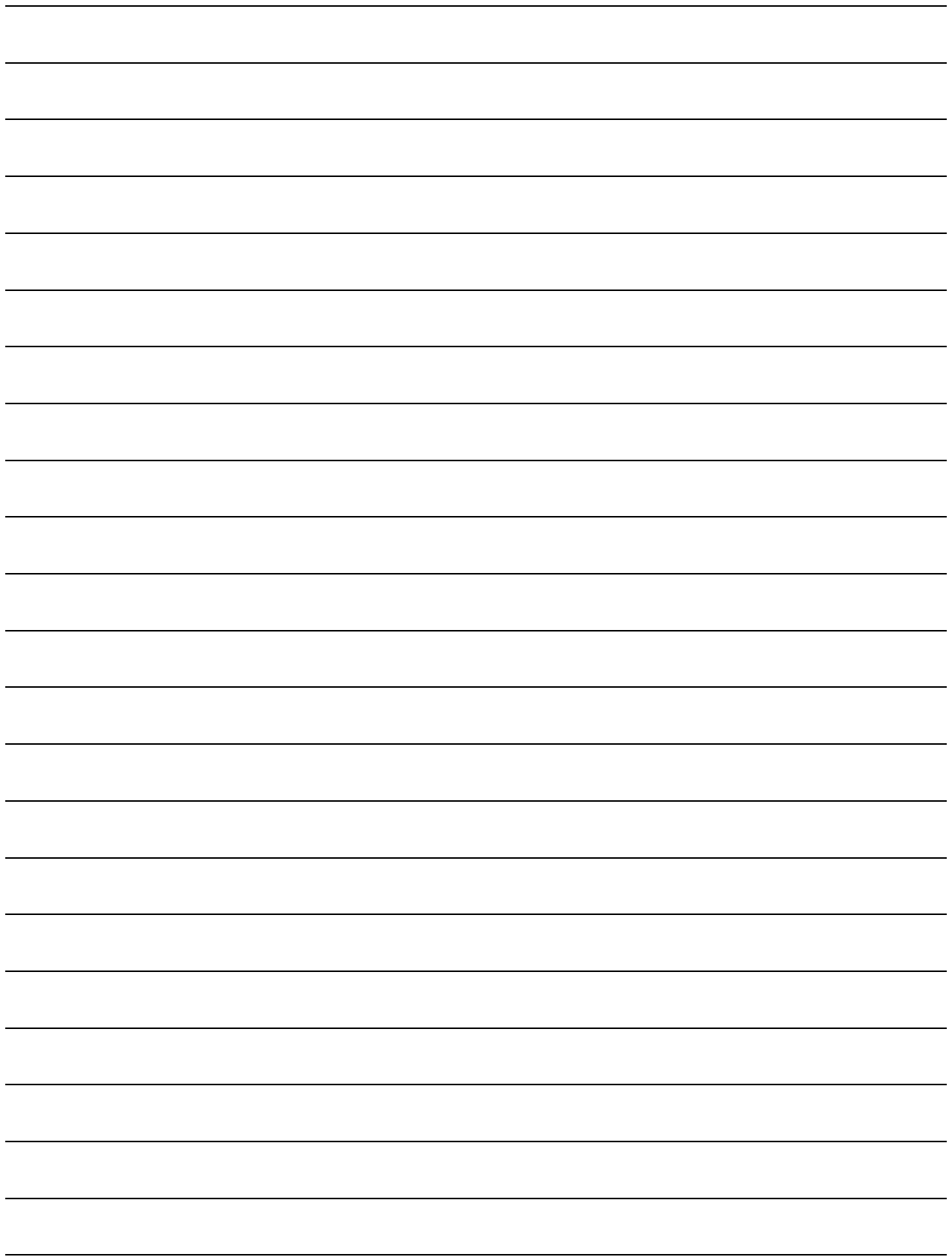


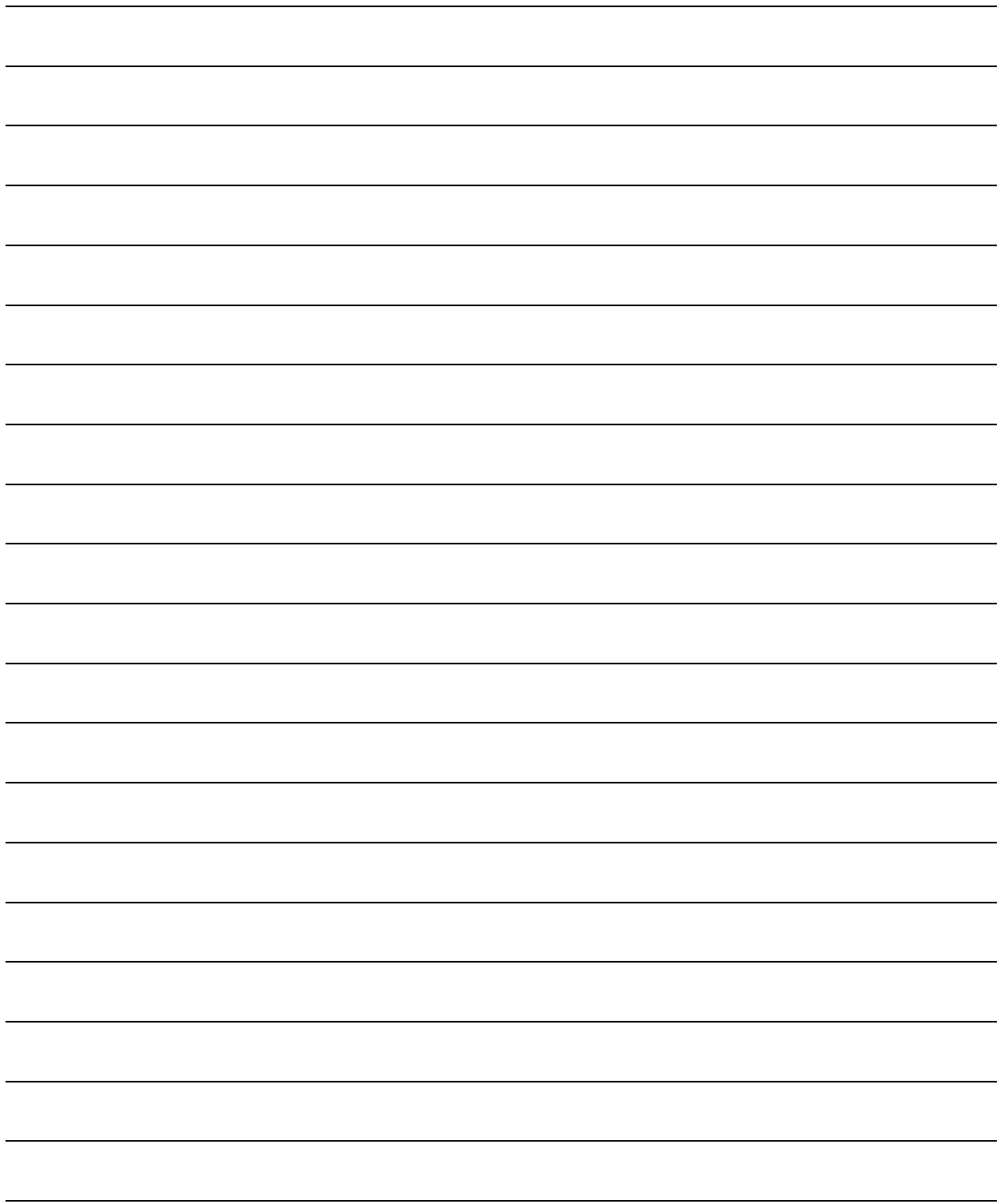


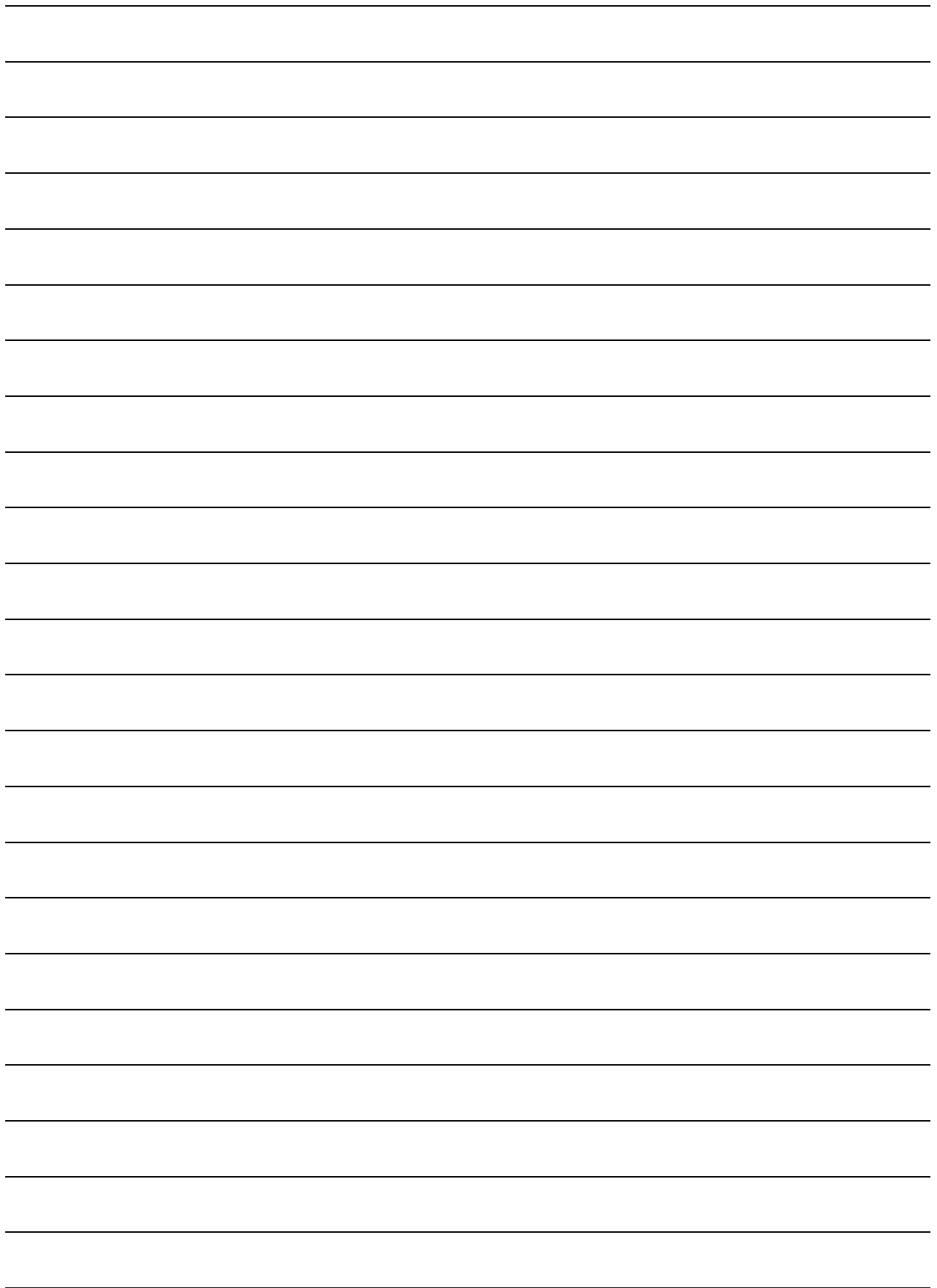




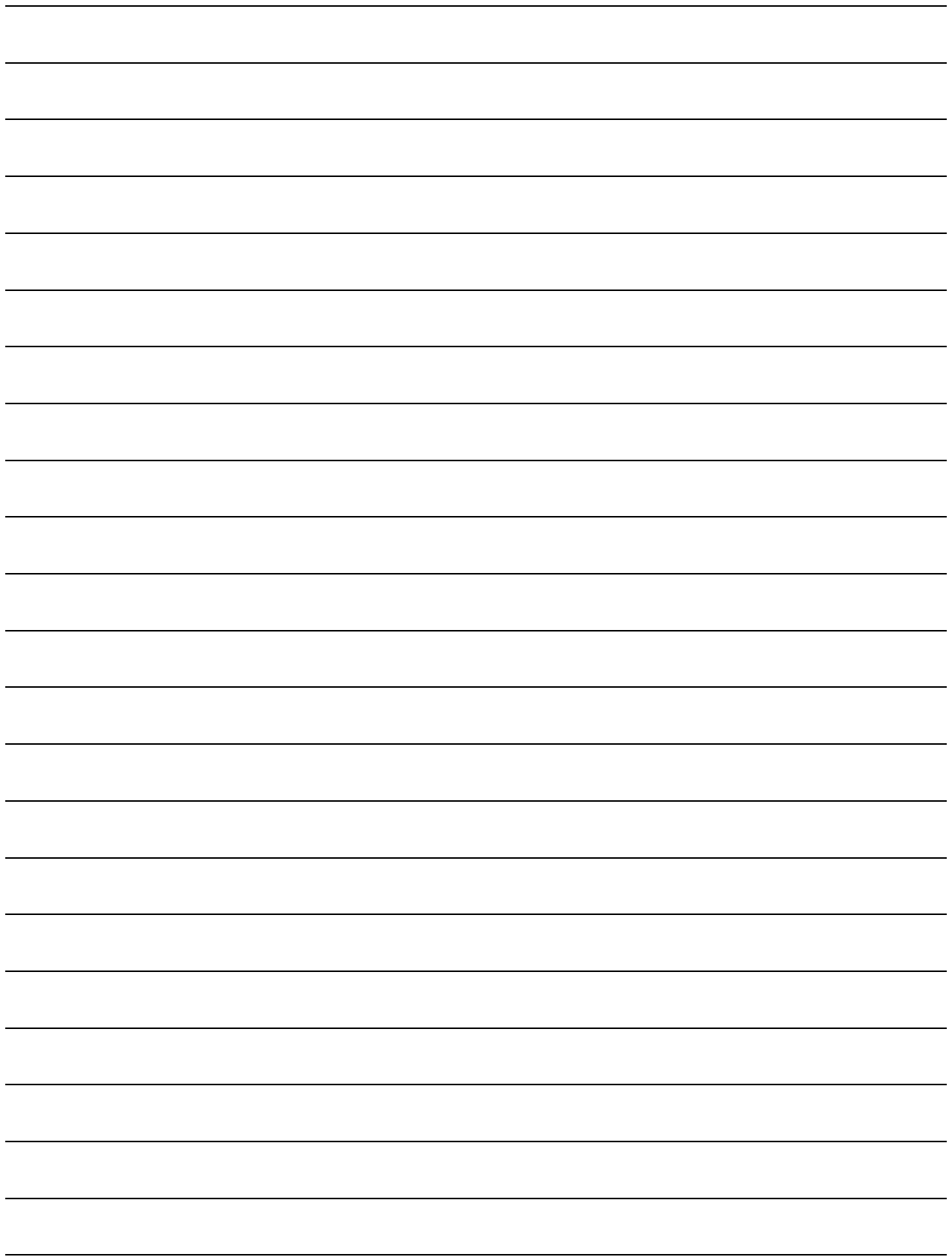


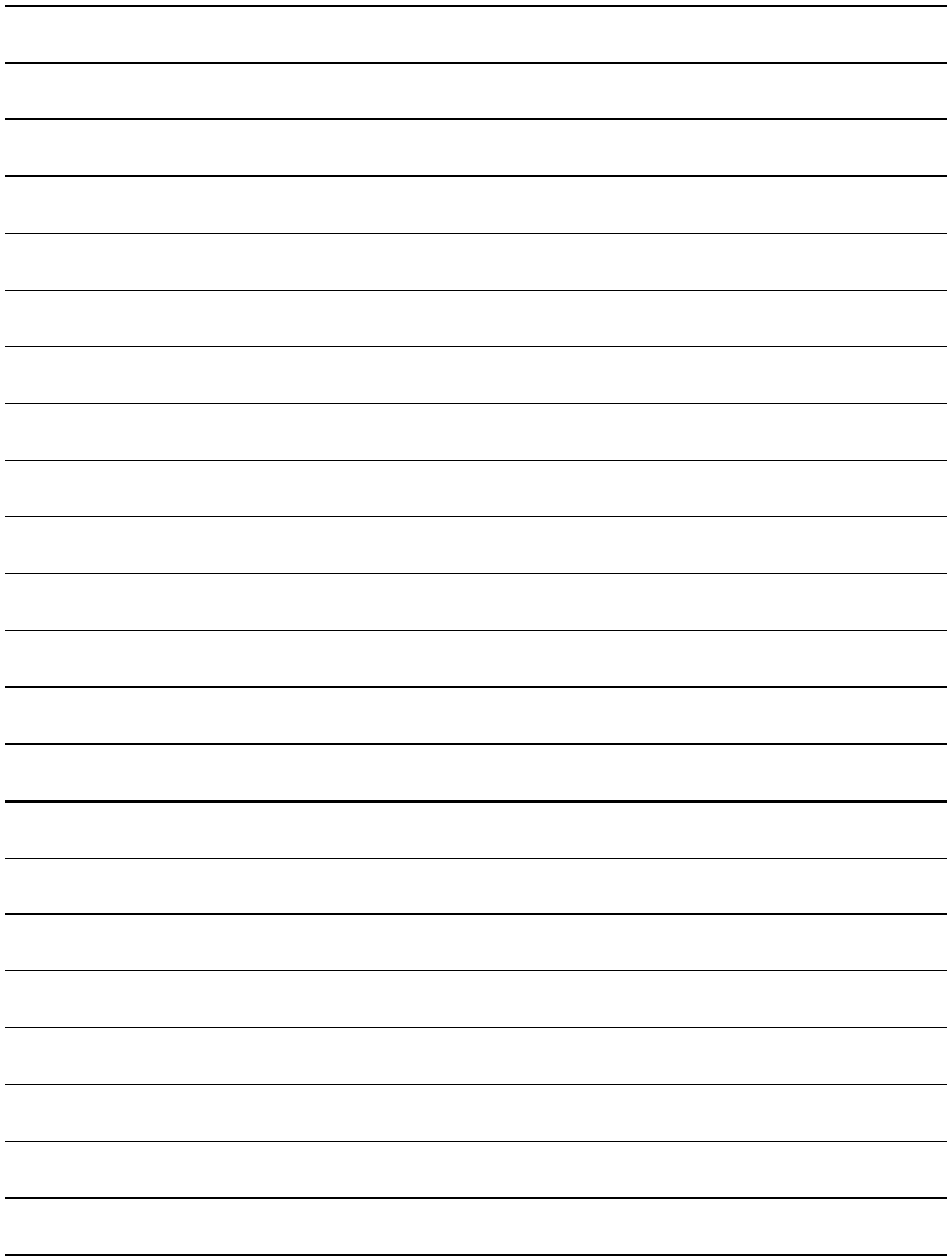


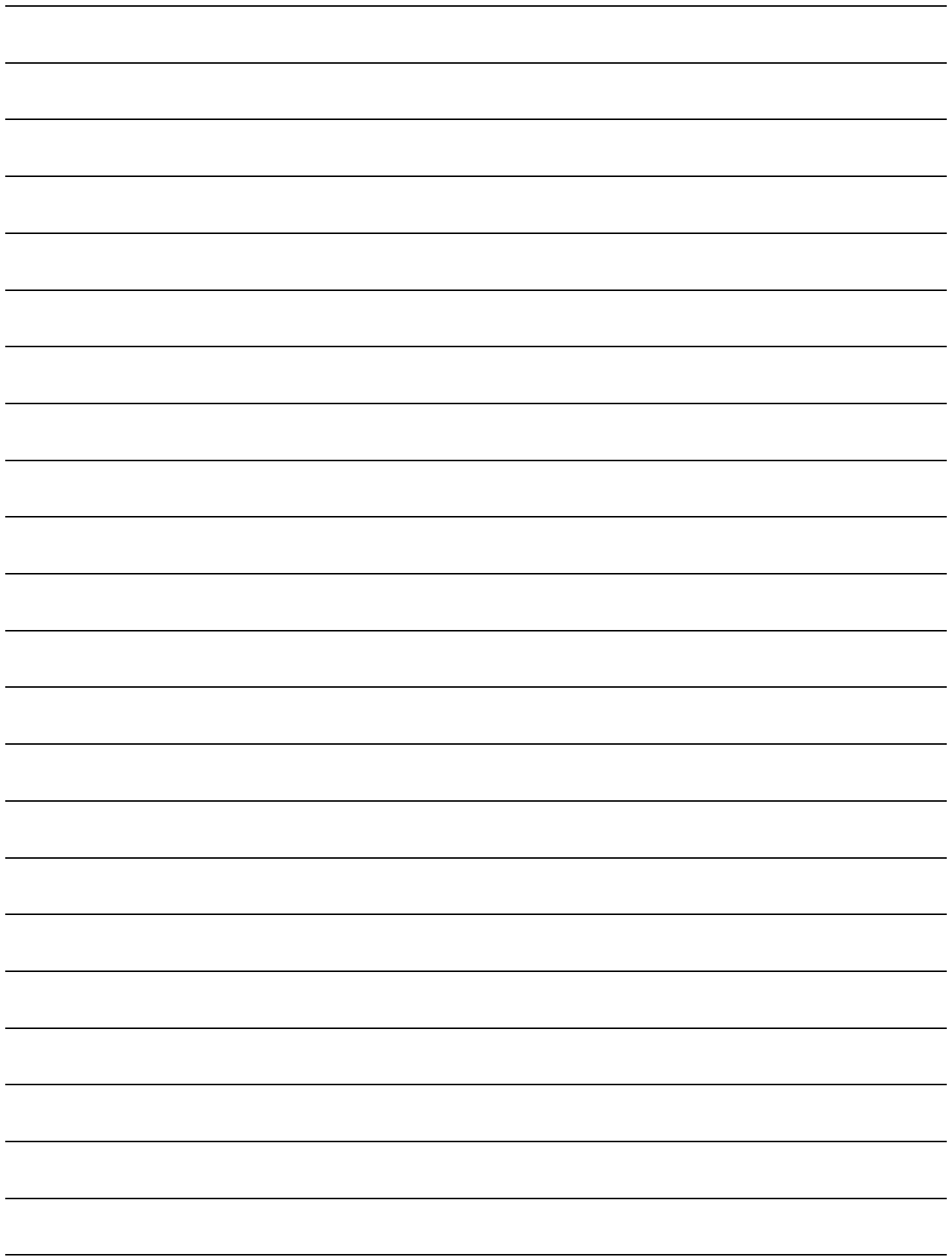


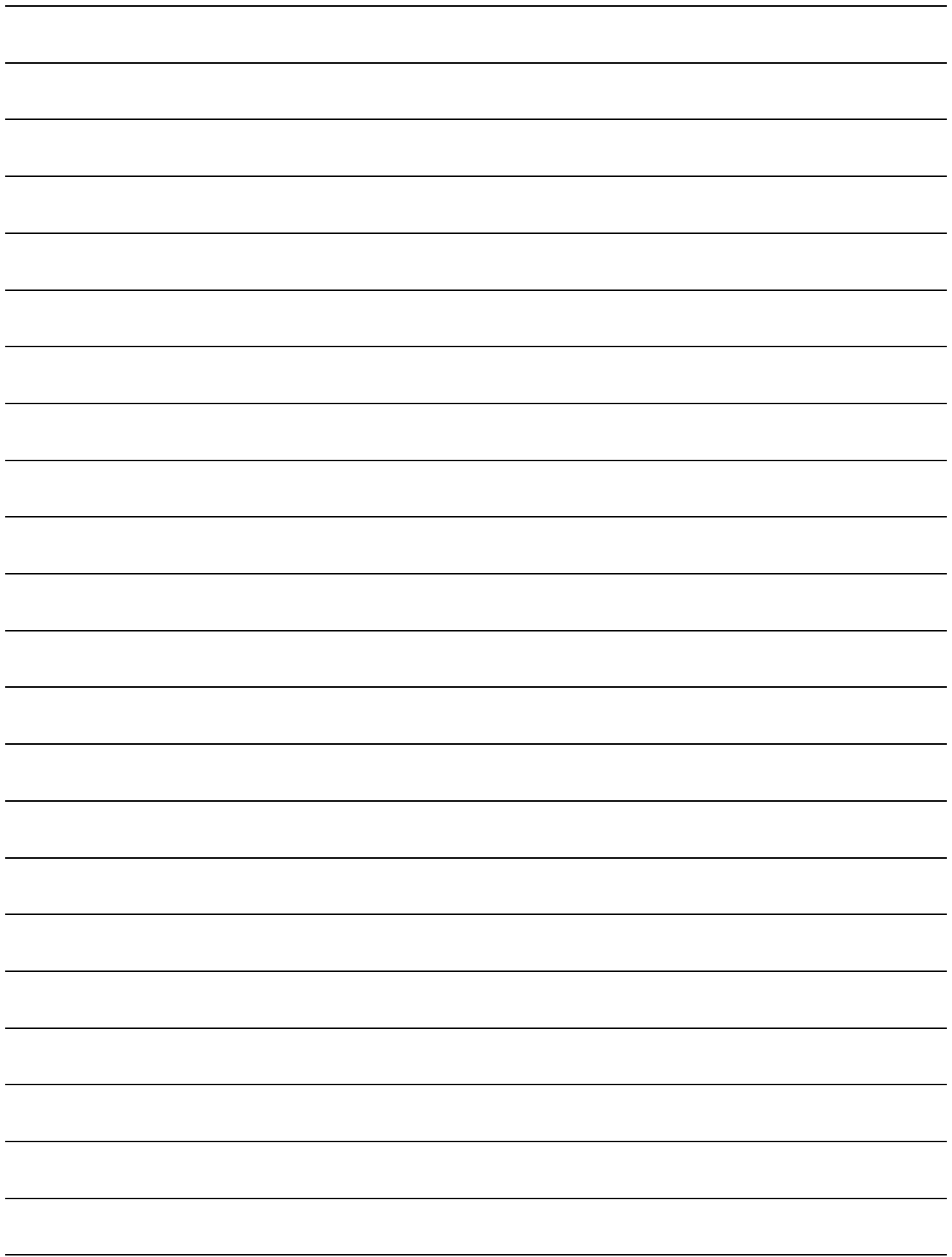


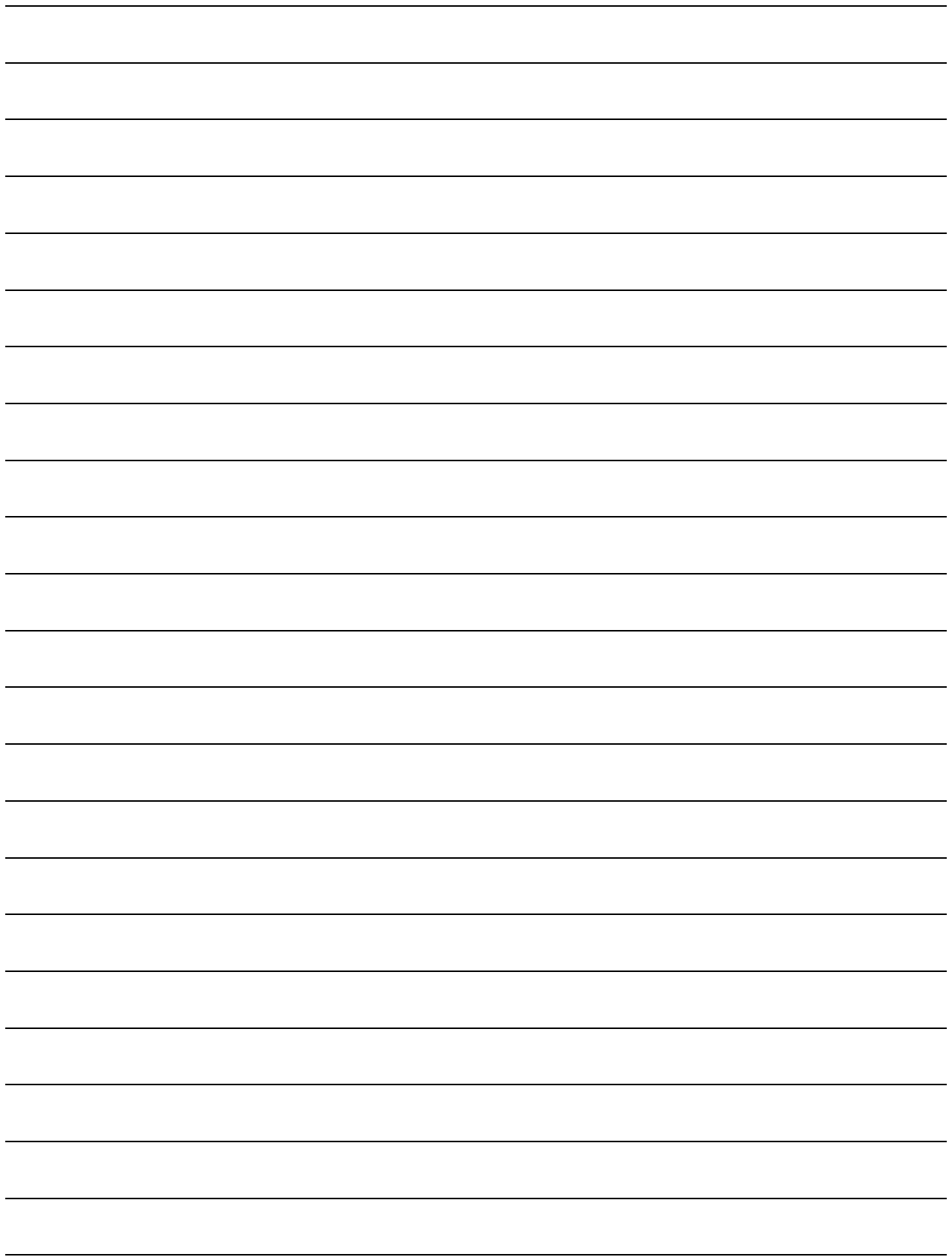
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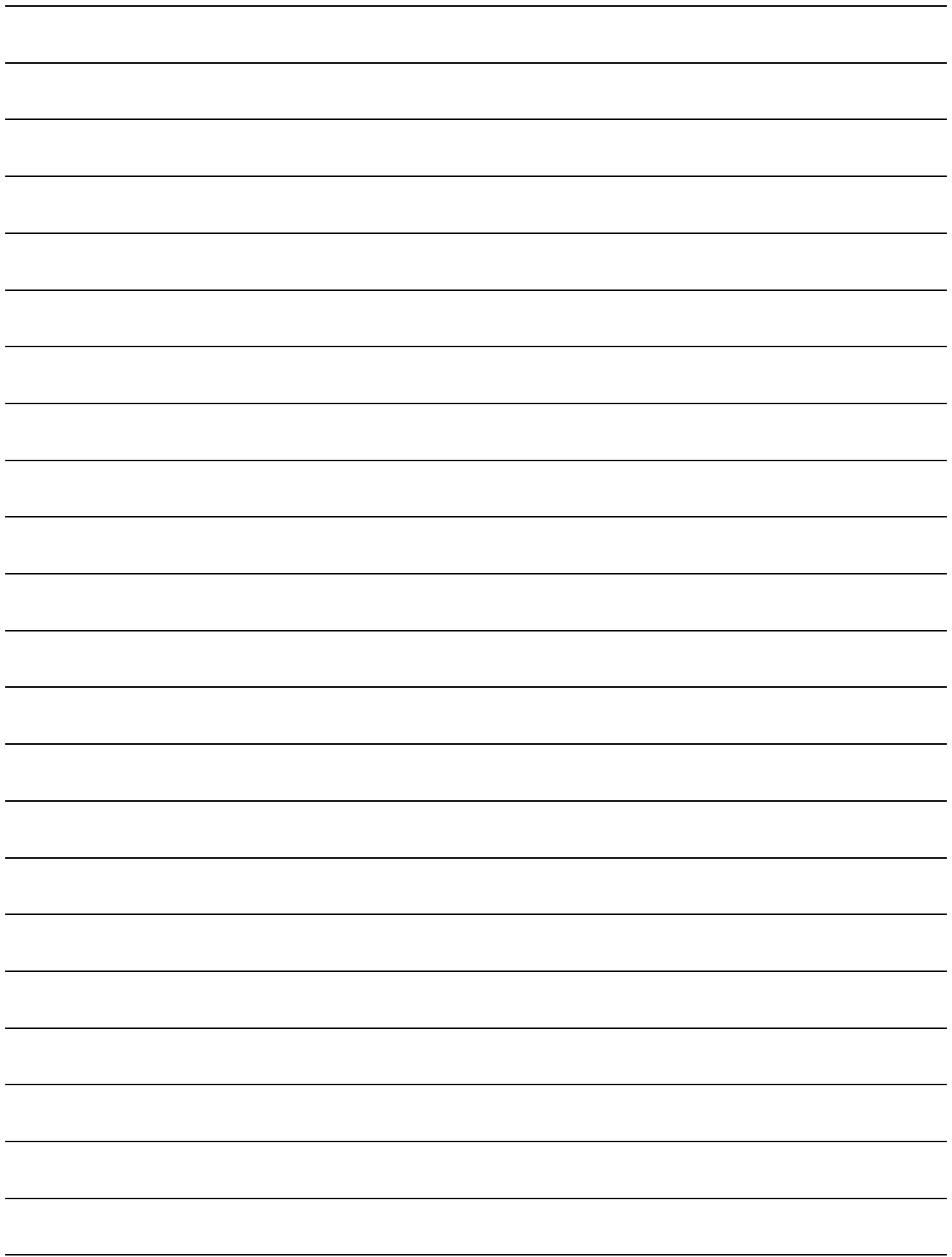




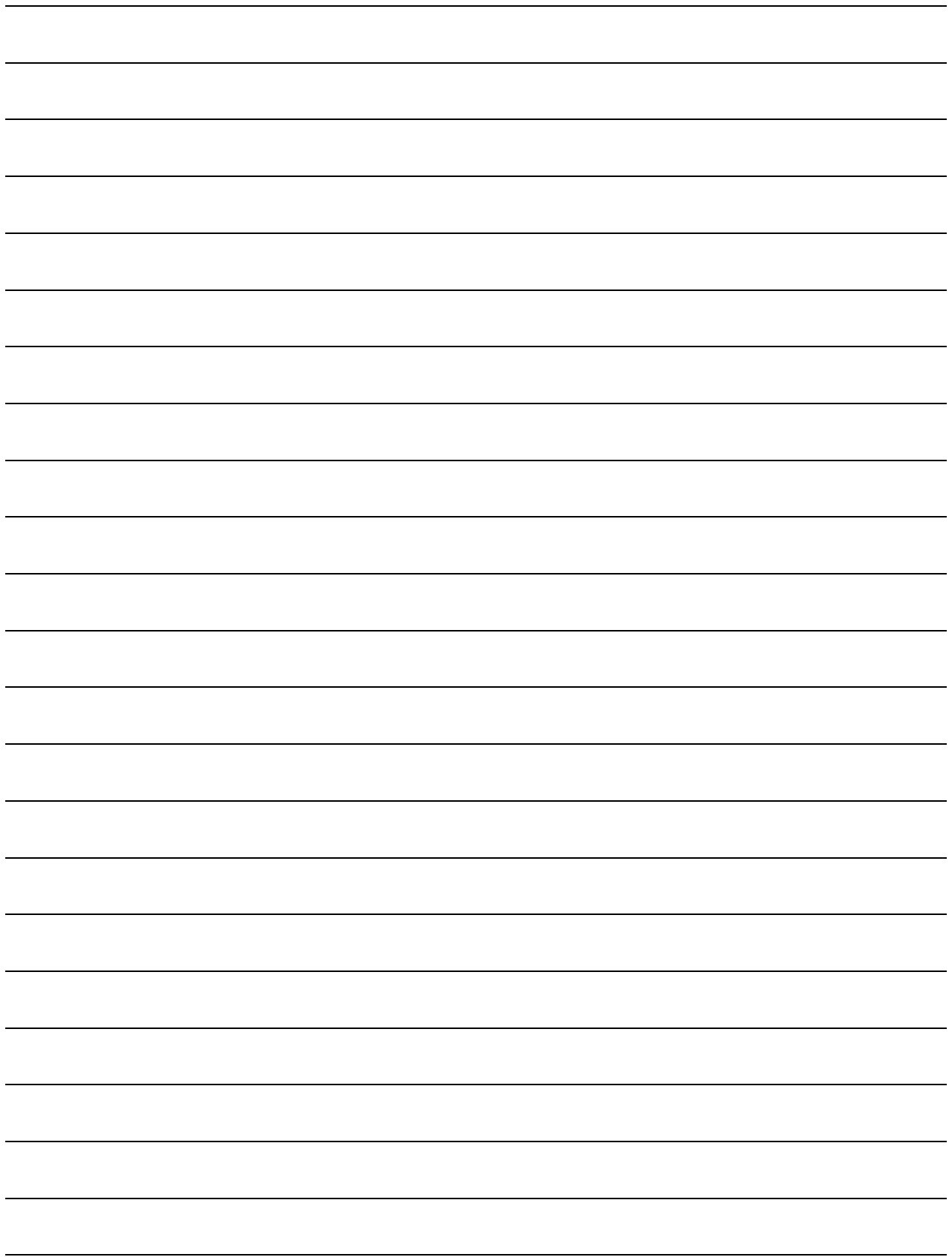


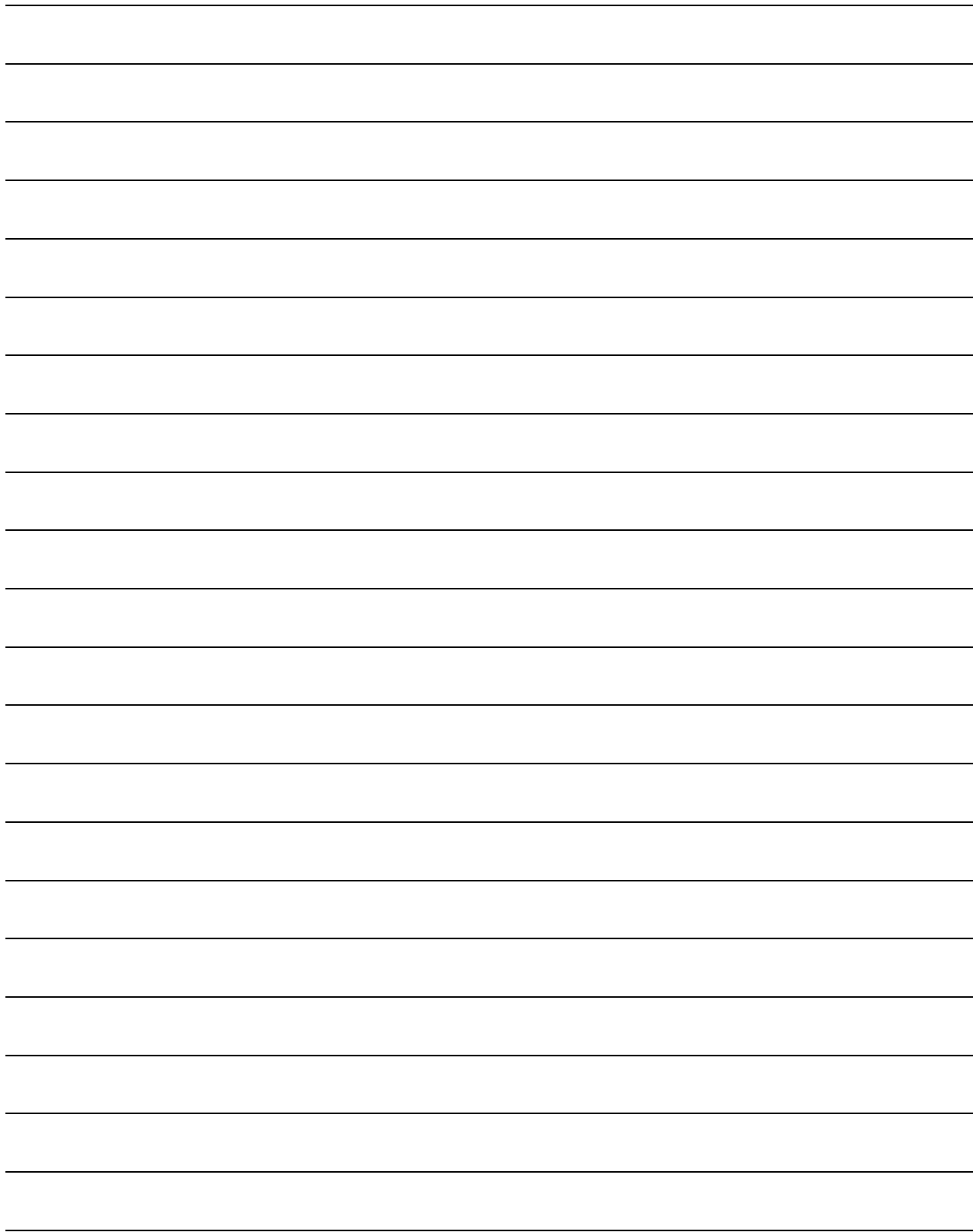


Were your actions or reactions typical for you?



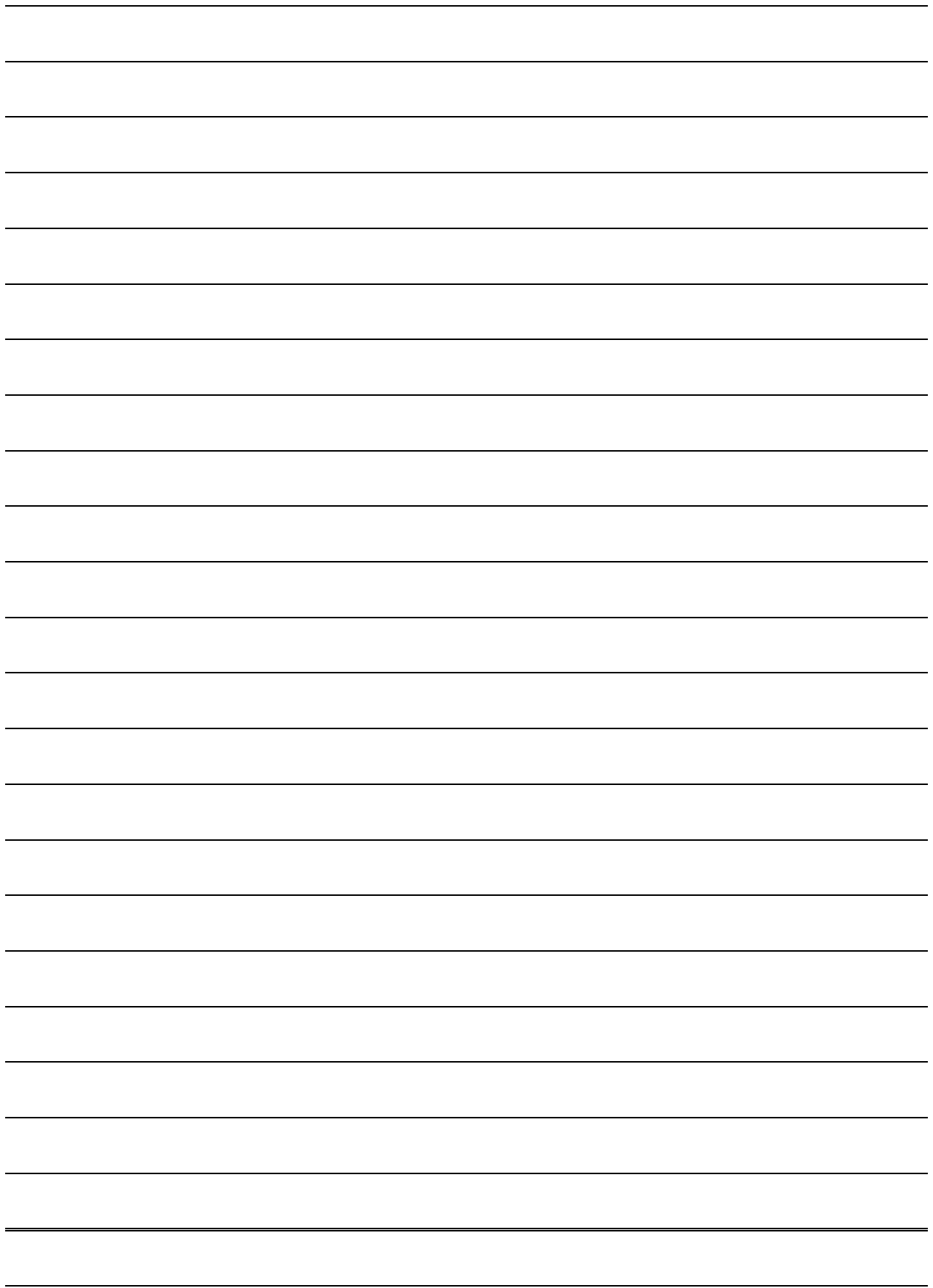
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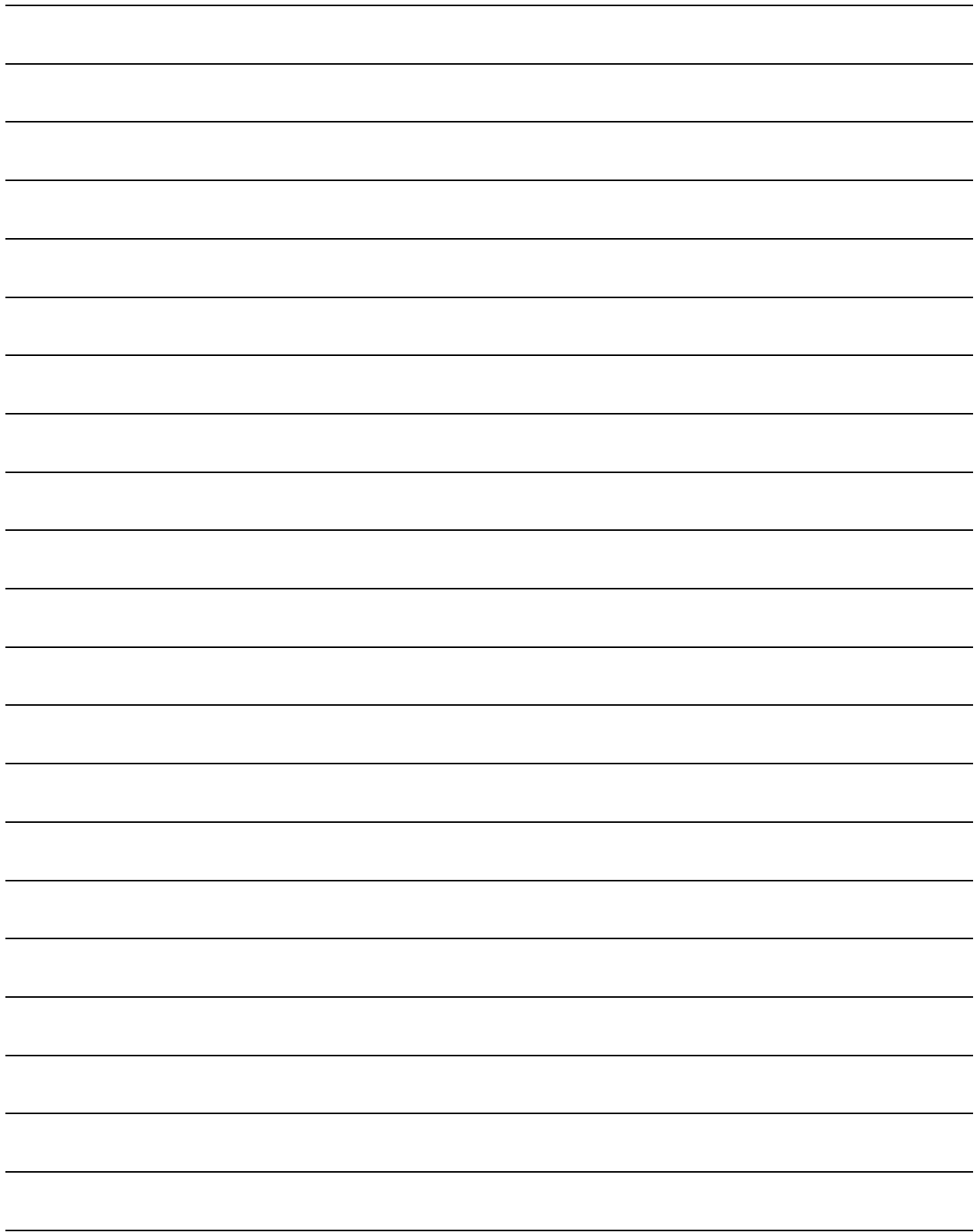


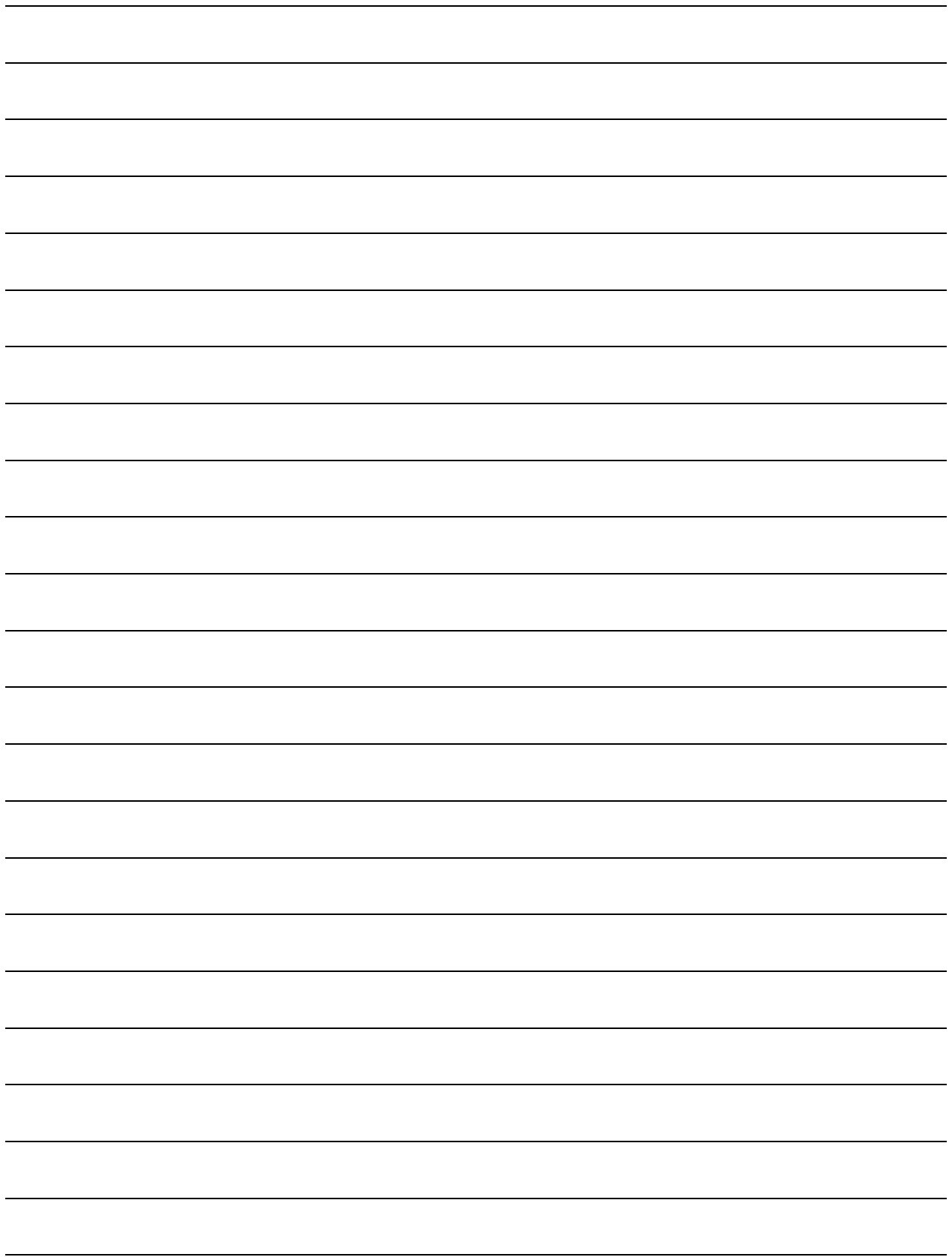


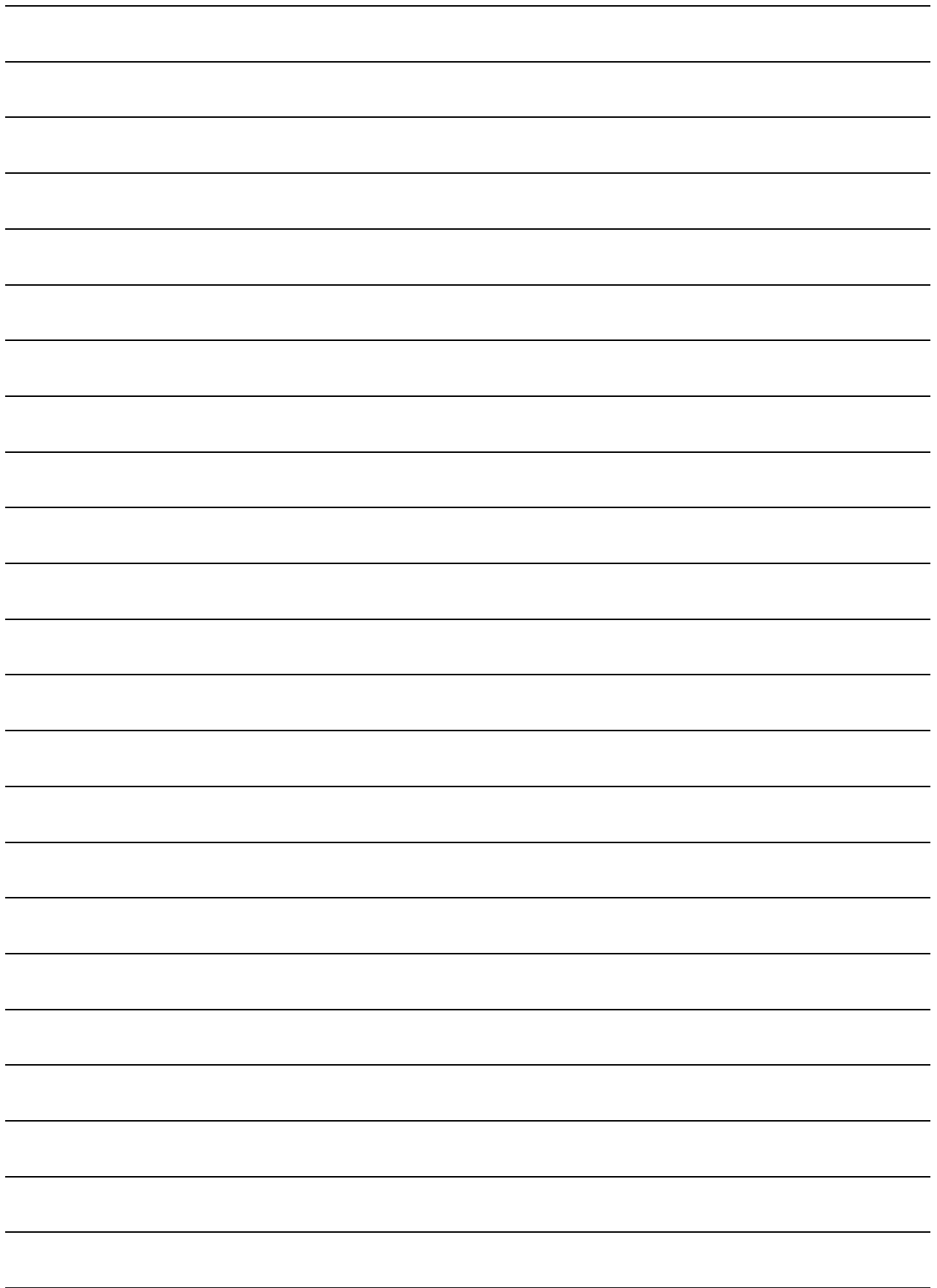


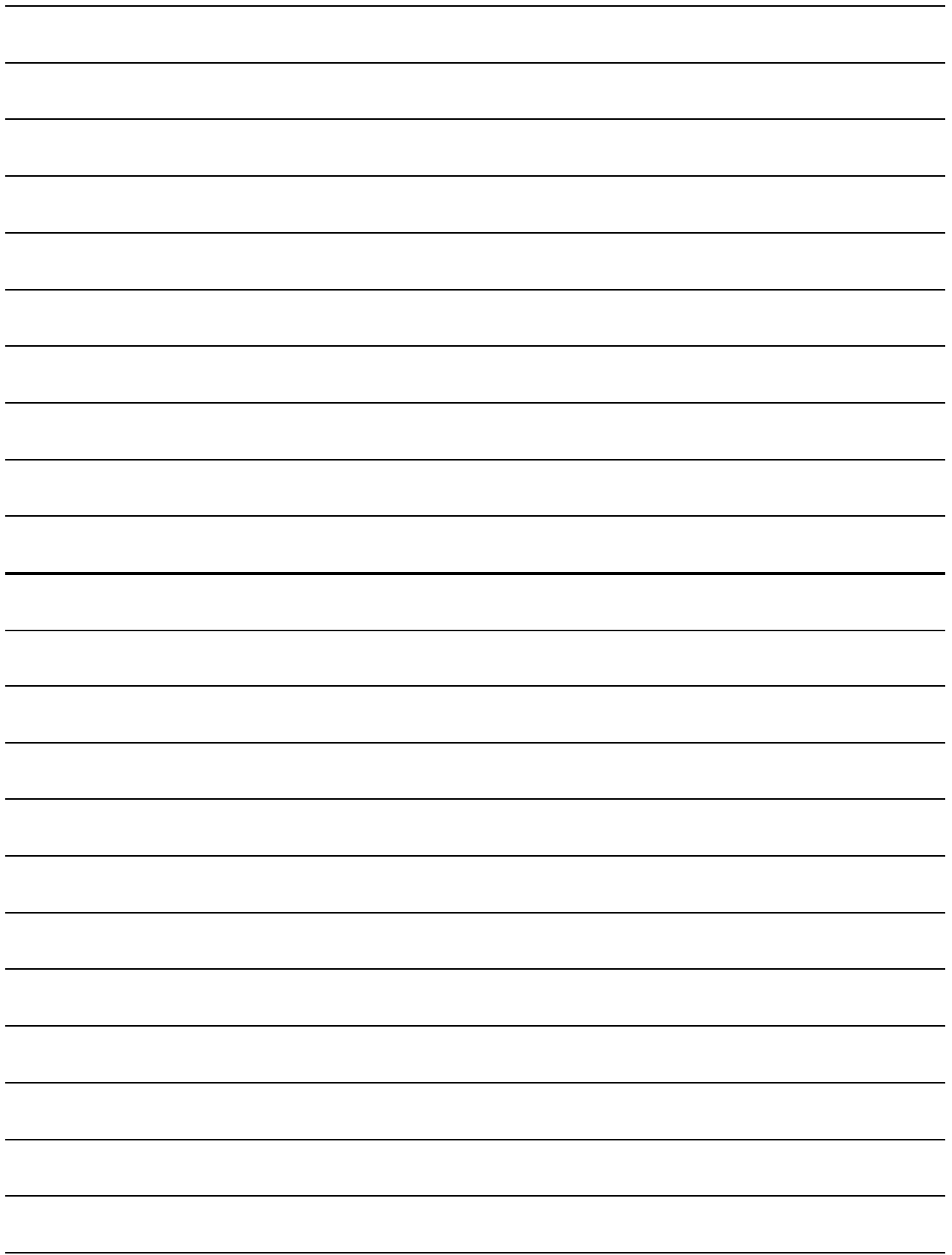
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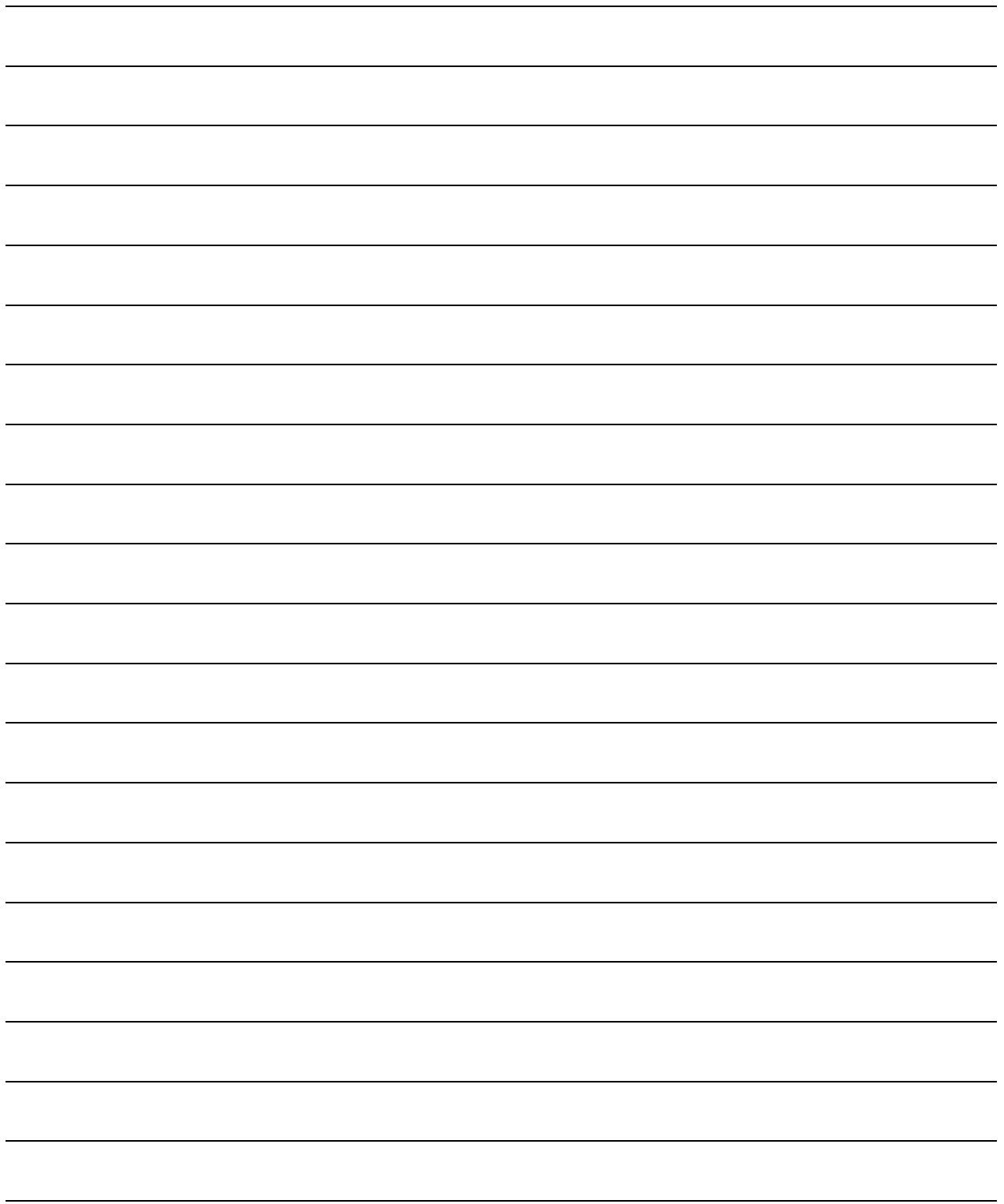


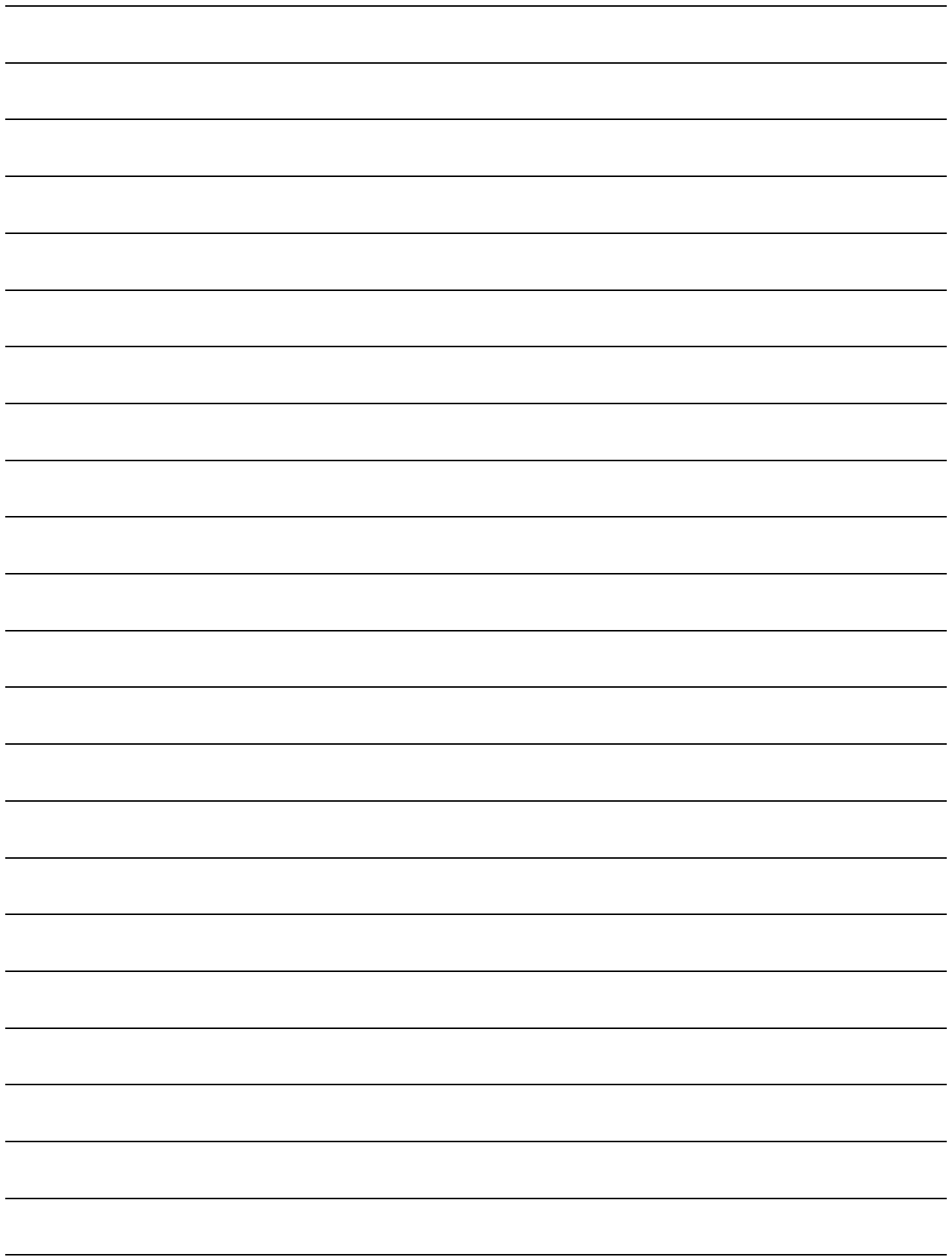


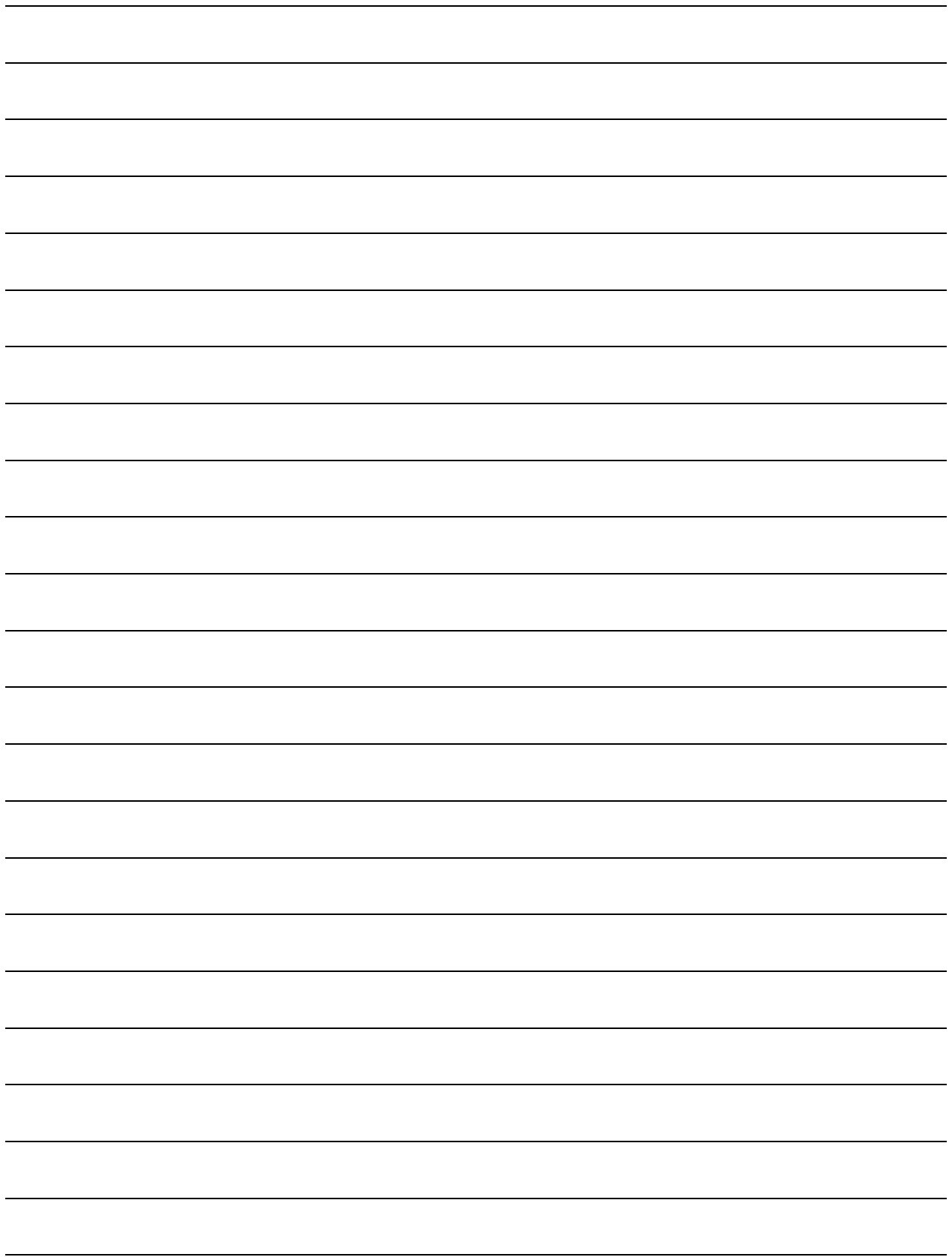


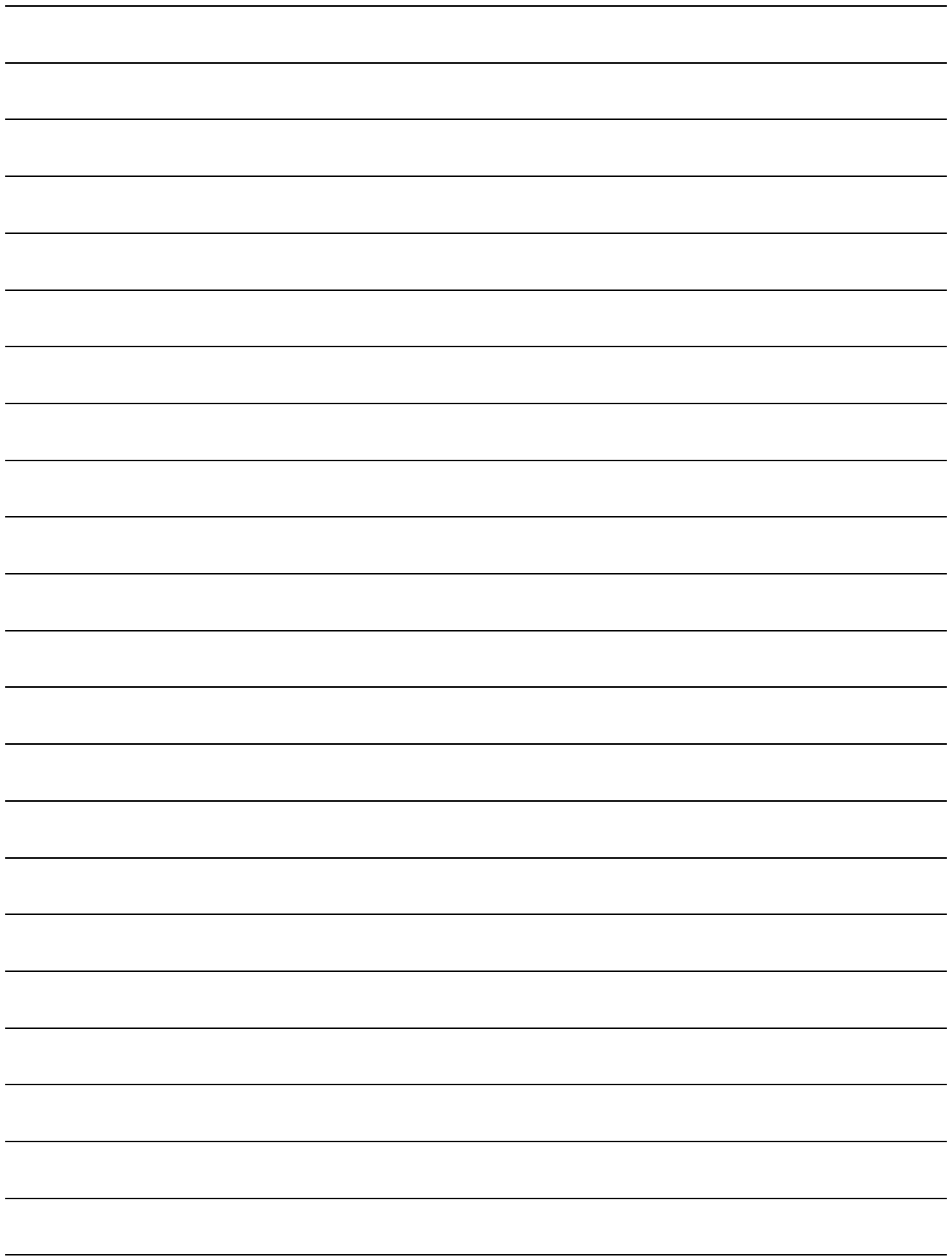


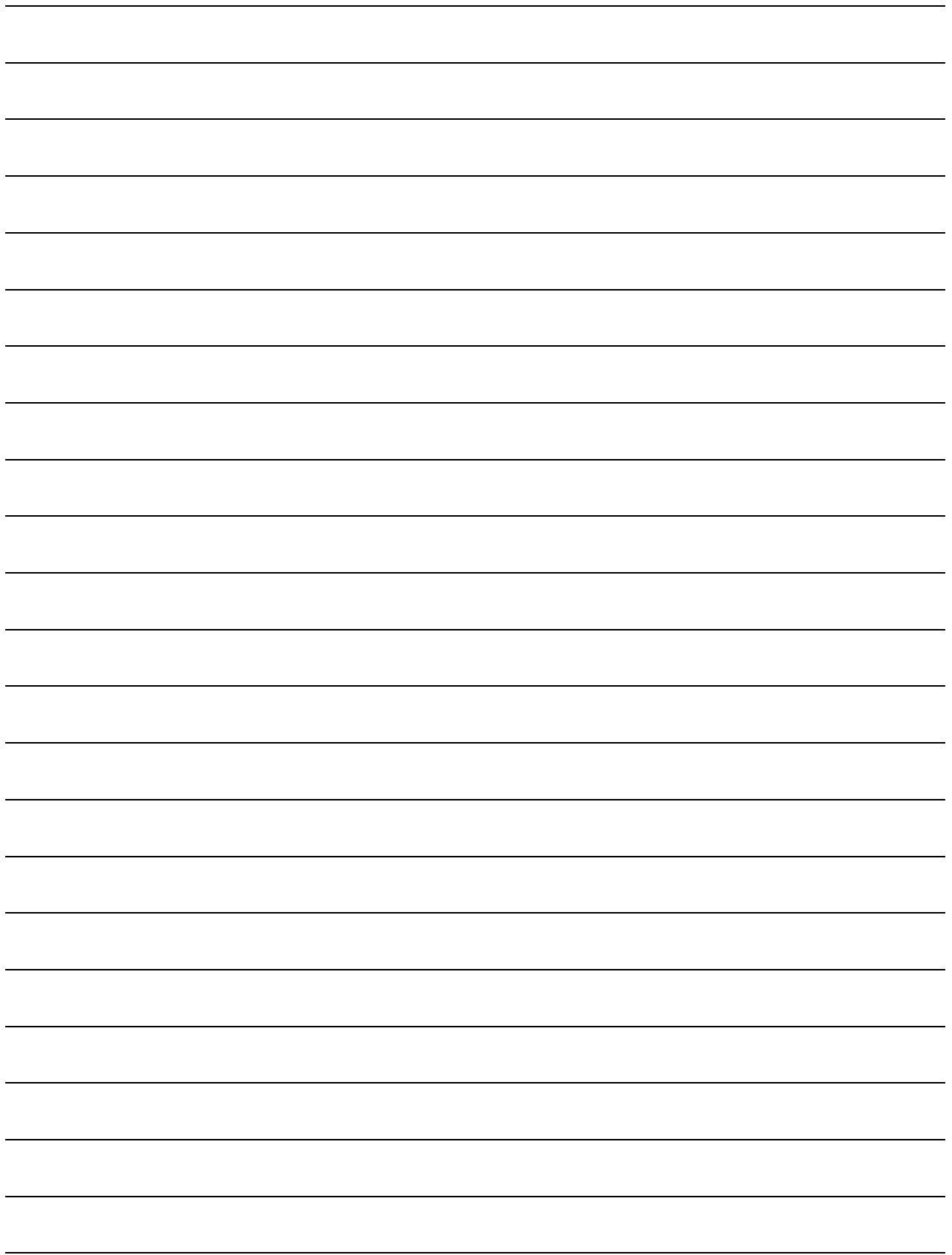




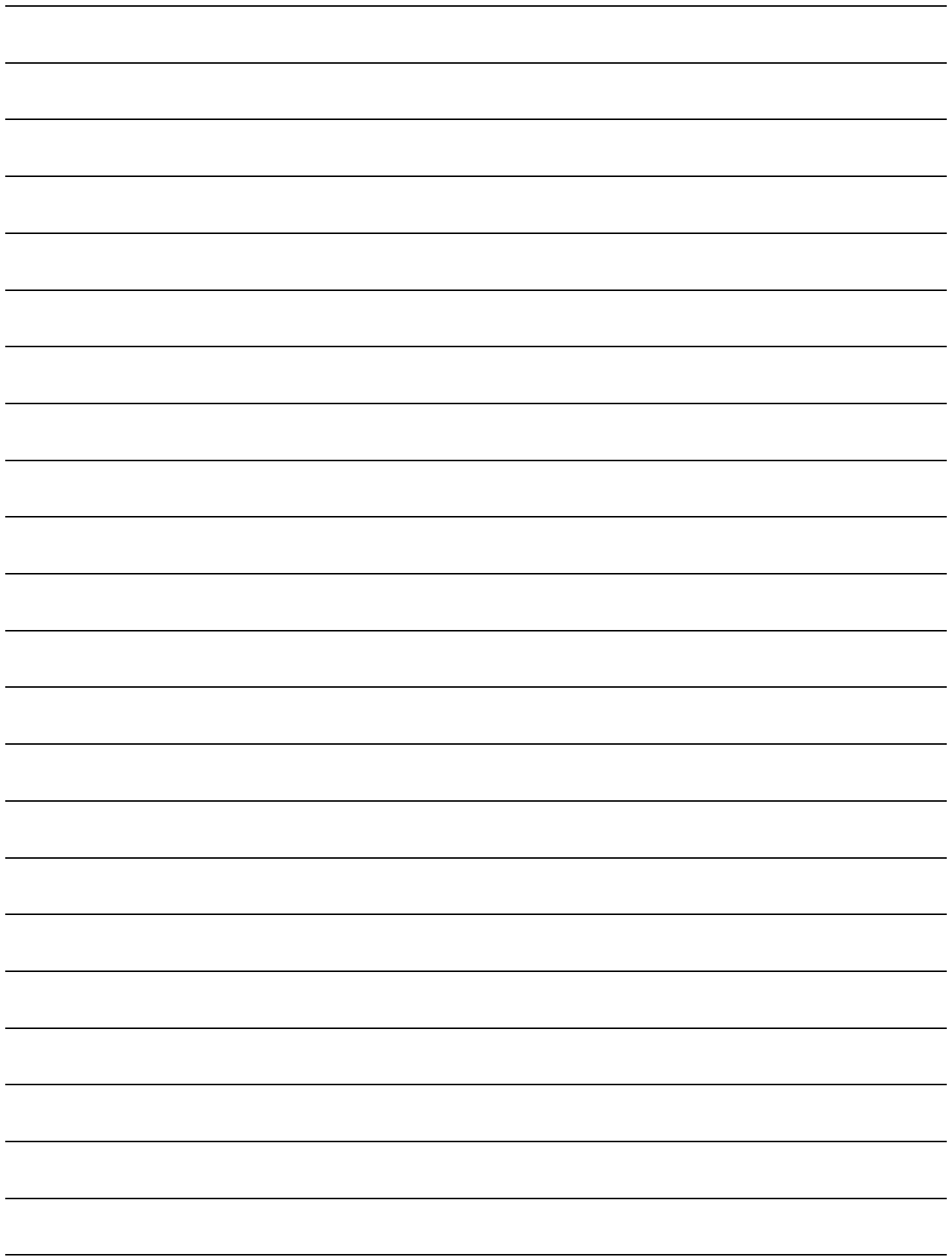


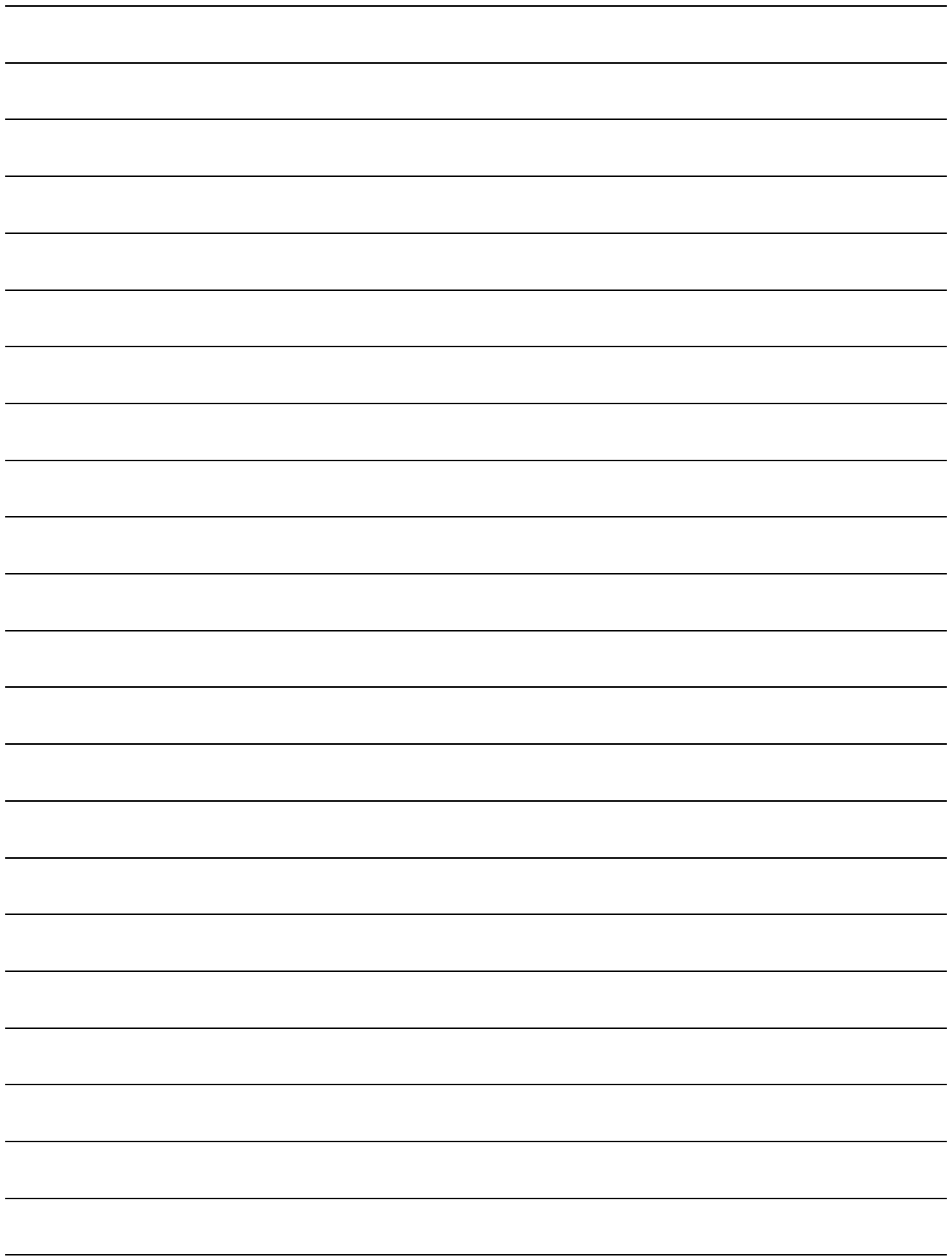


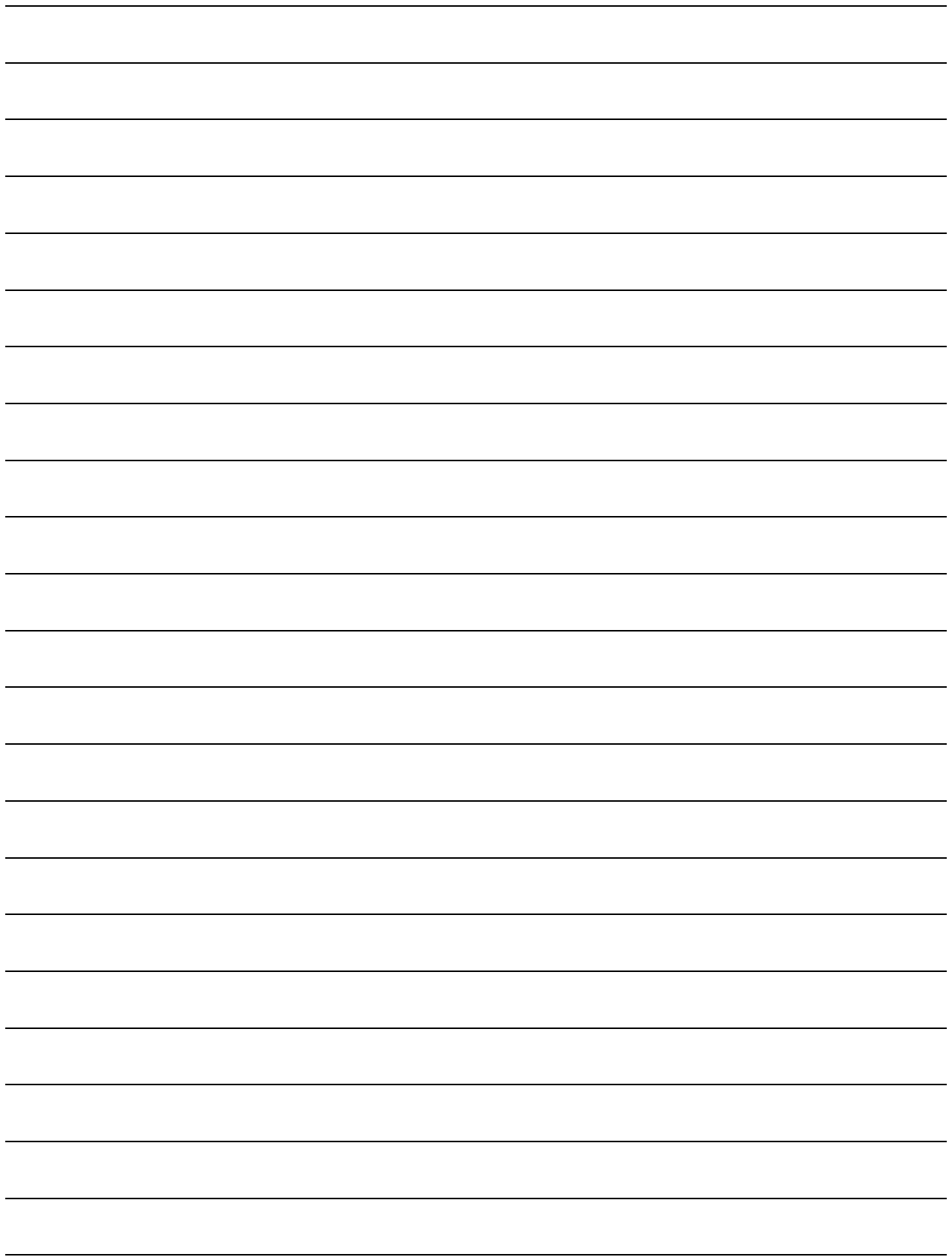


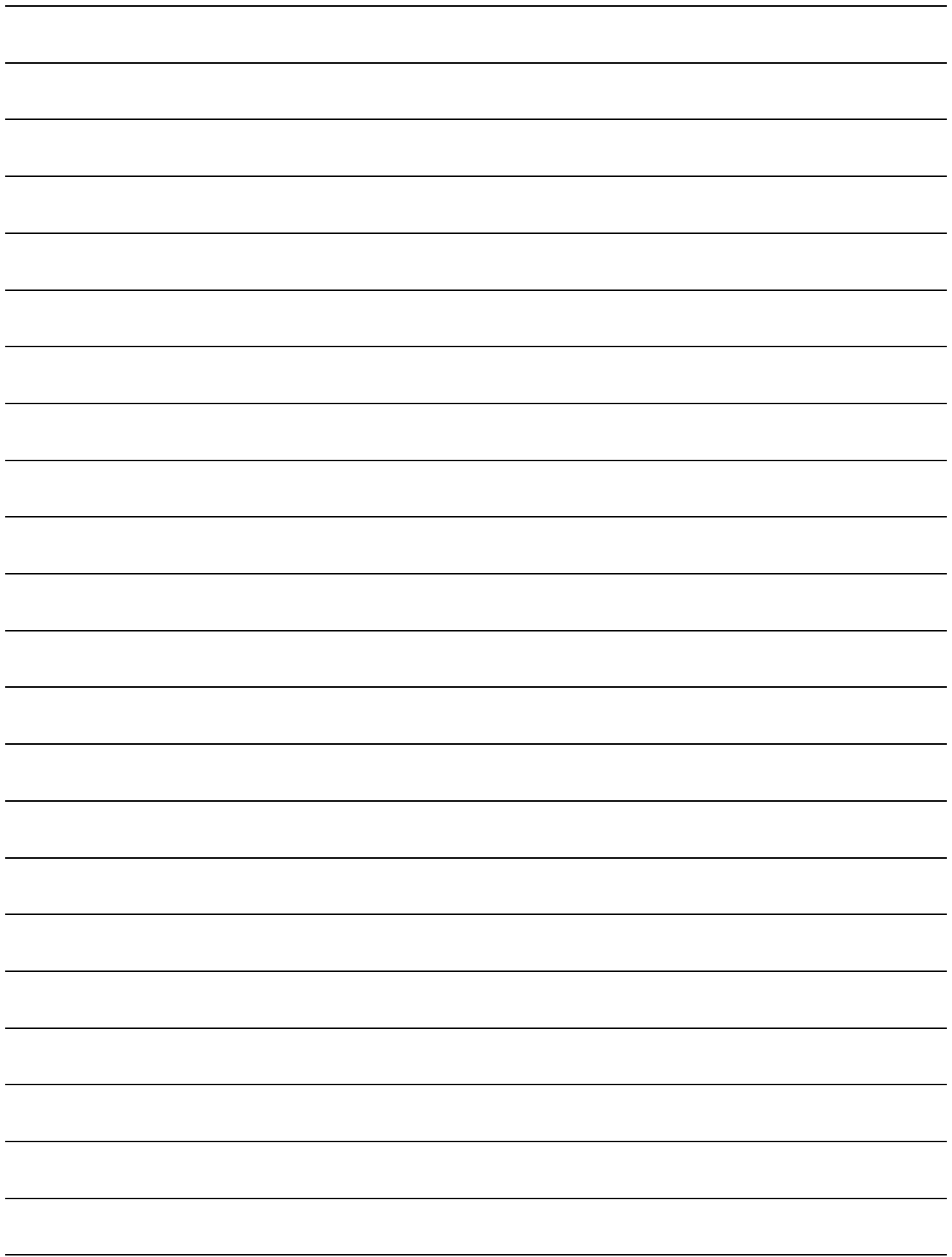


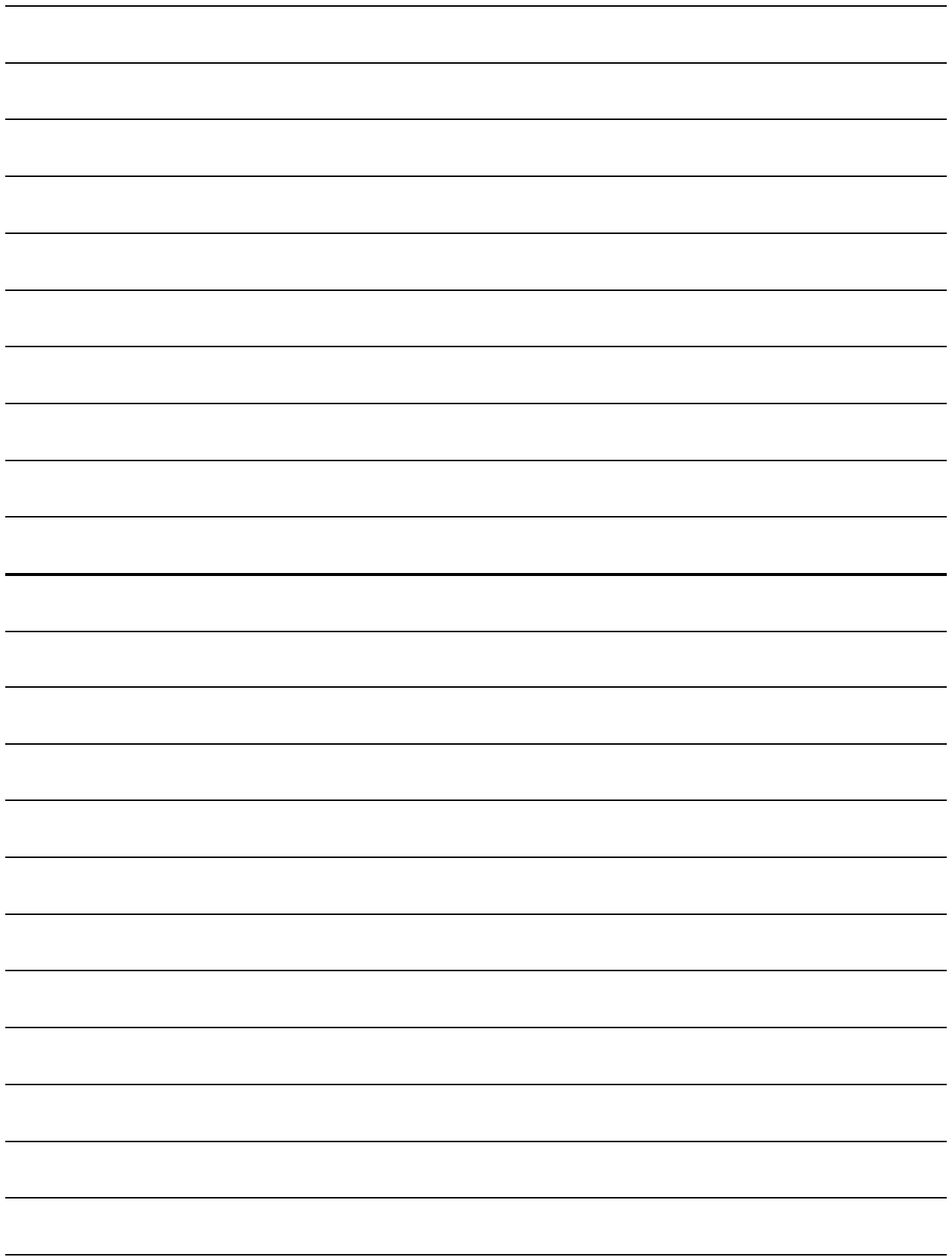
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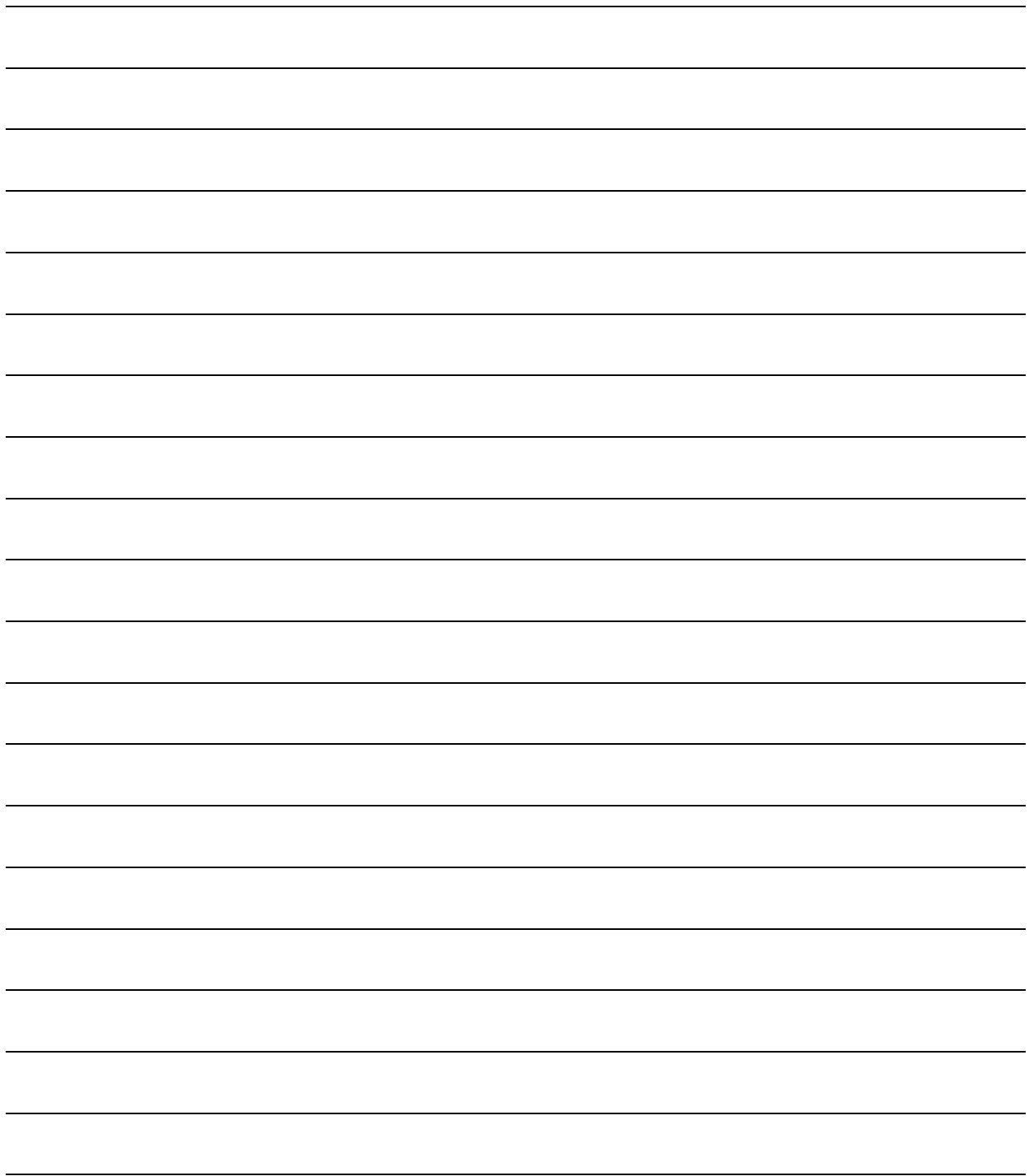


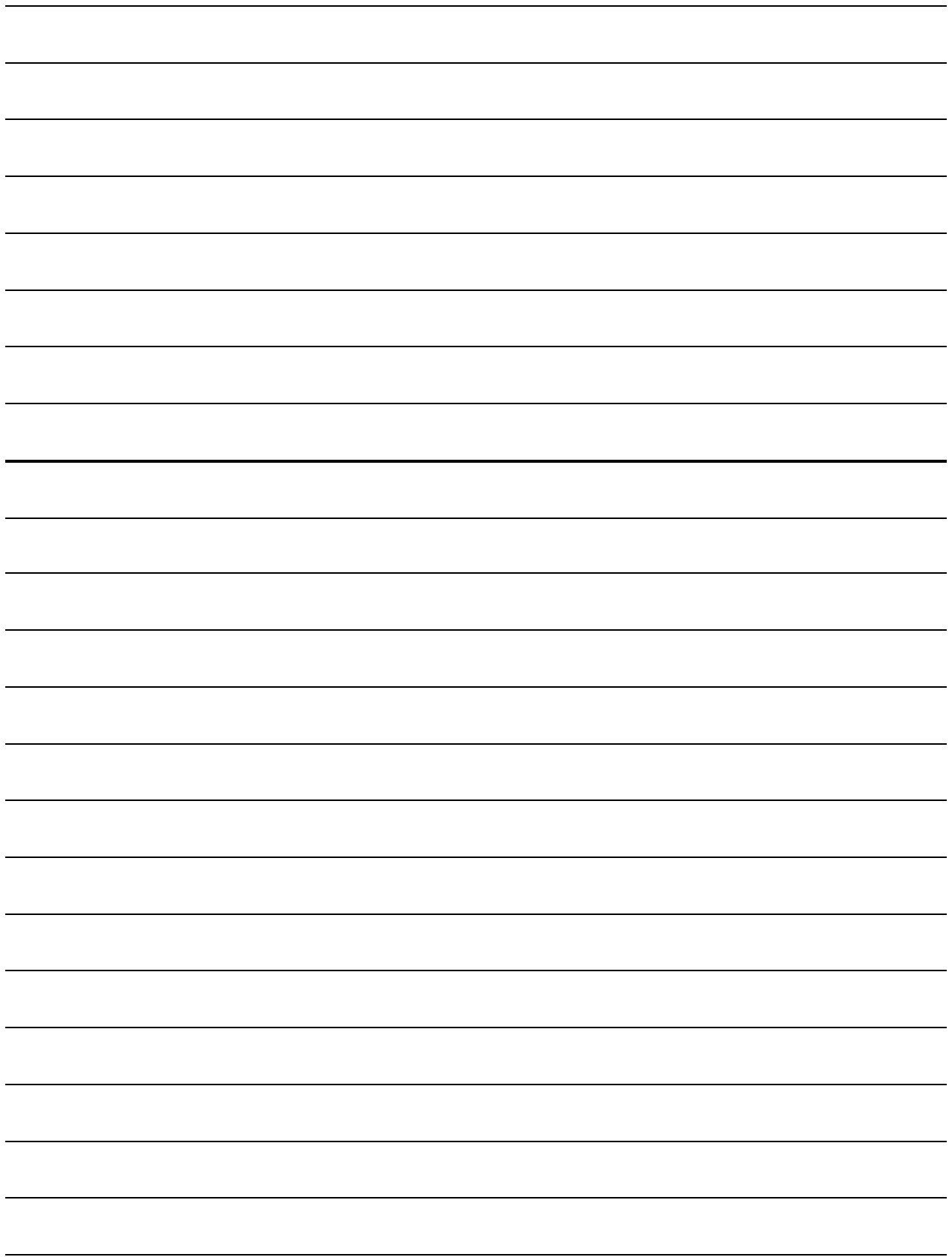


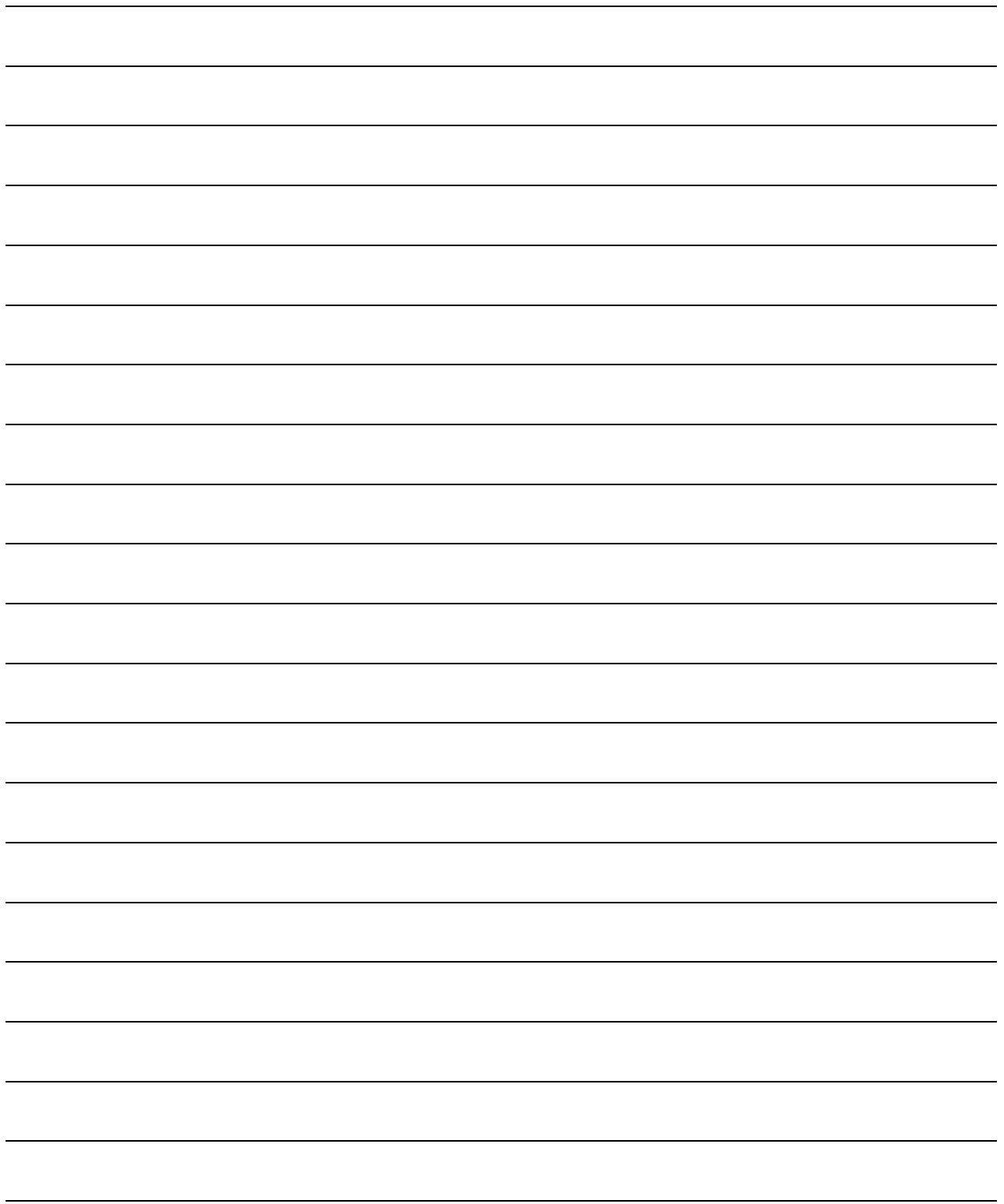


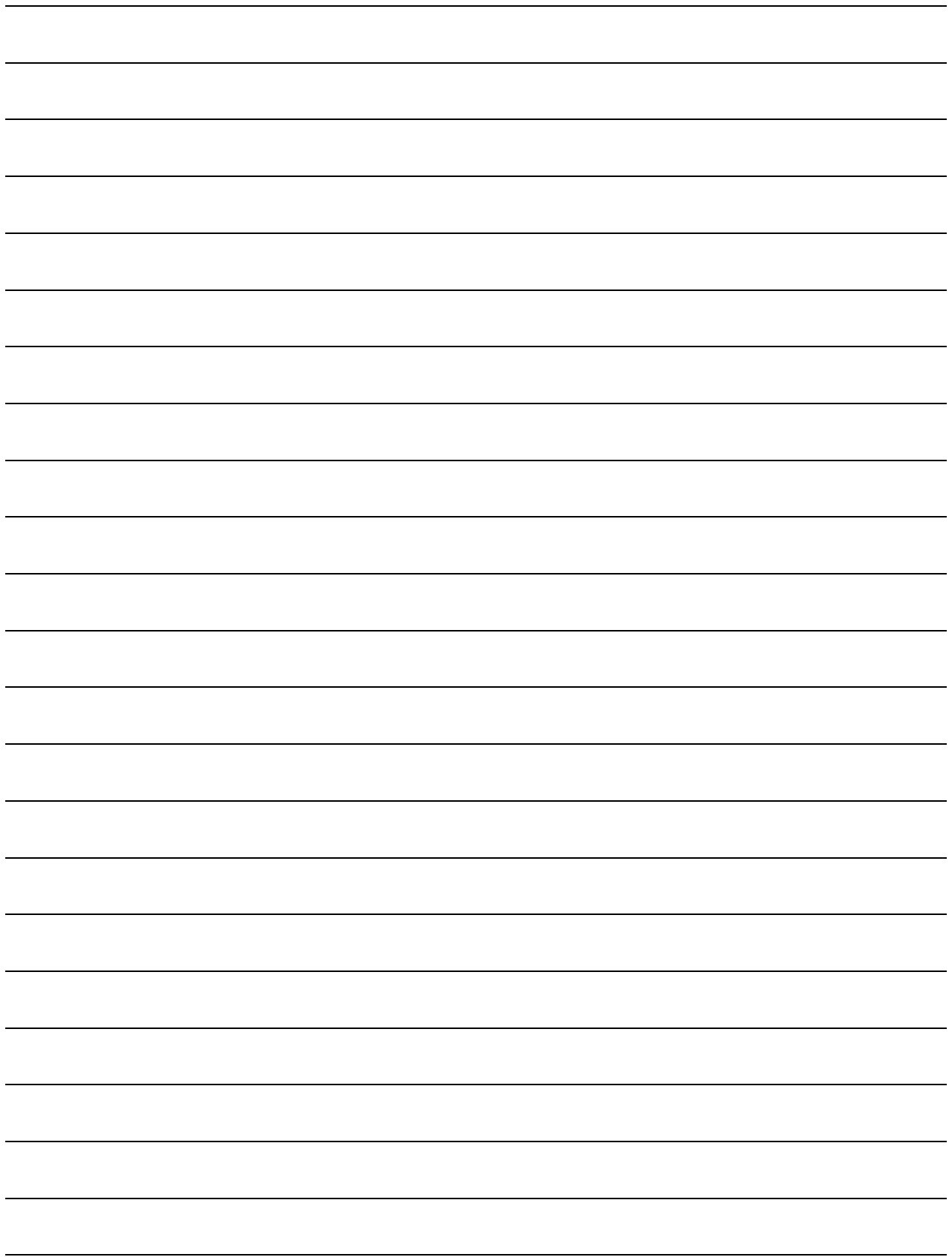


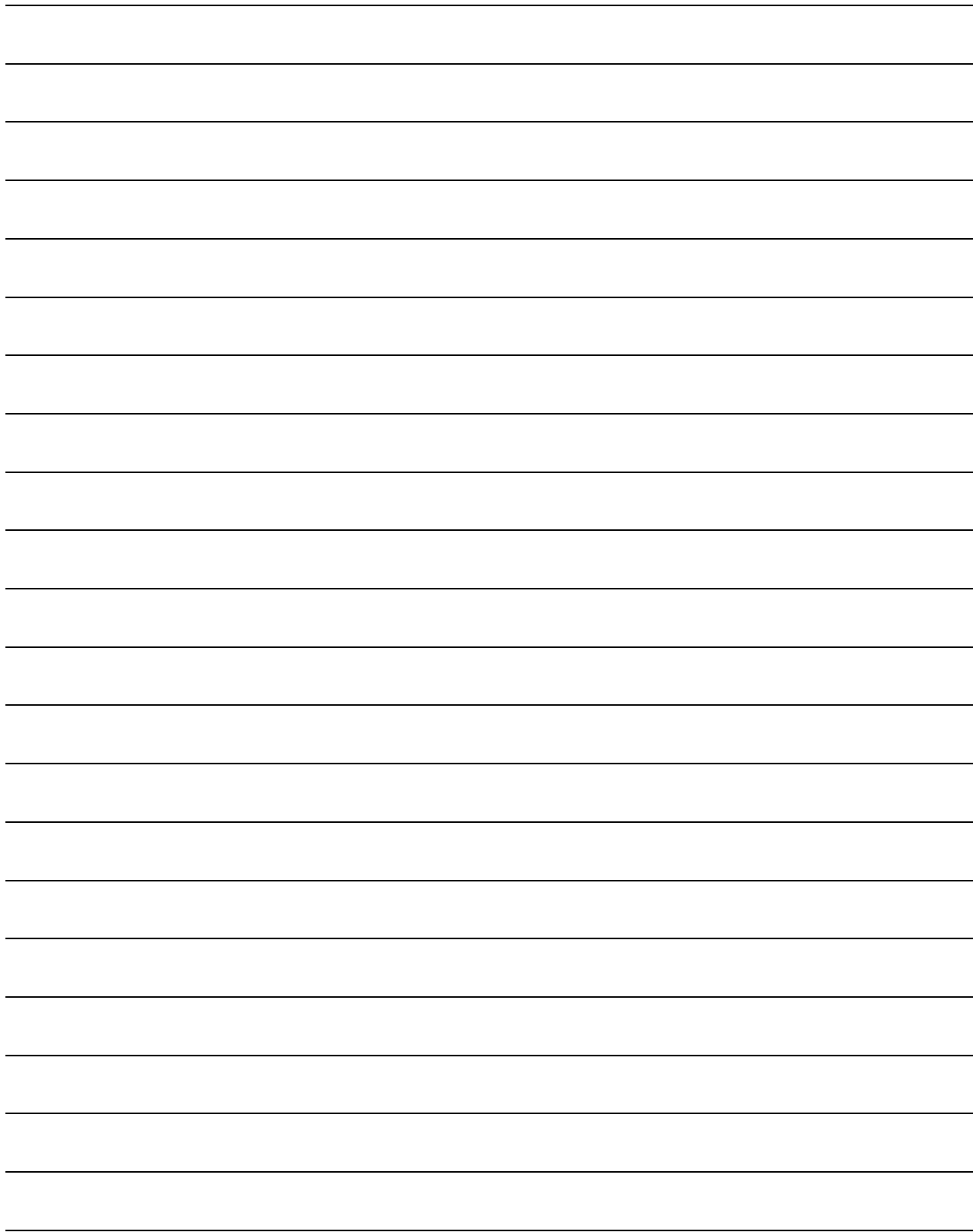


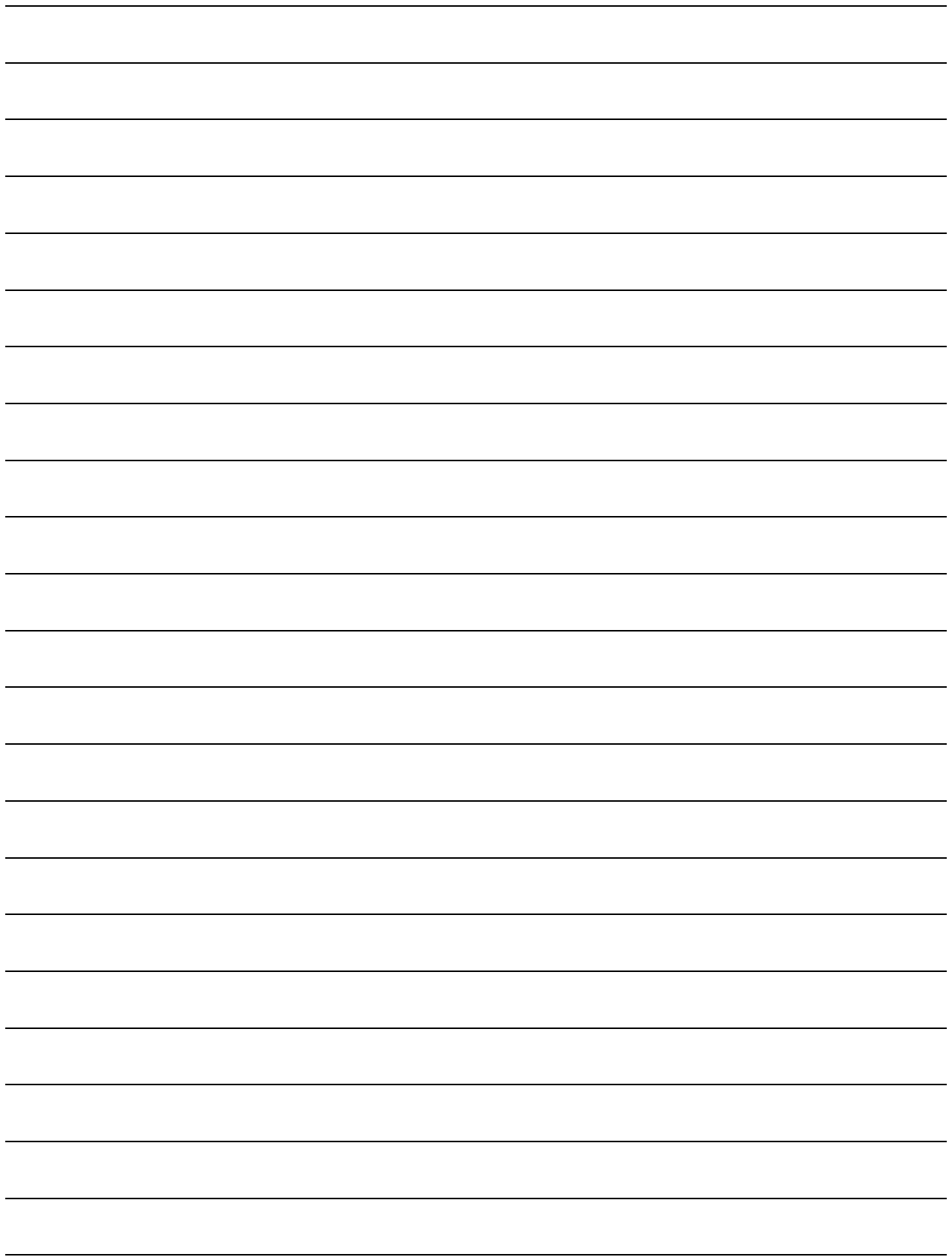


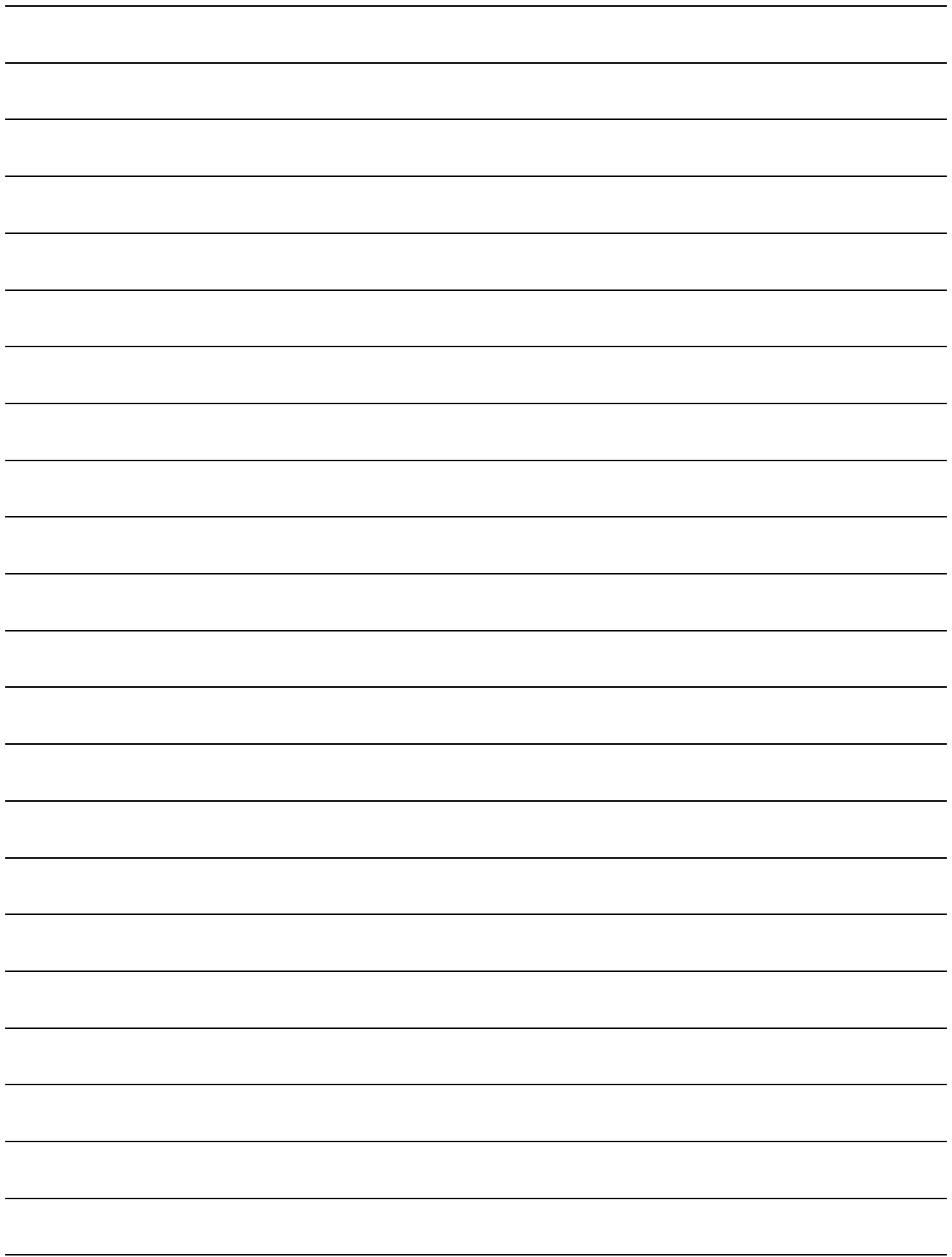


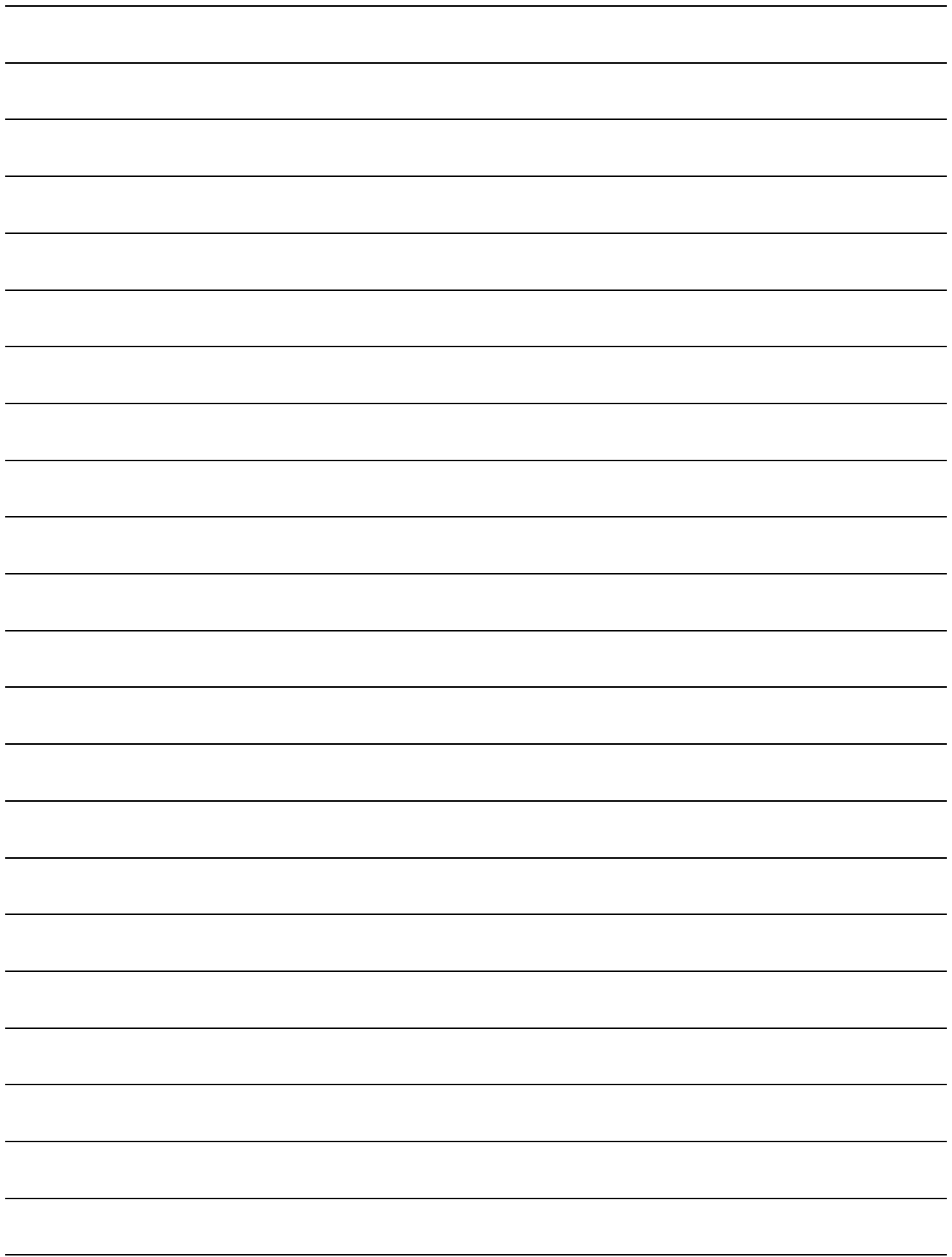


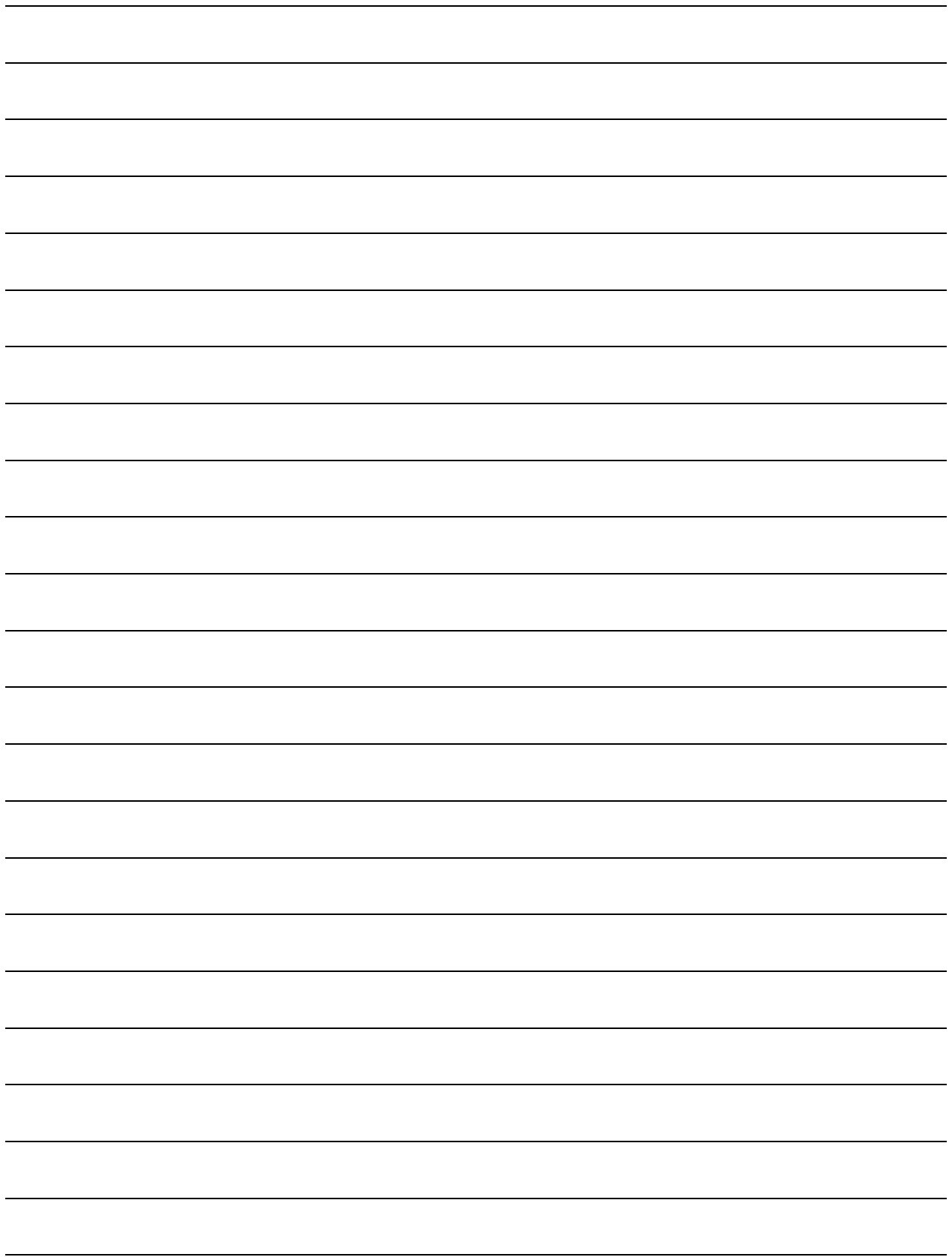






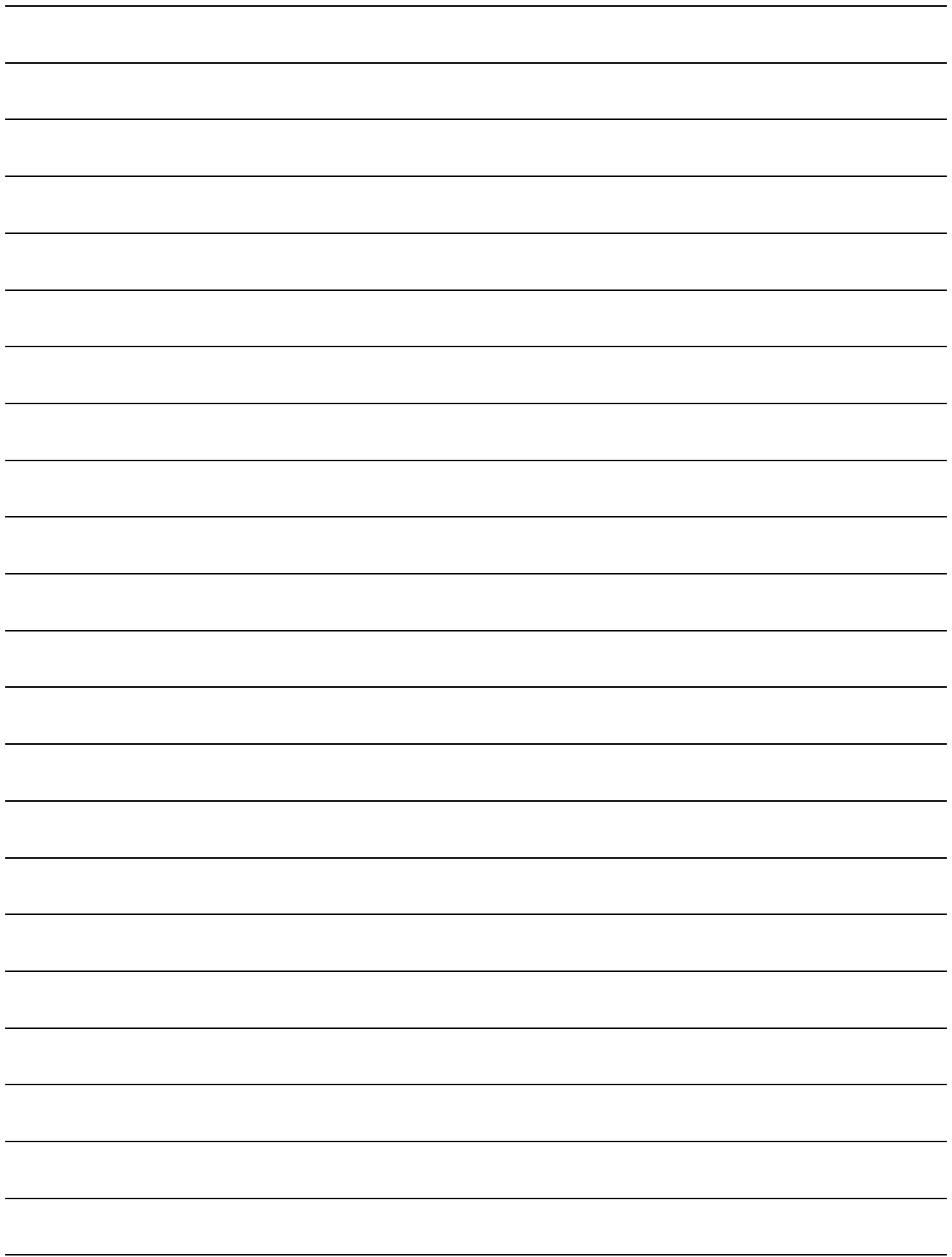


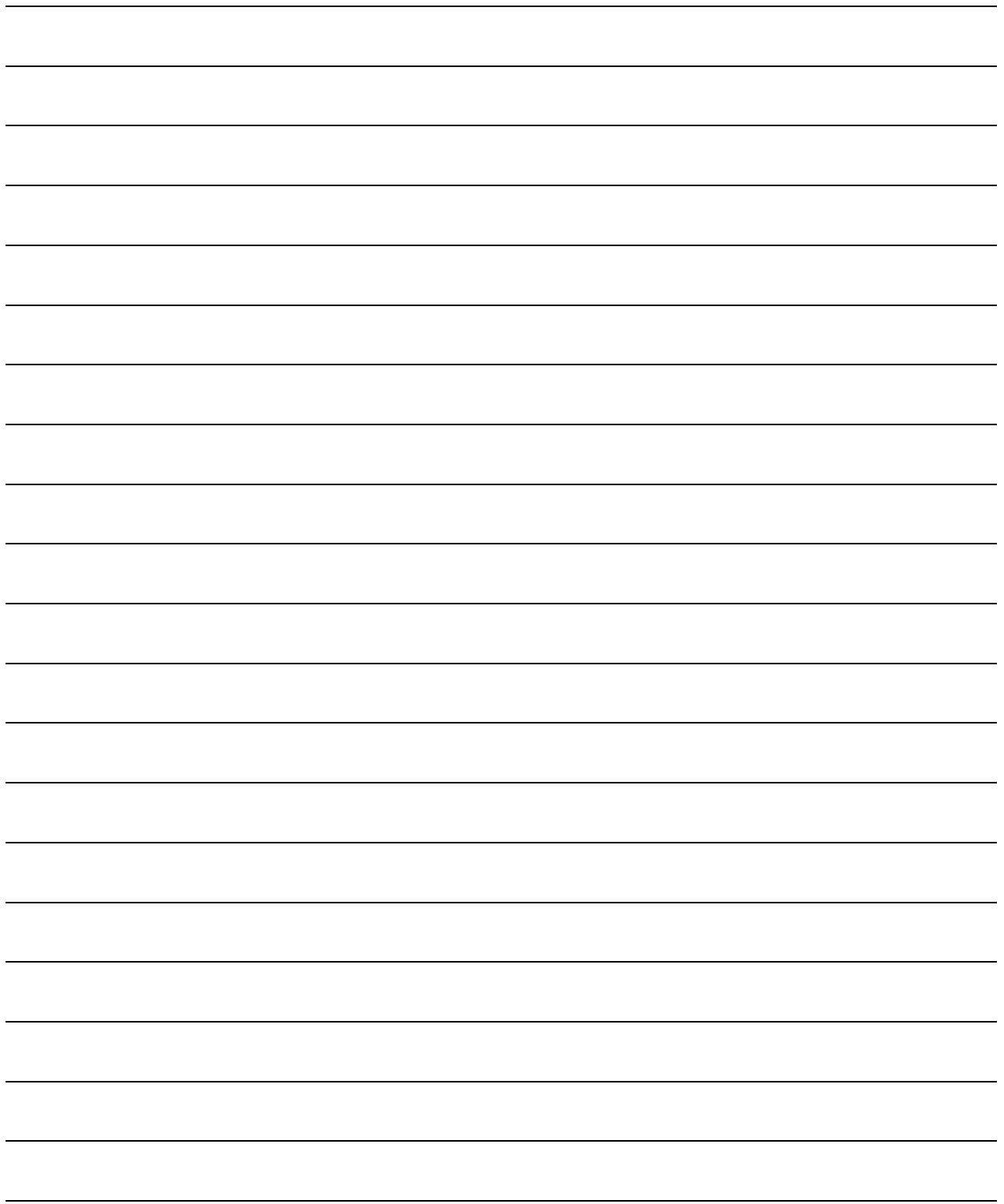


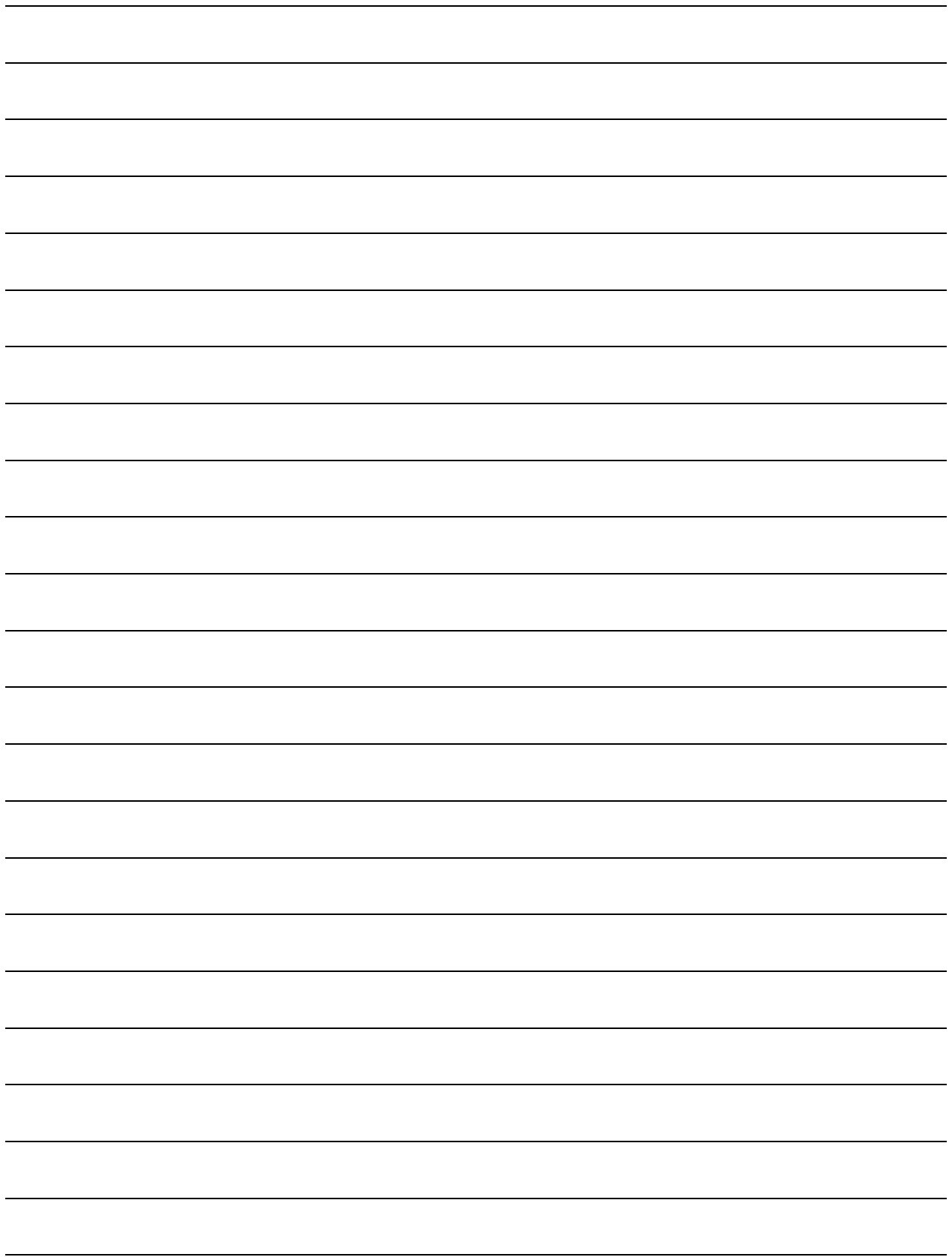


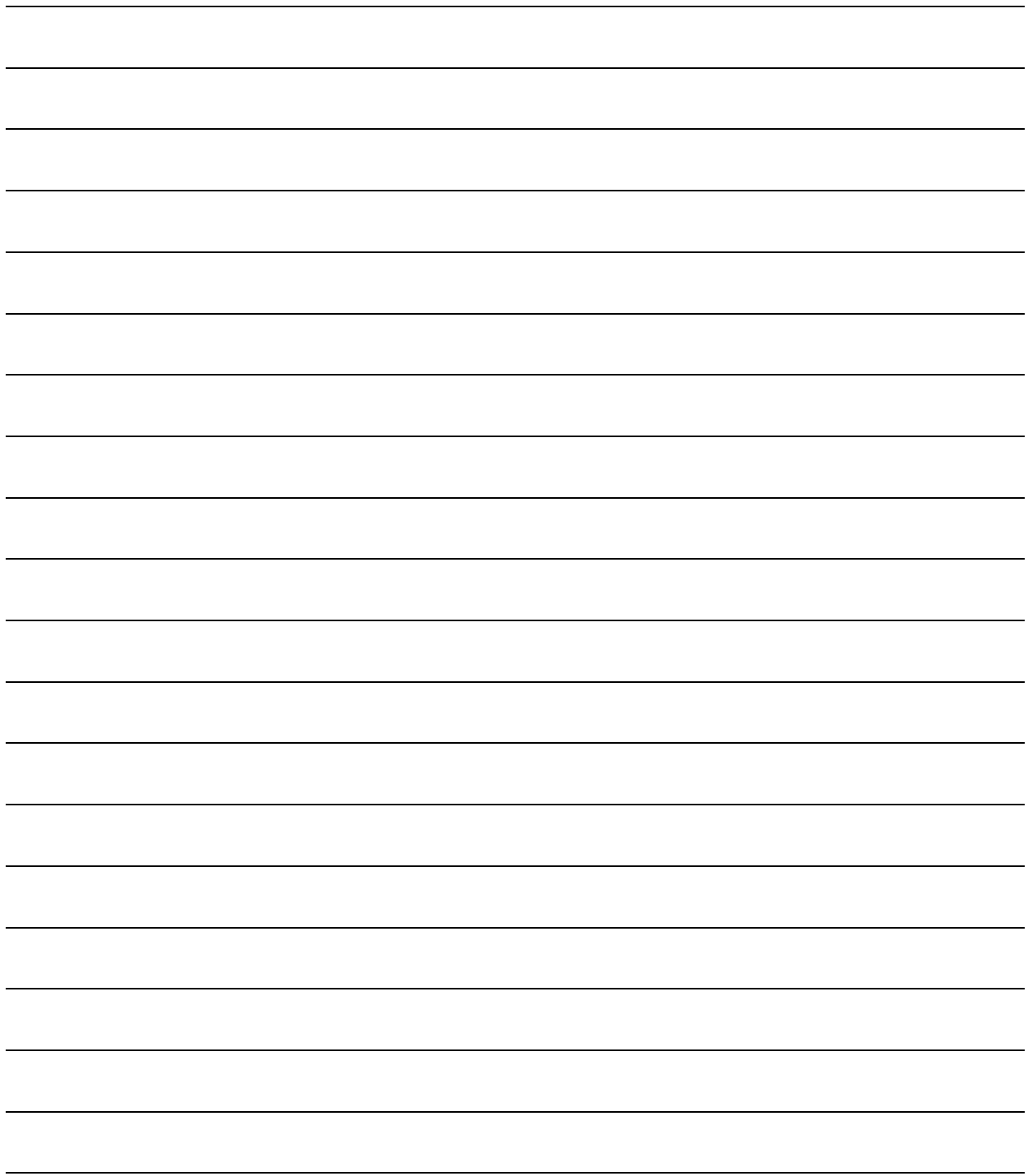
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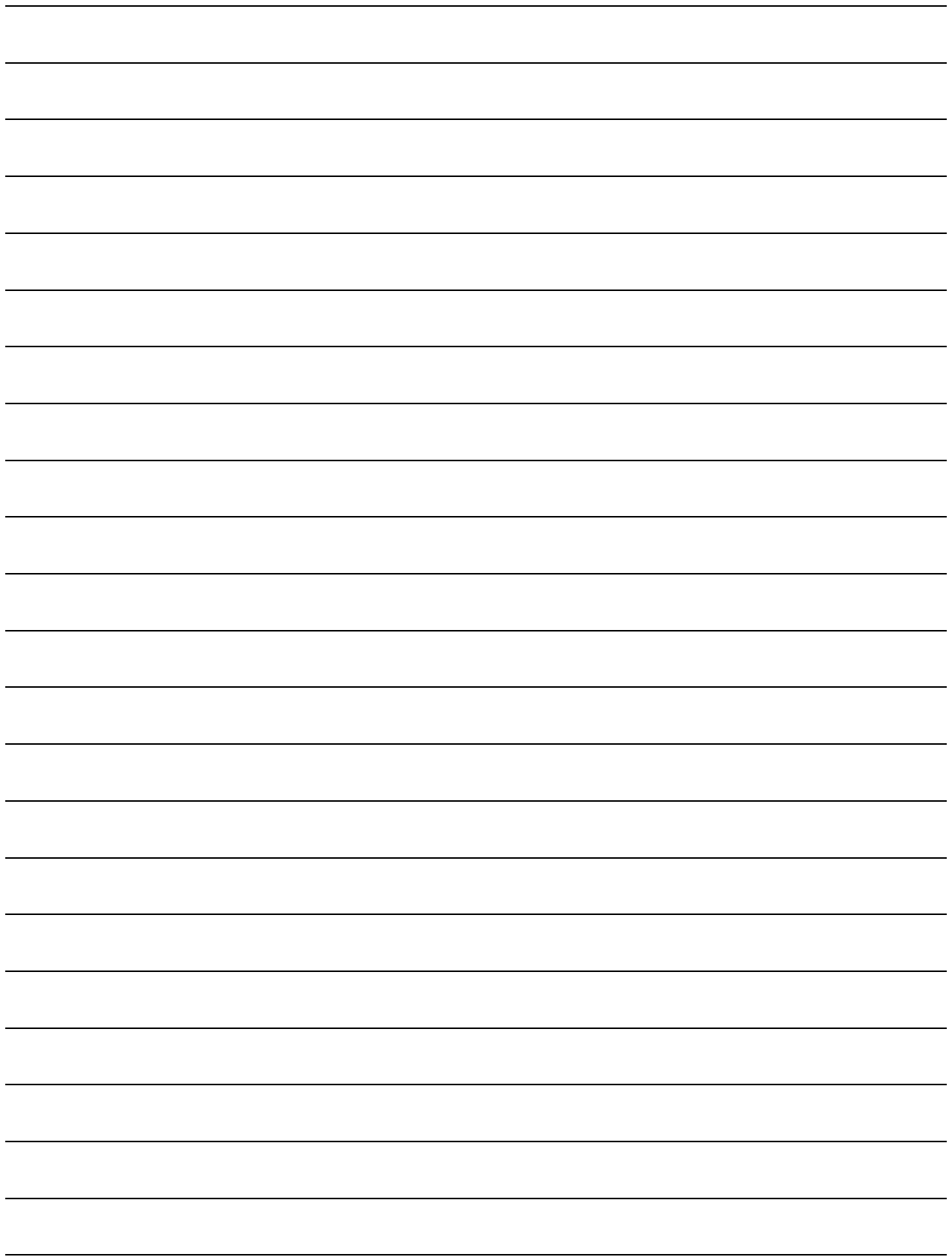


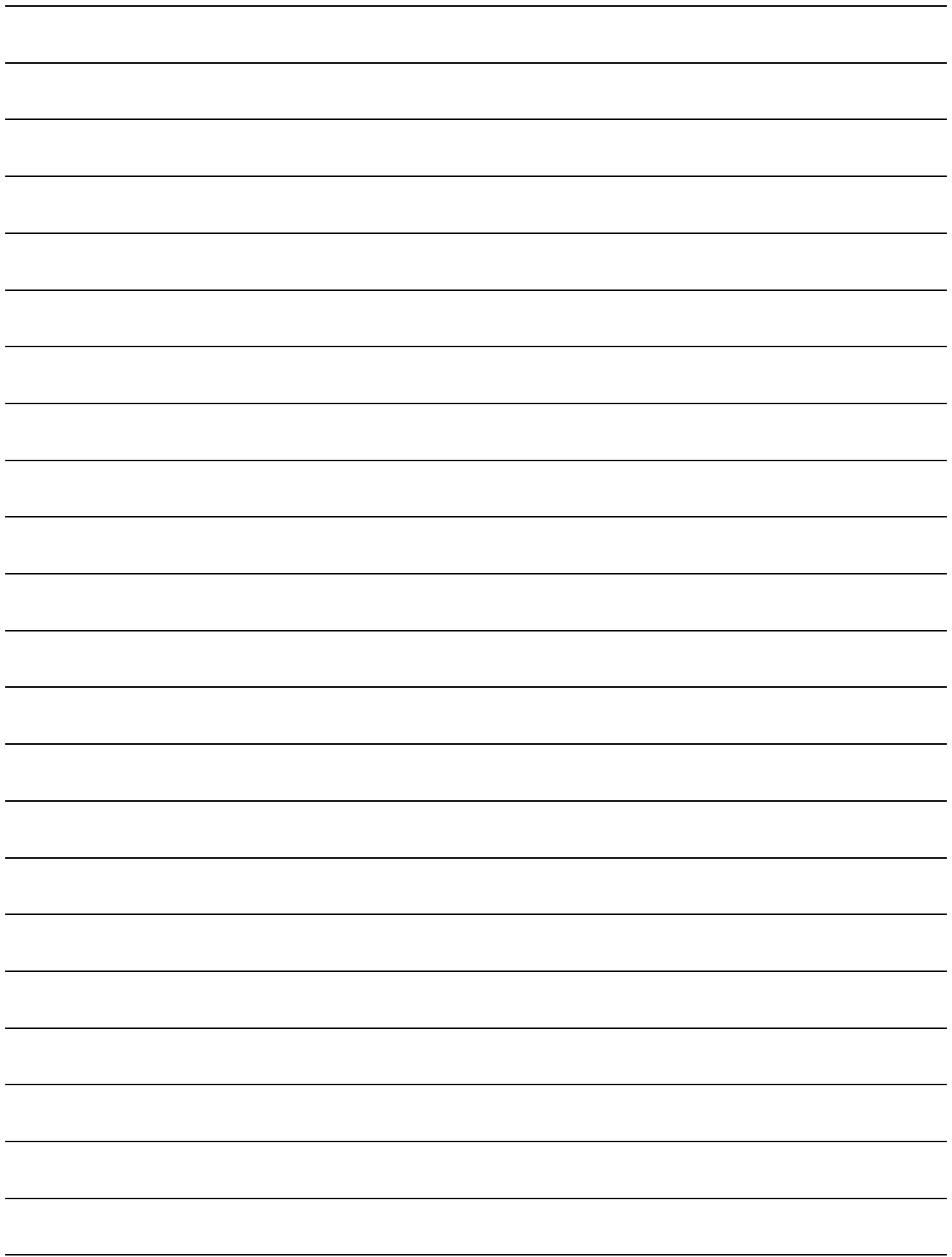


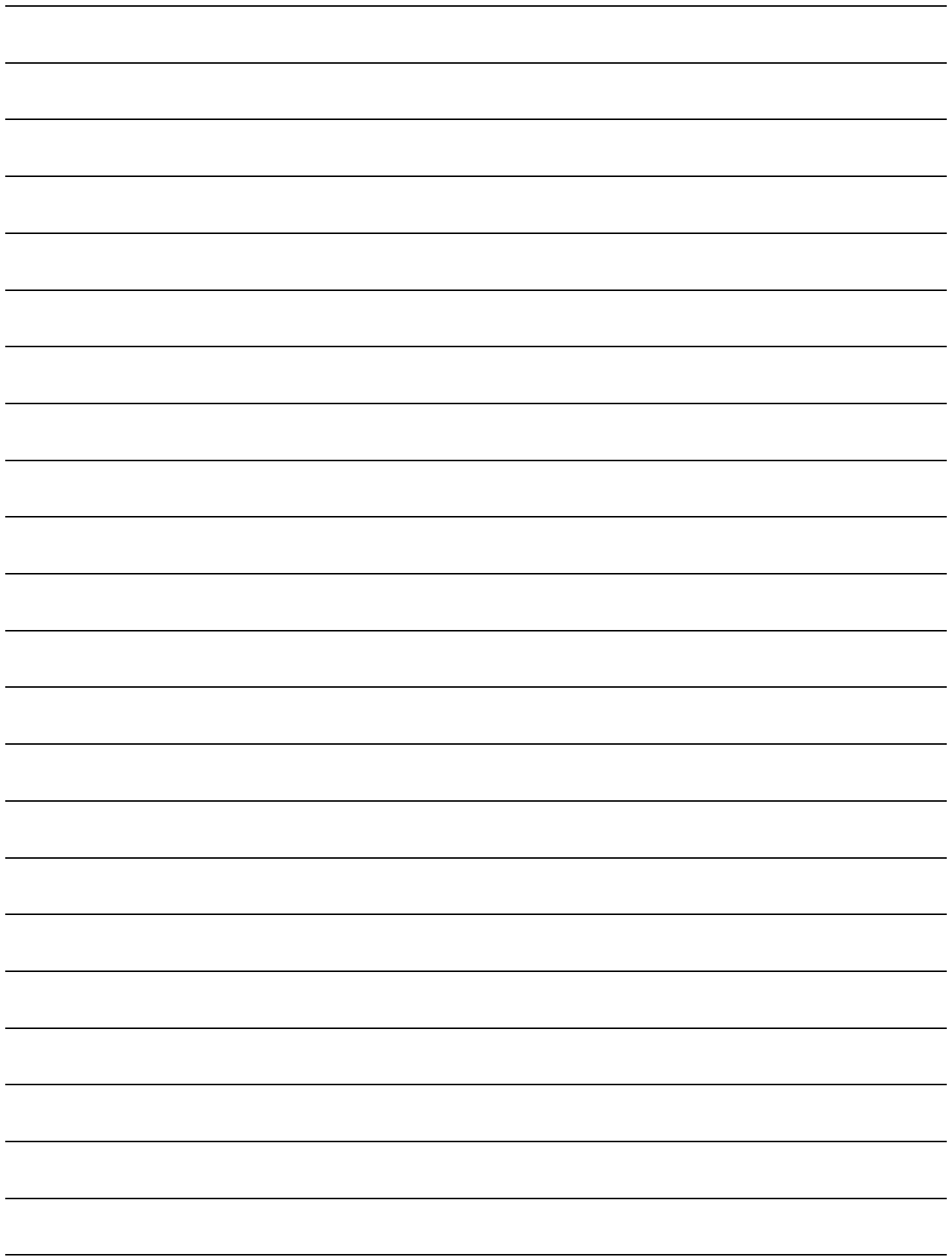


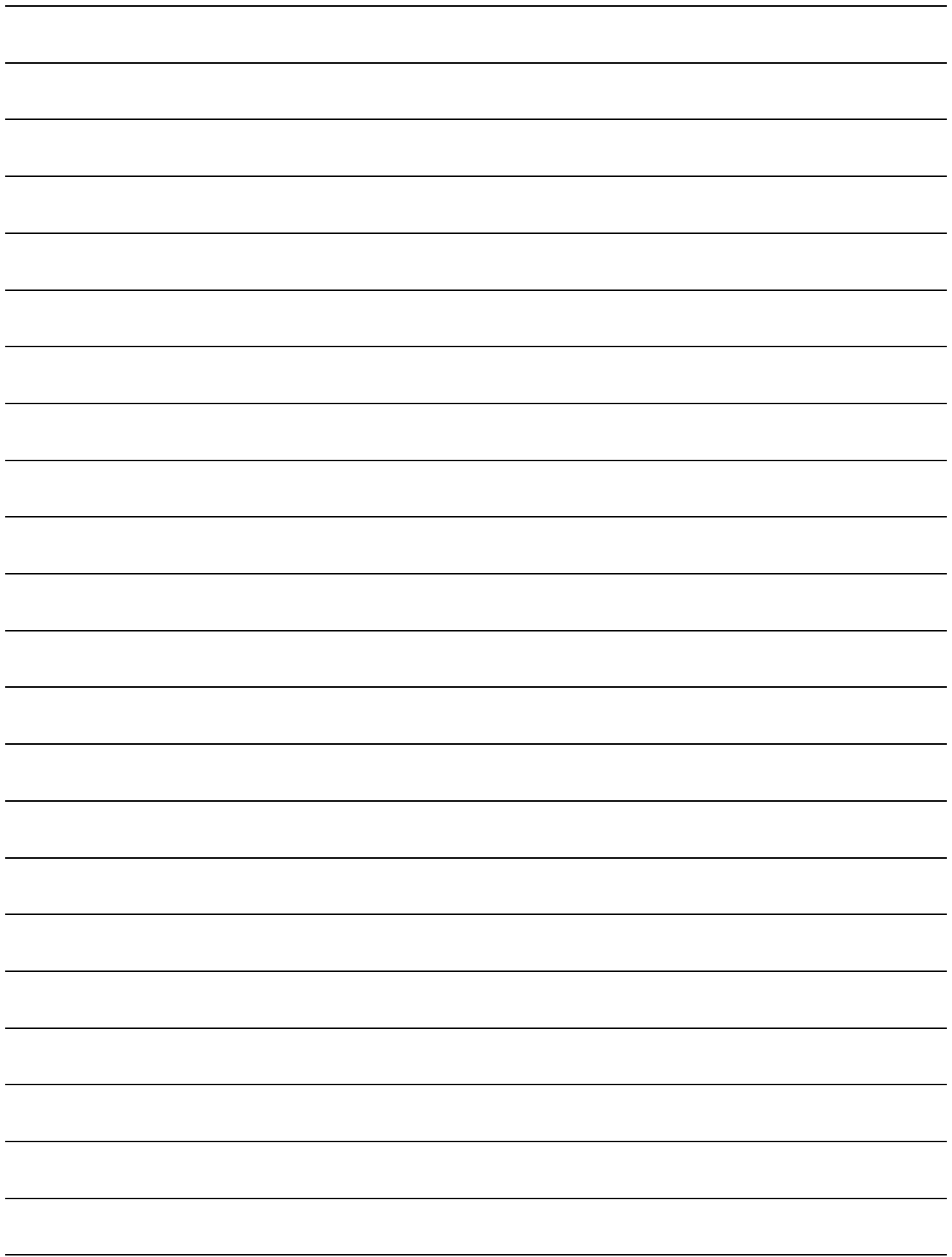


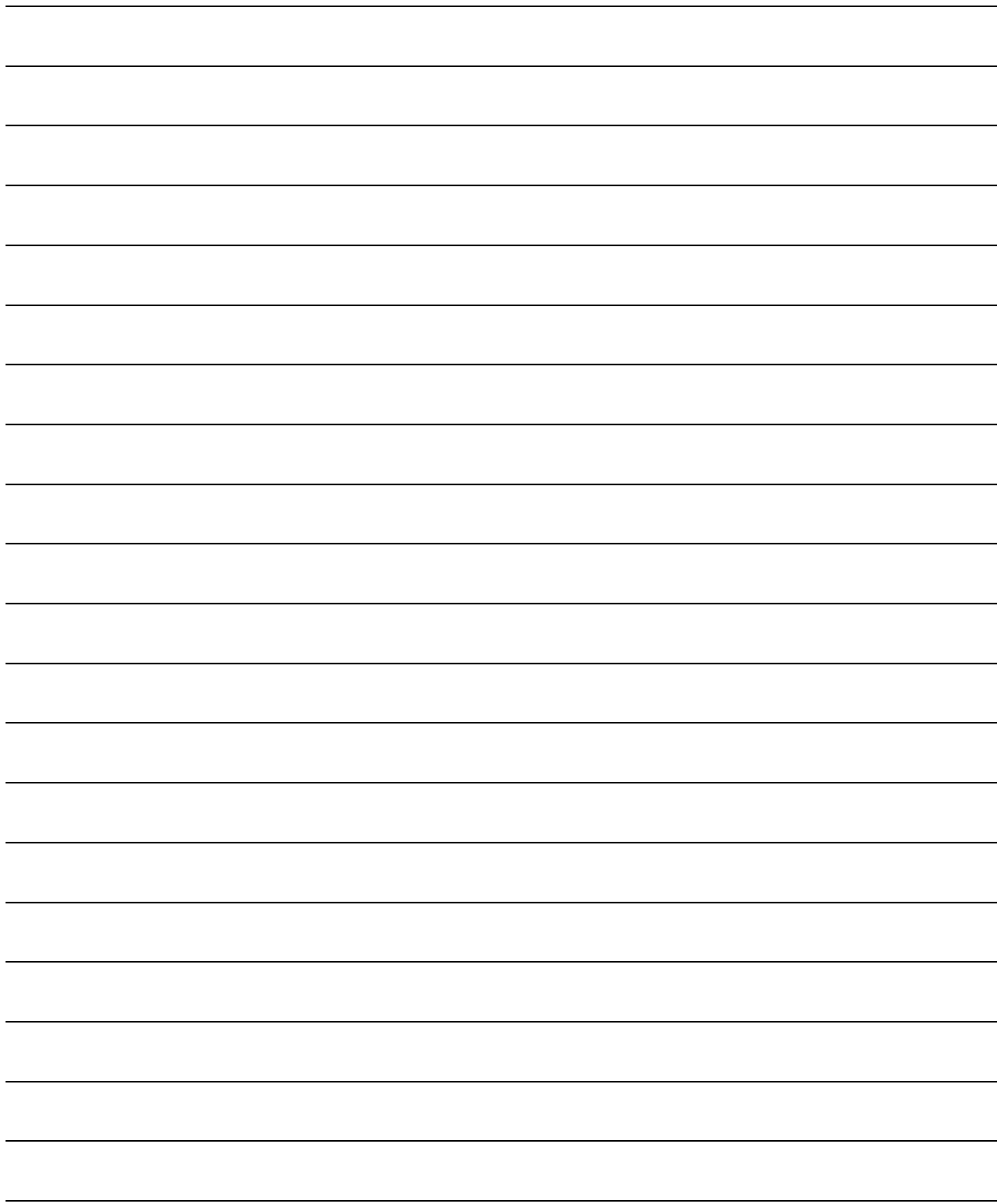


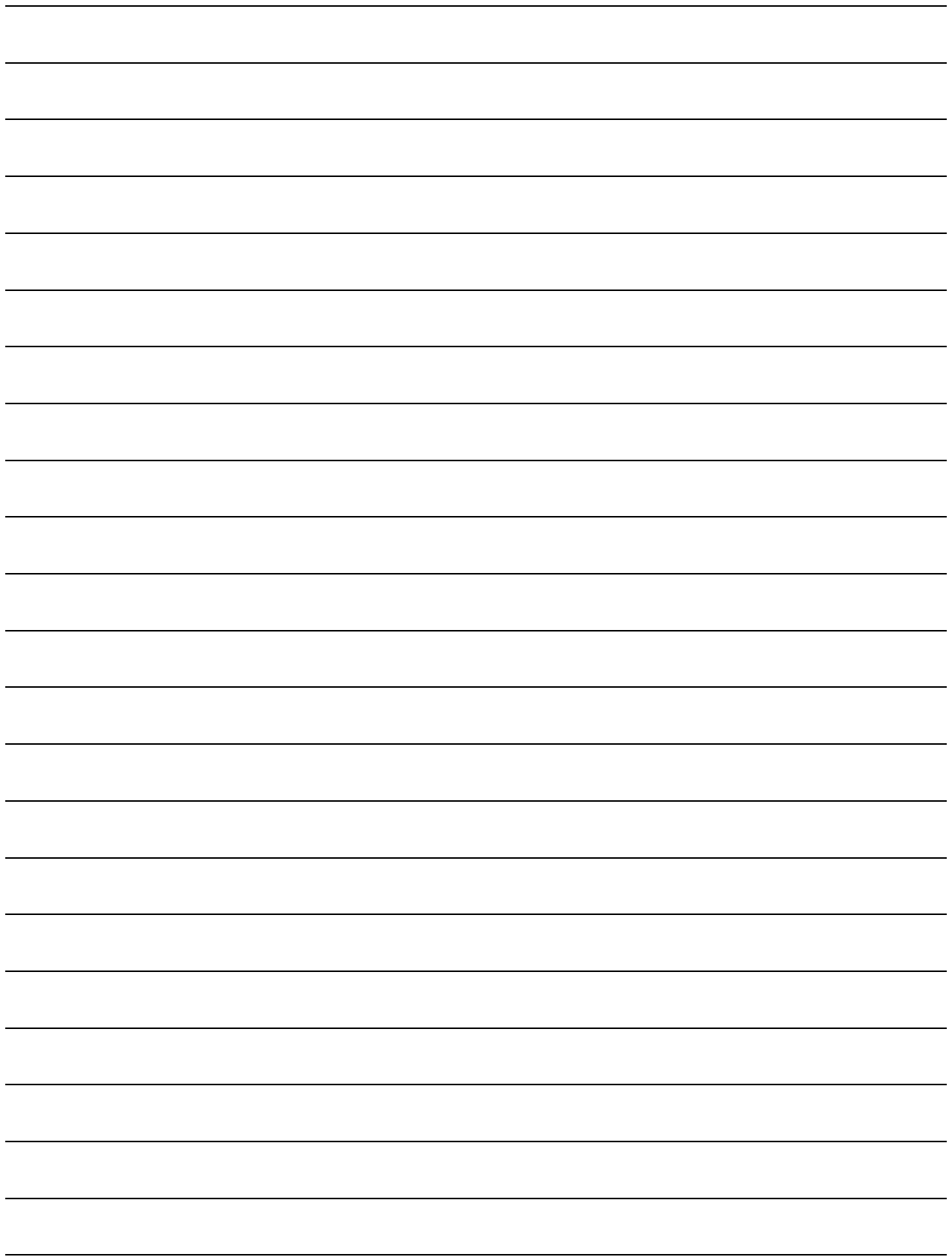




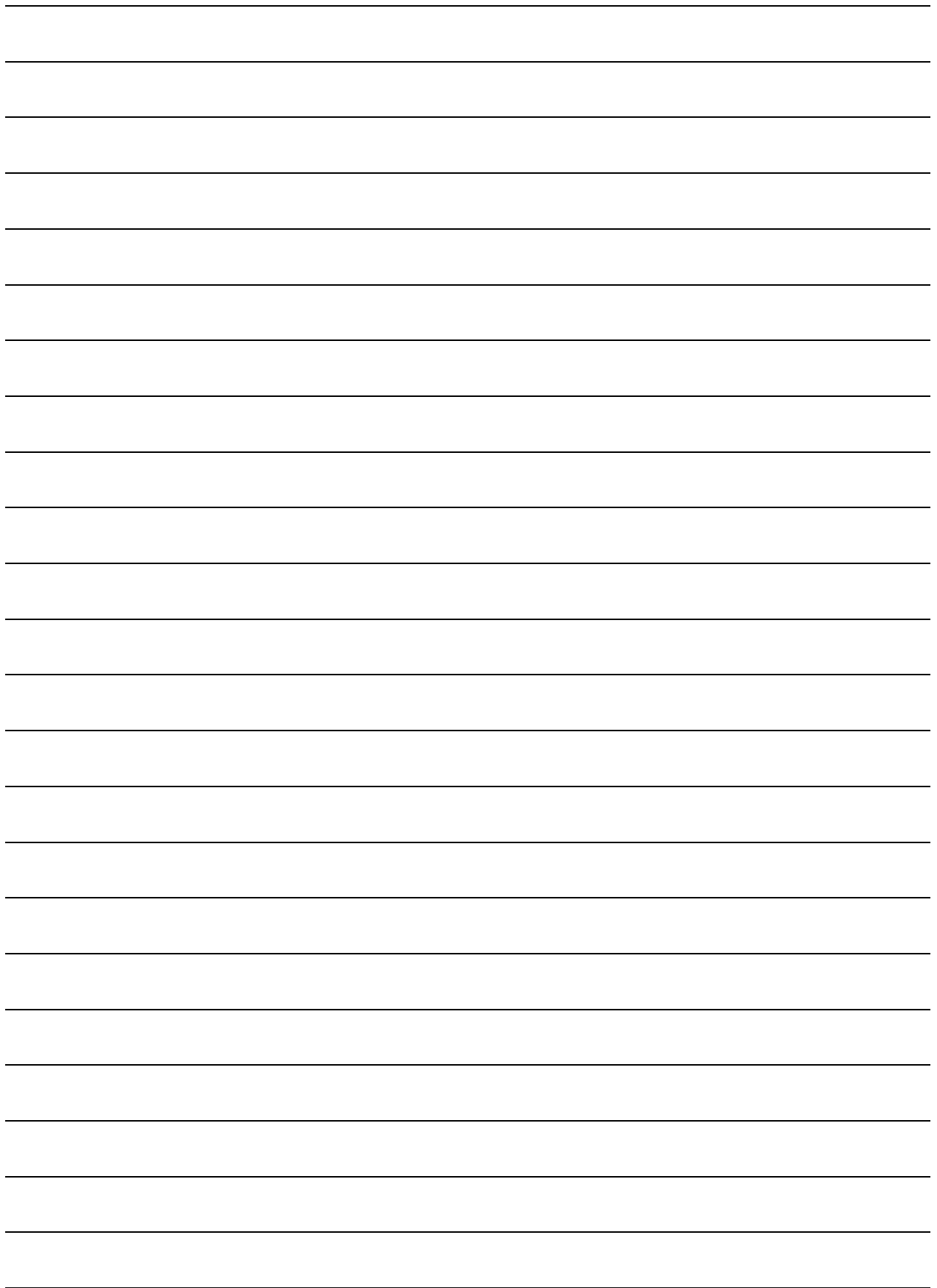


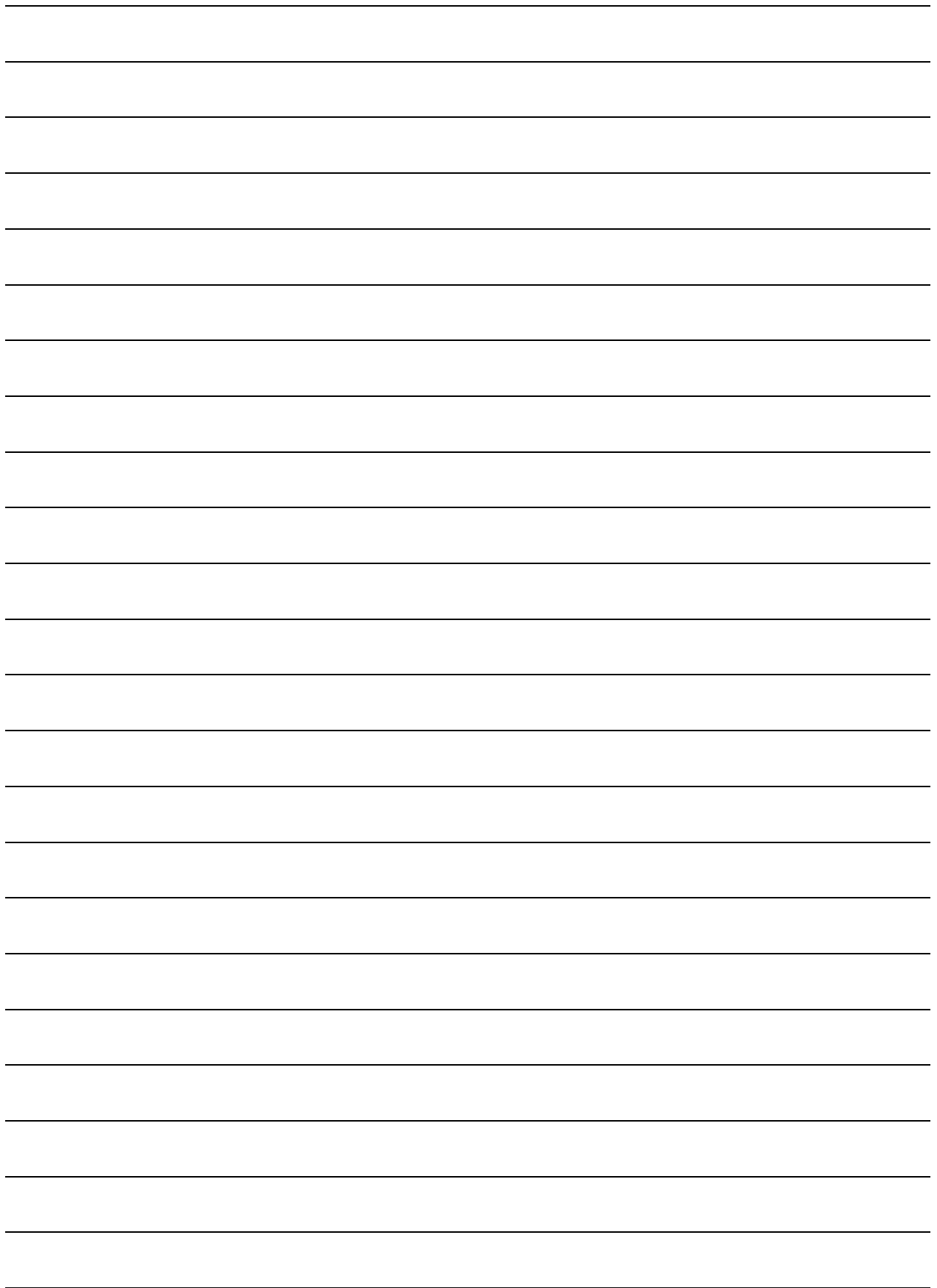


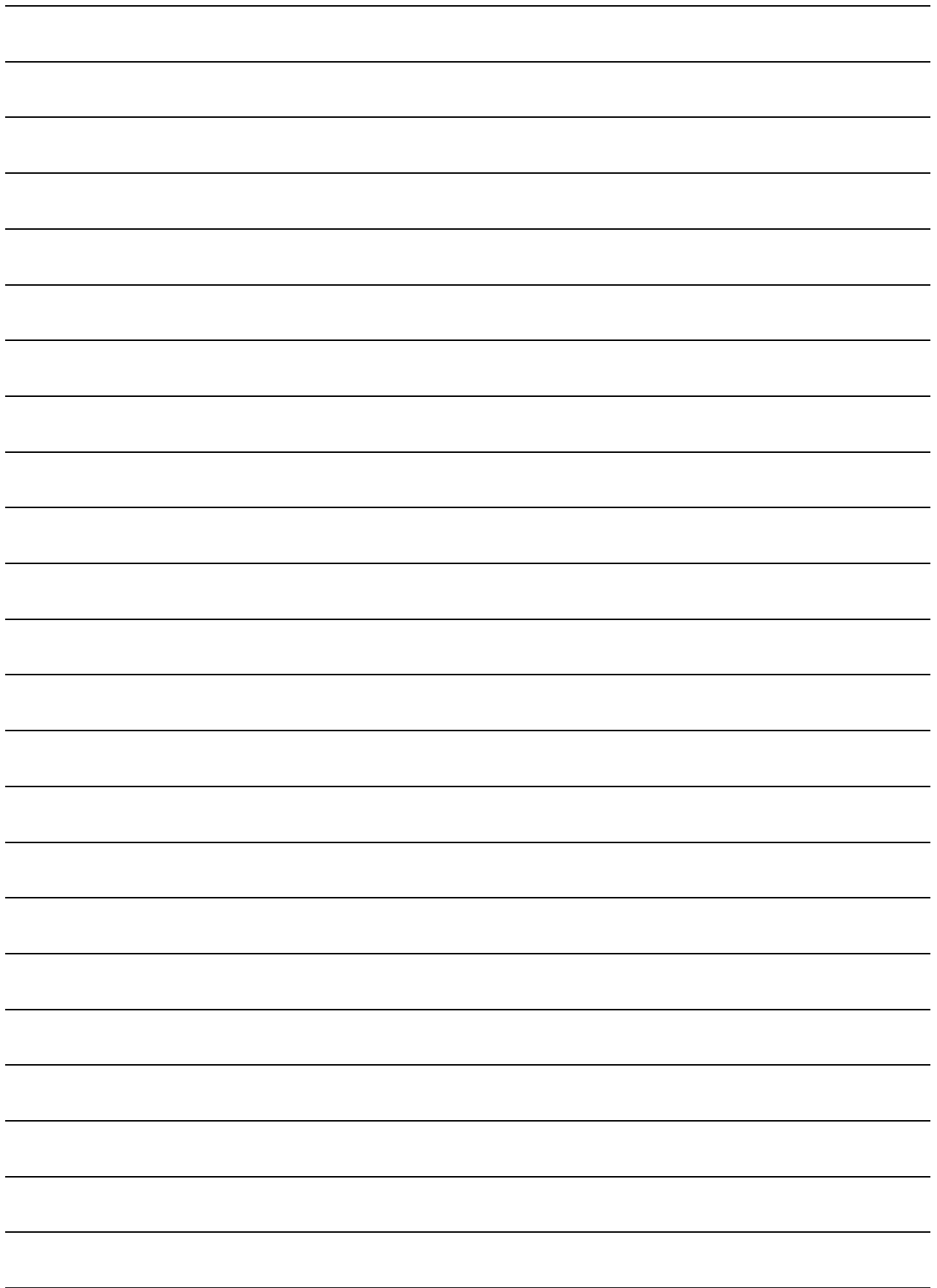


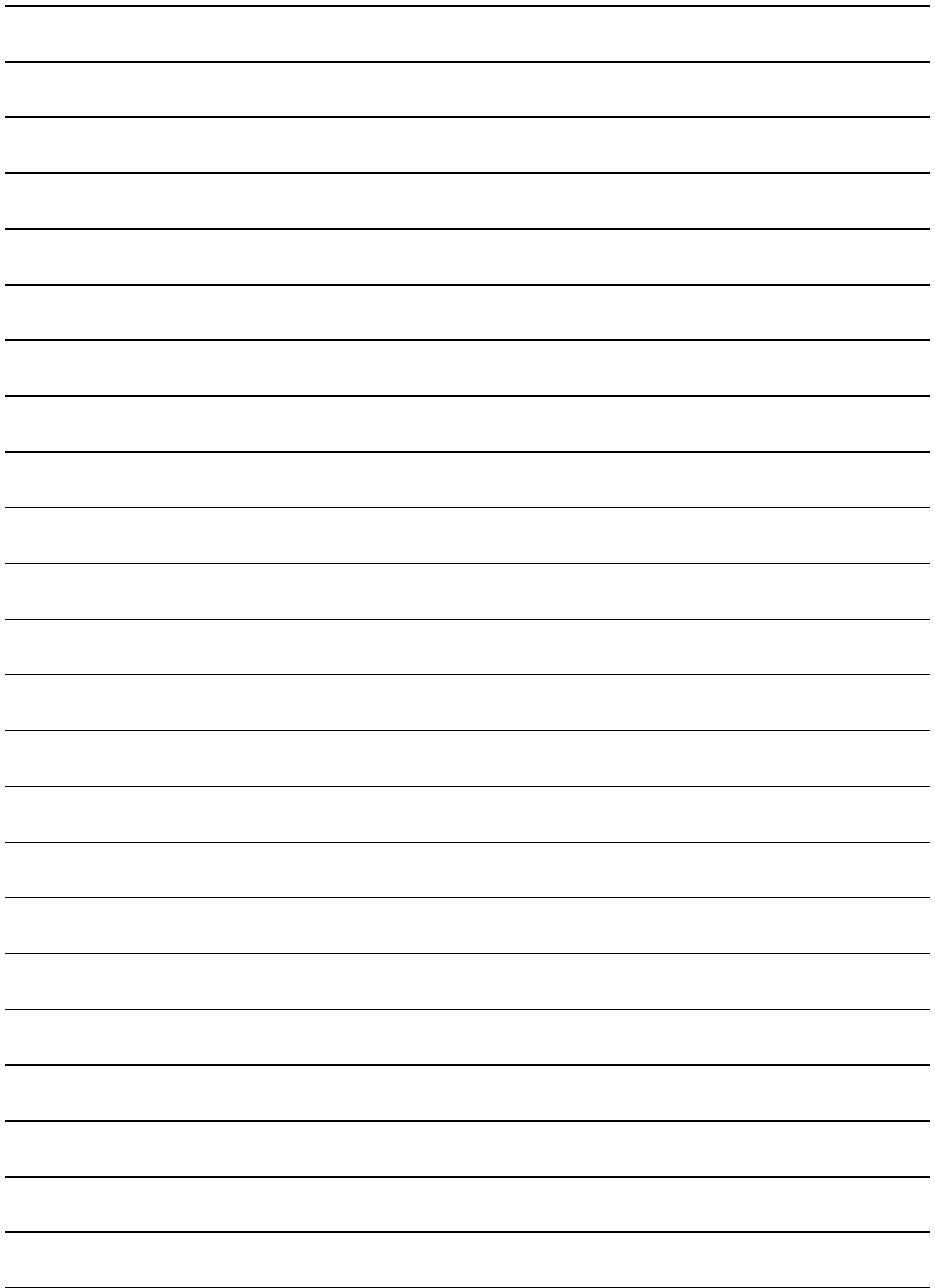


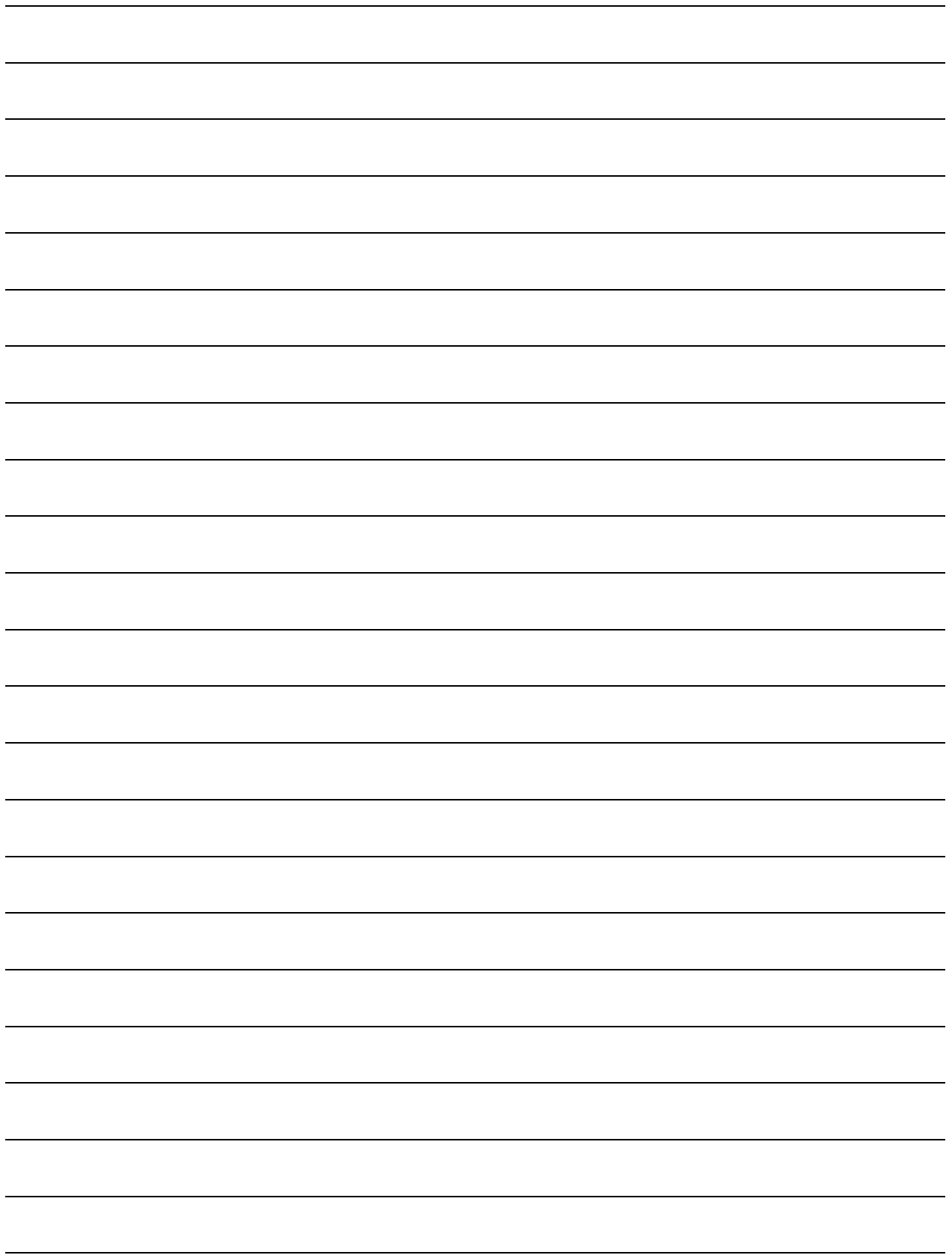


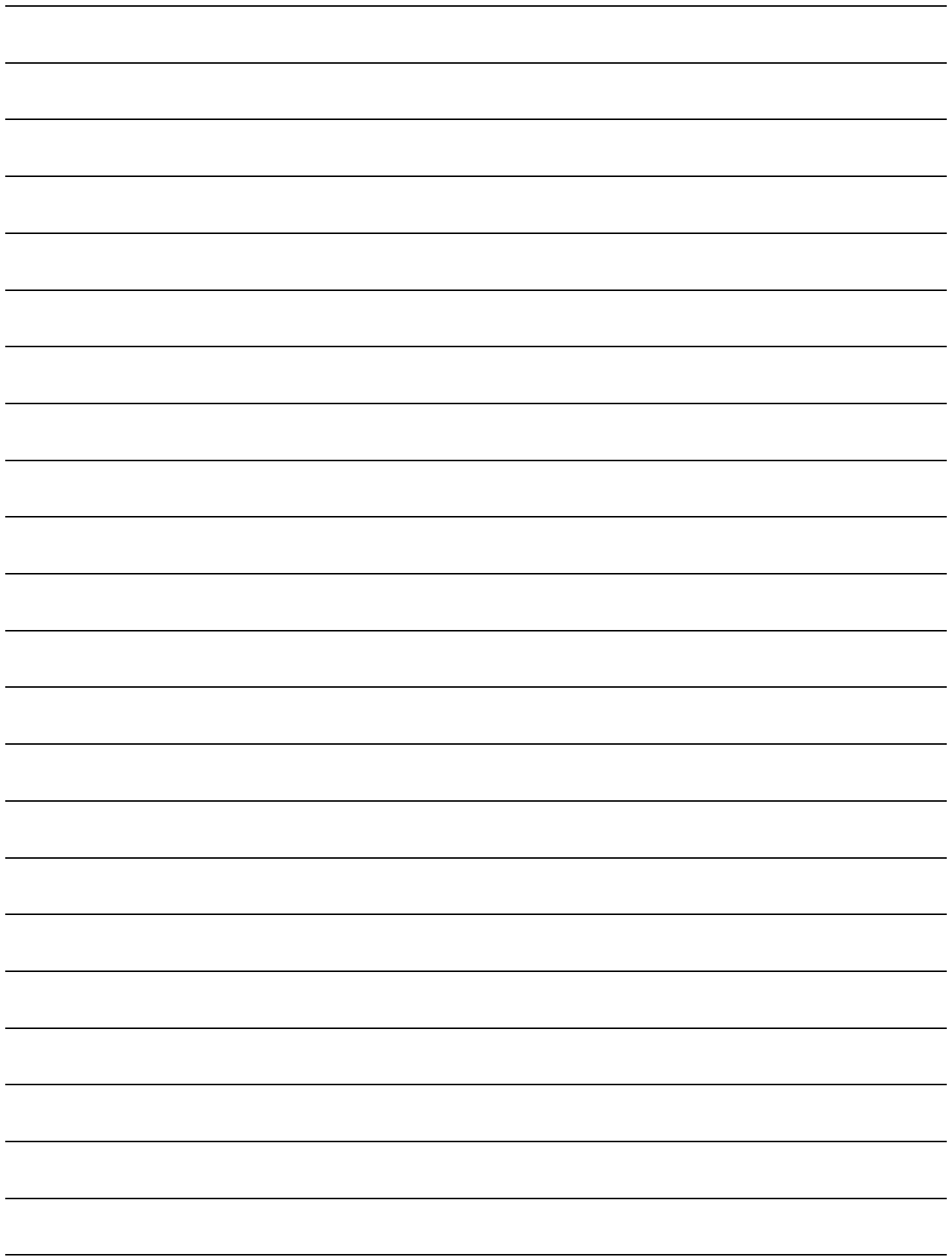


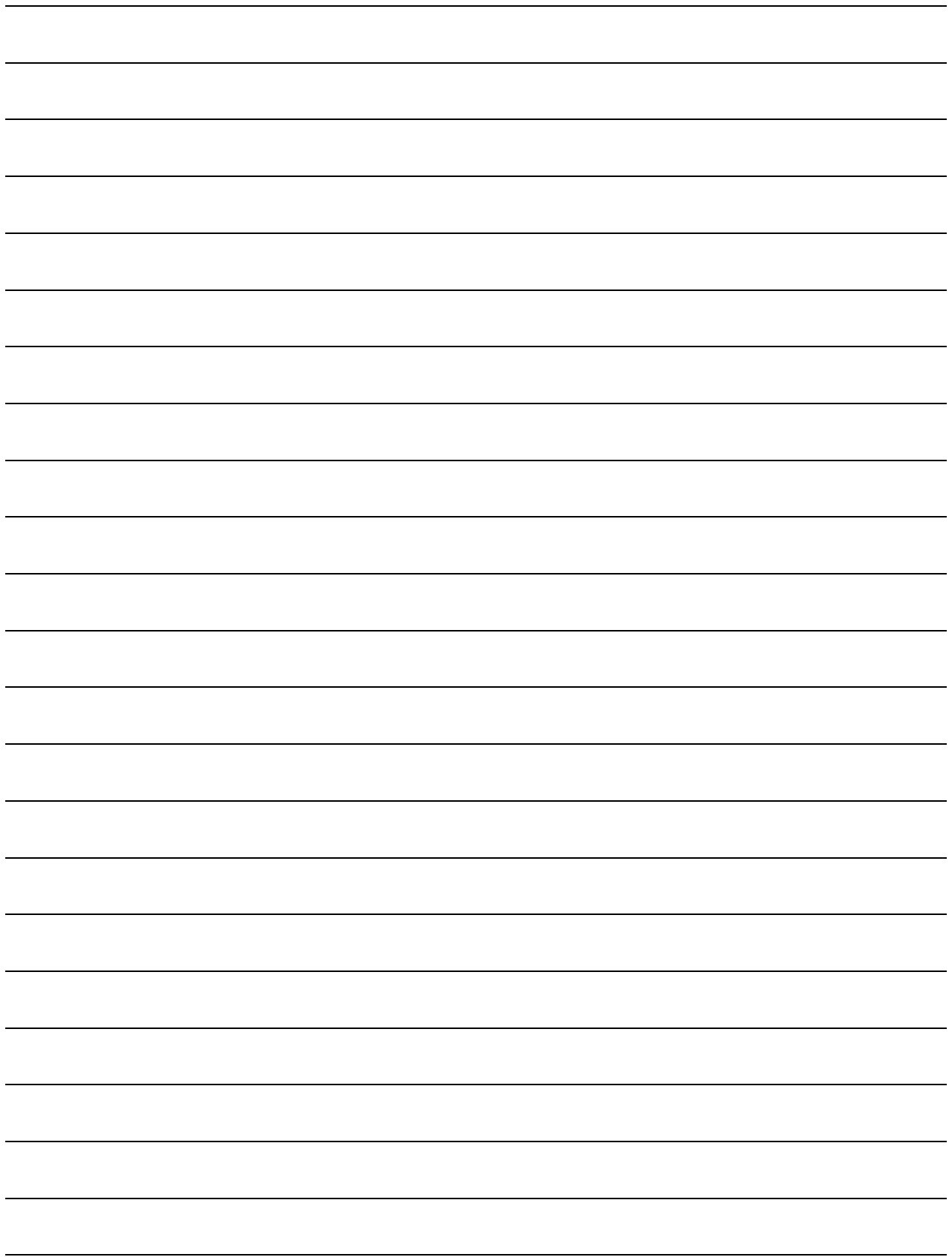


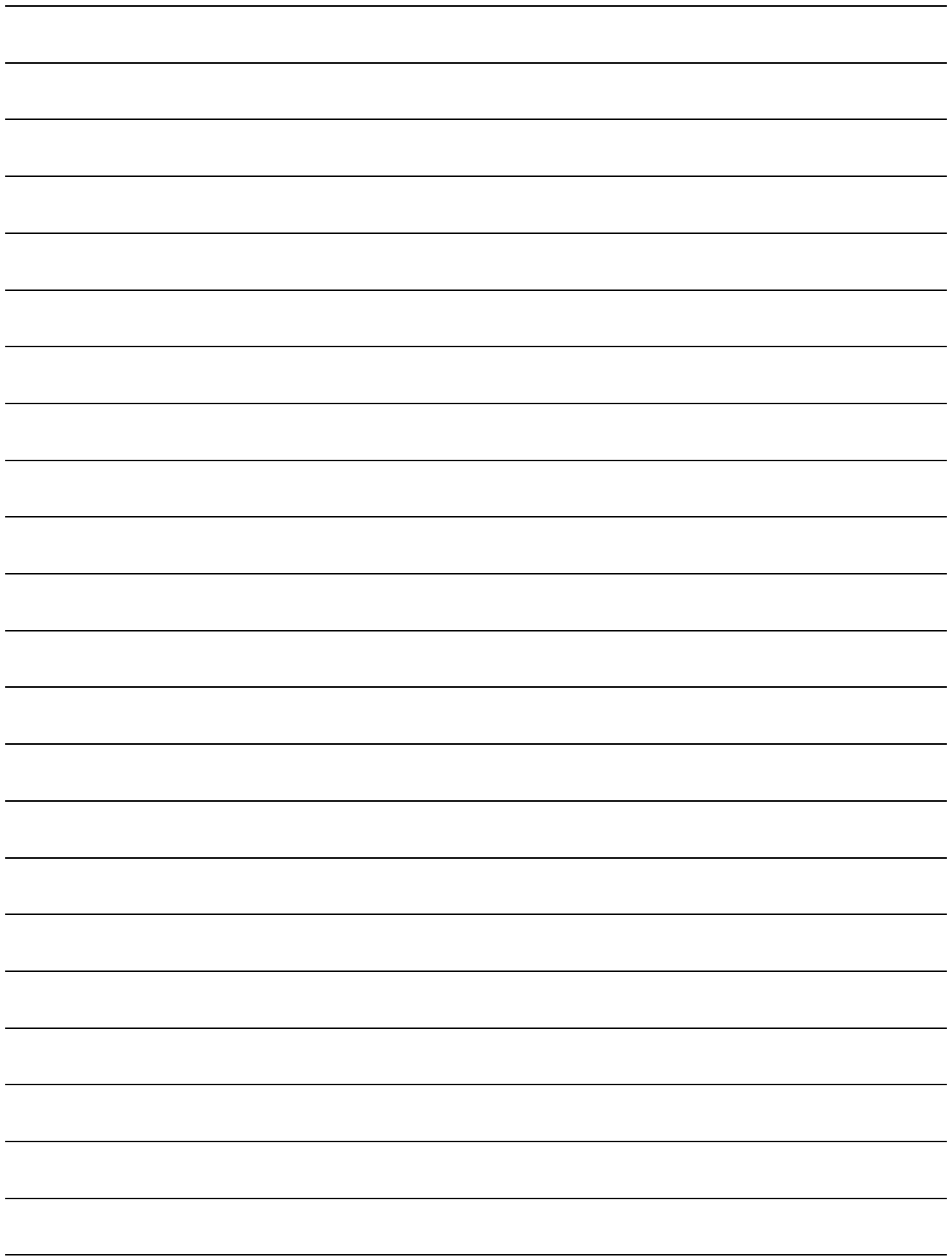




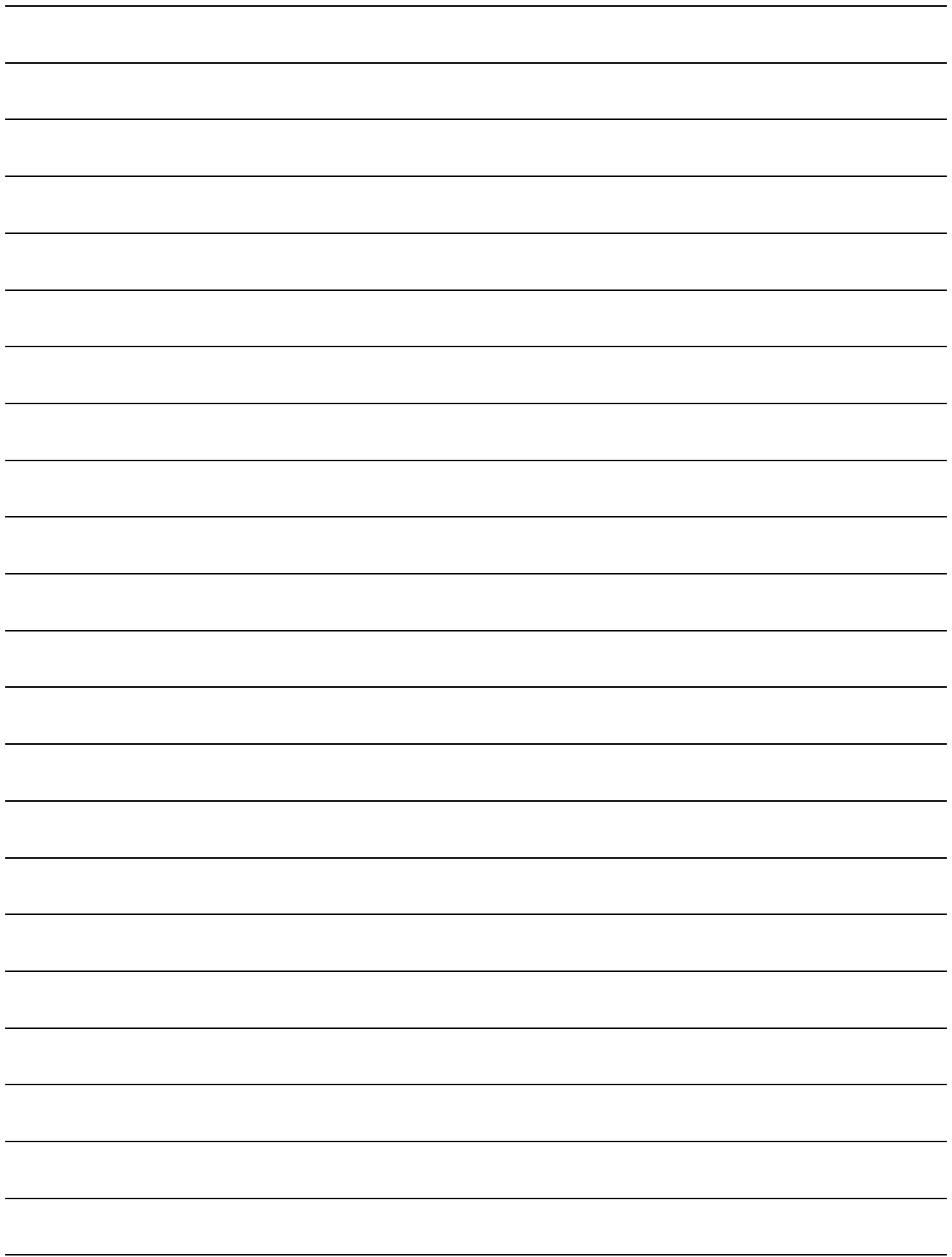


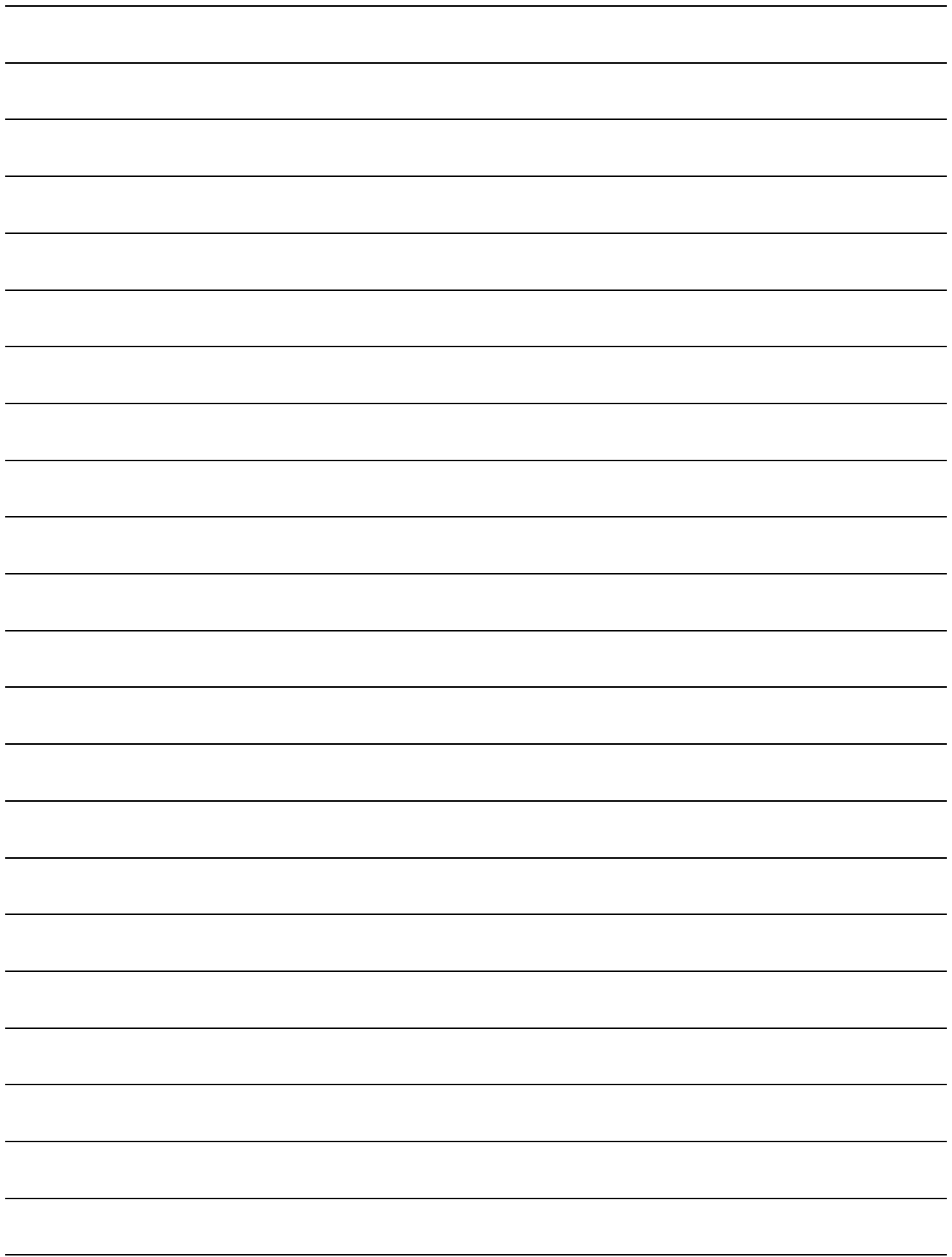


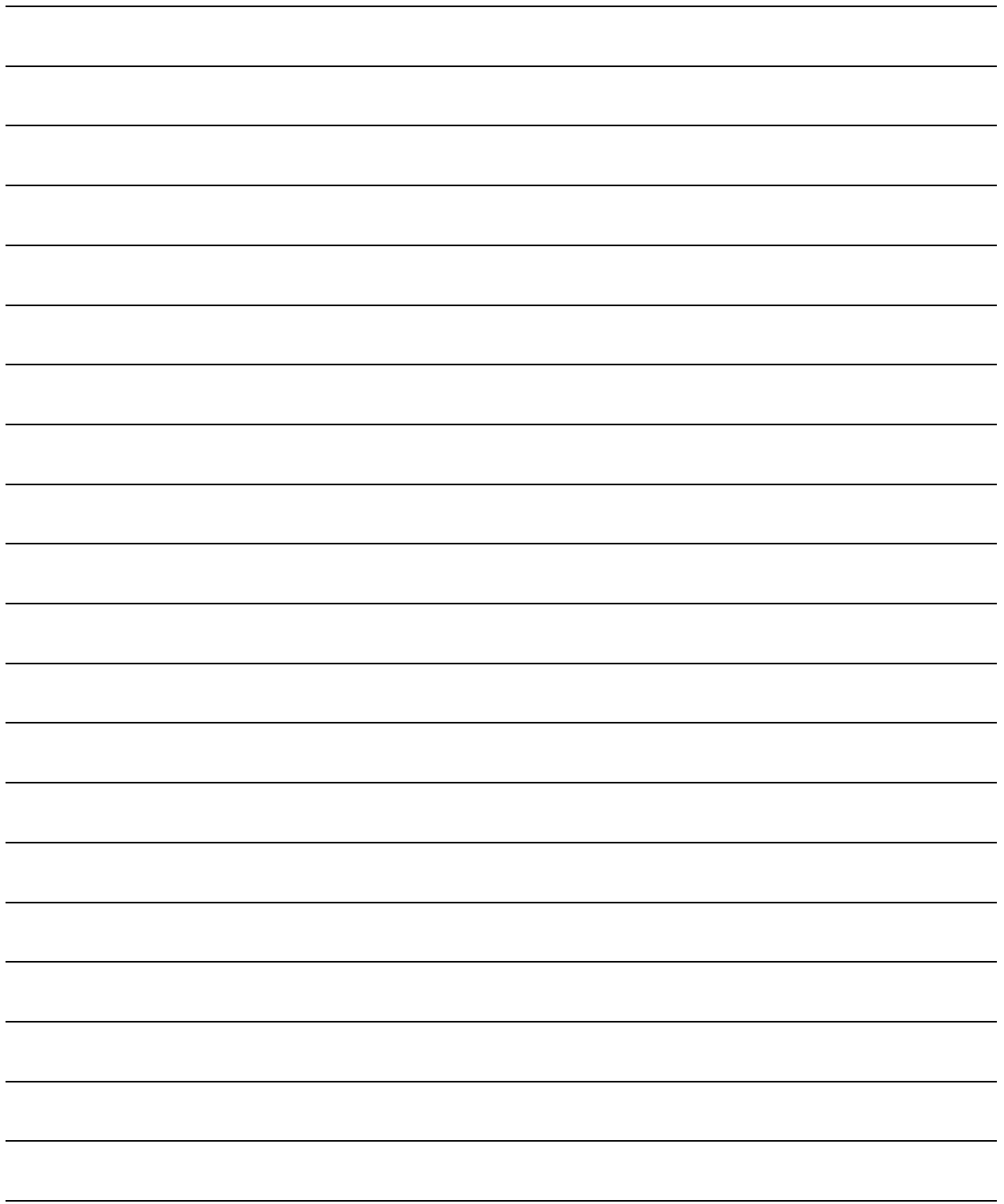




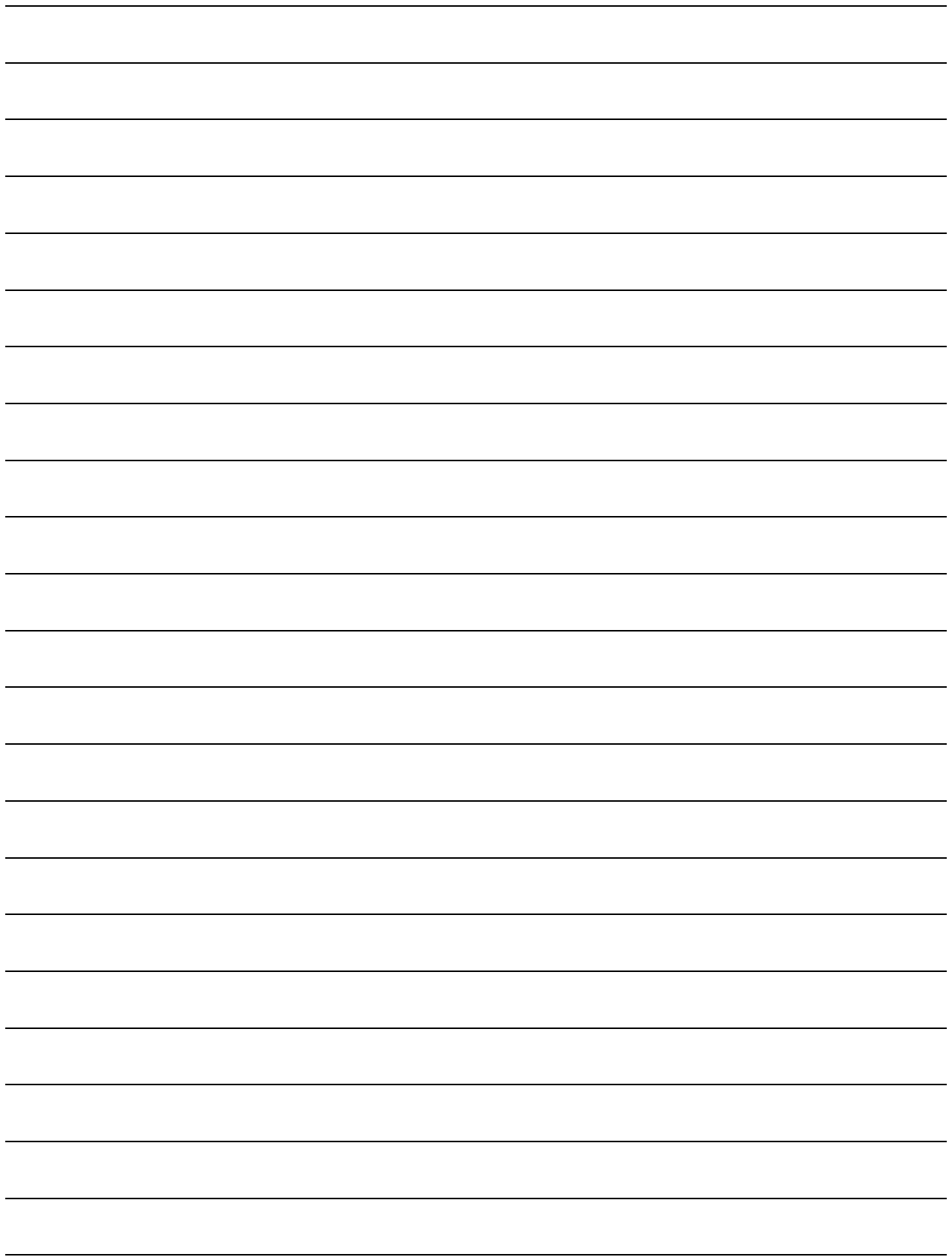


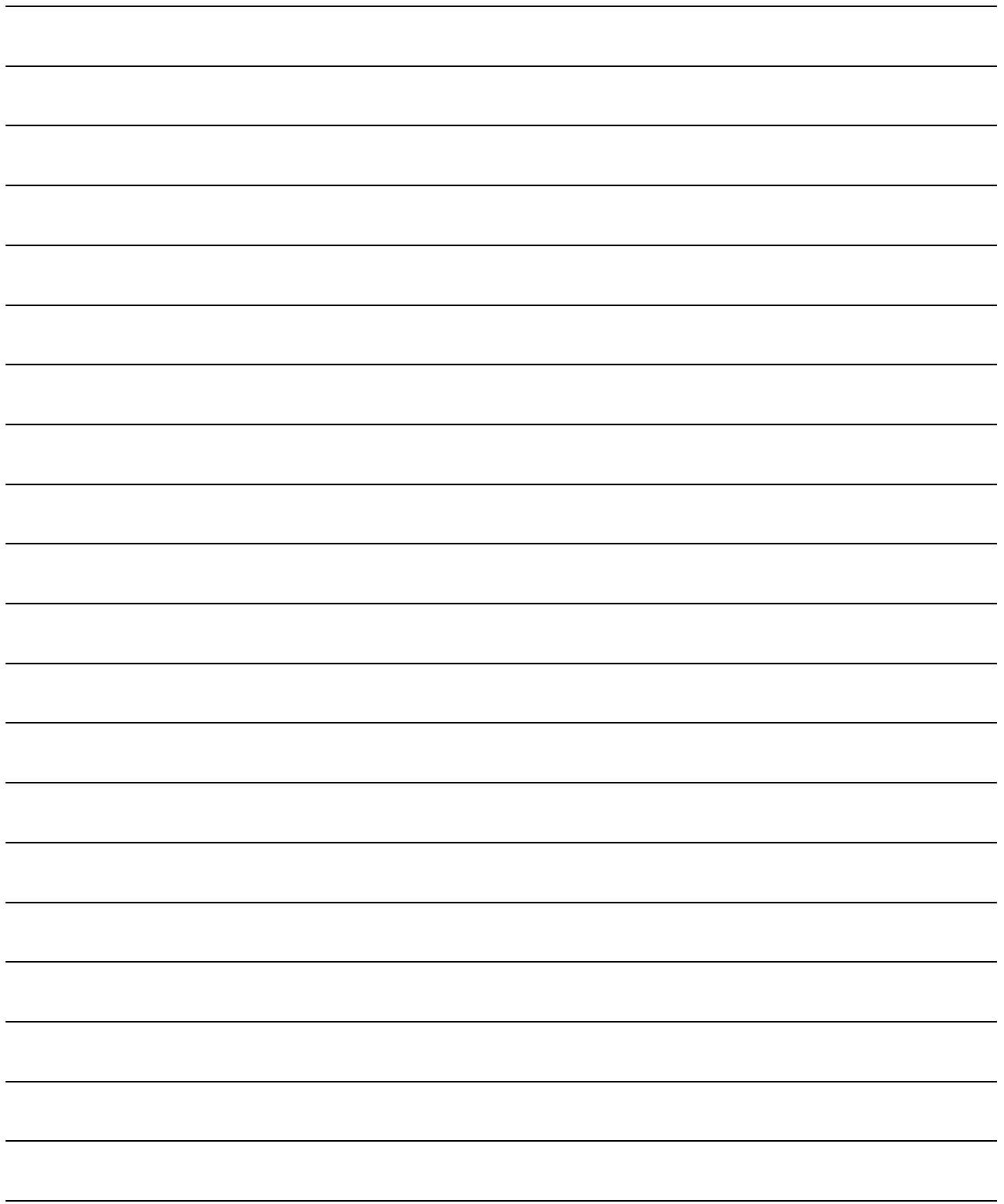


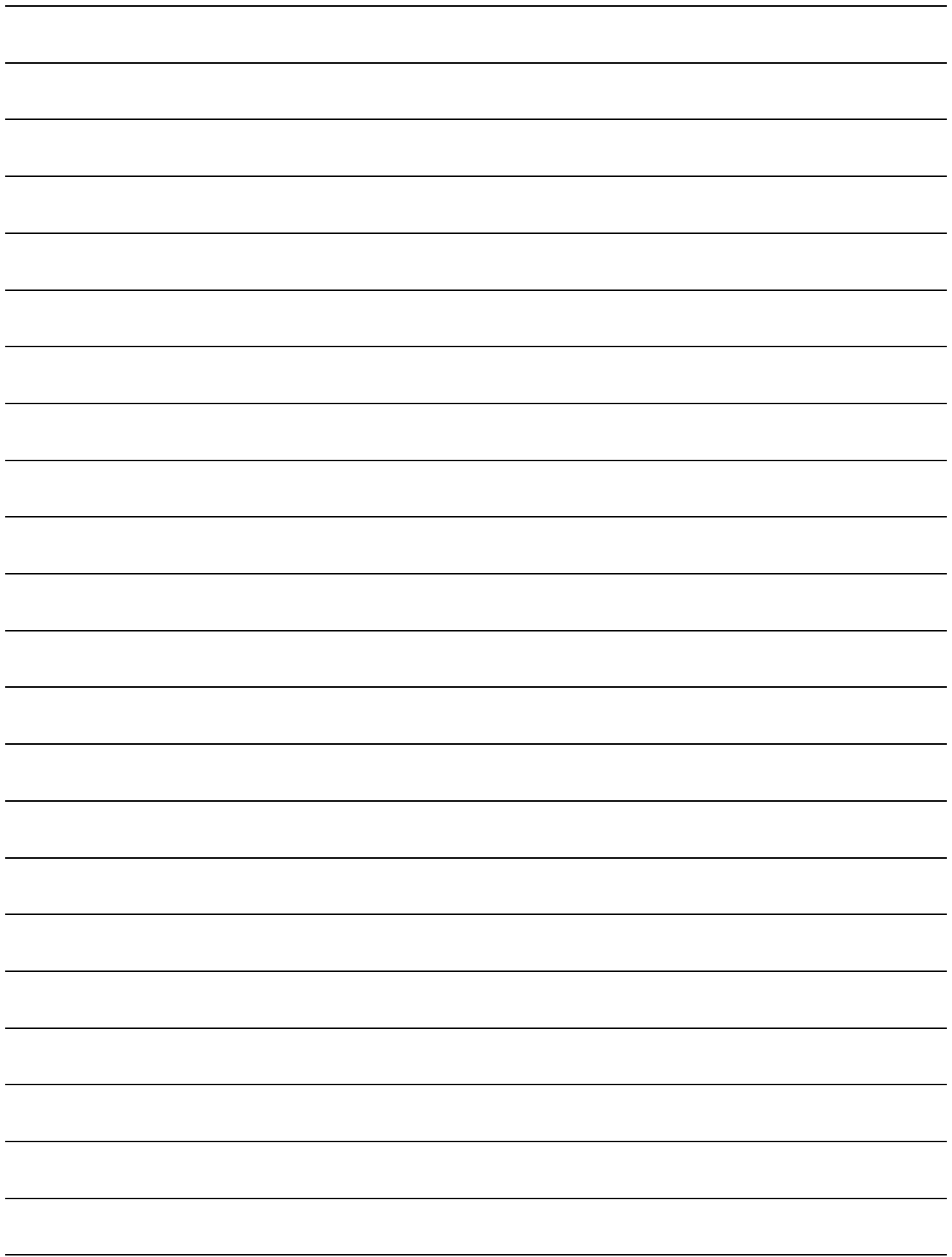


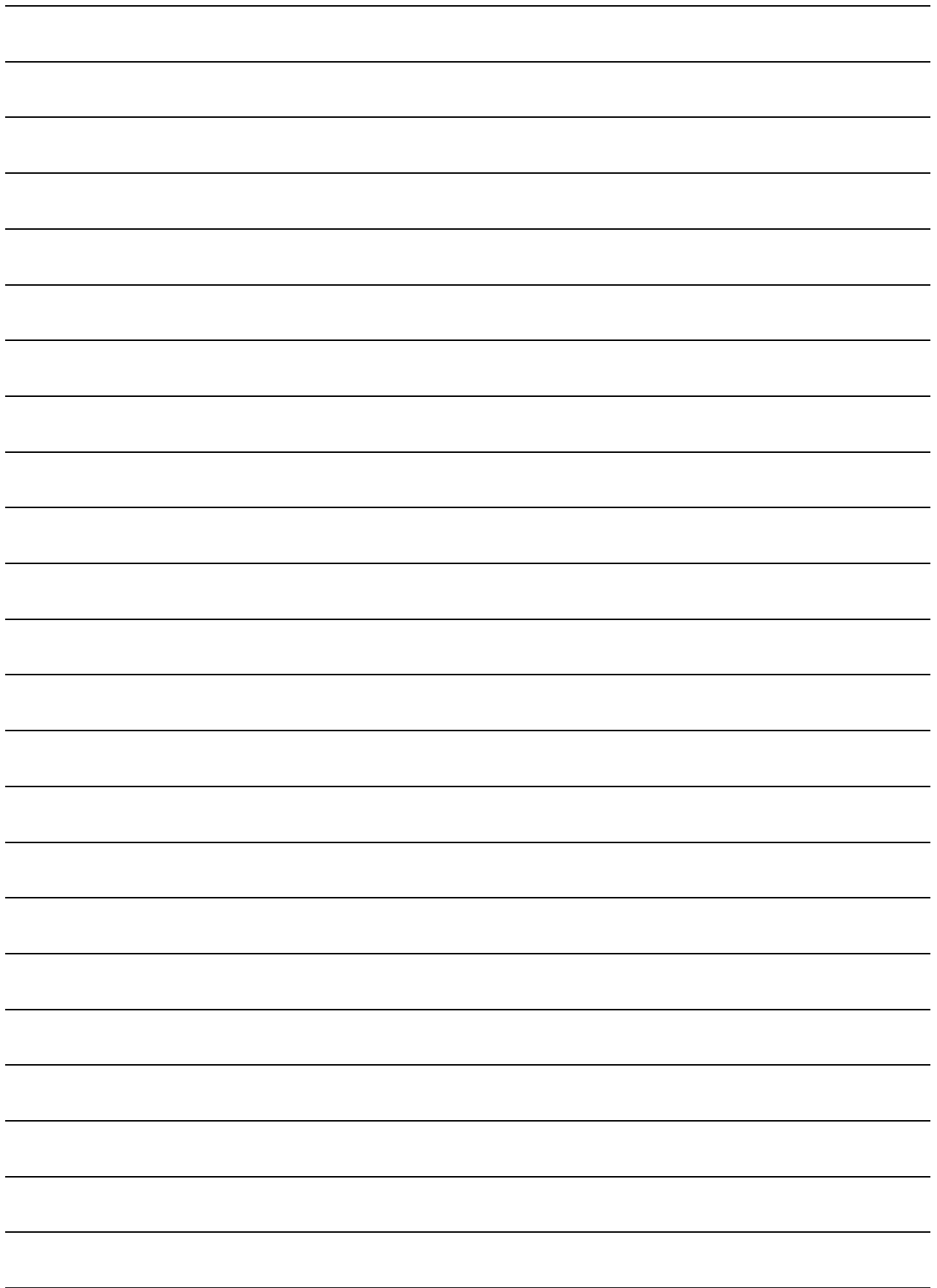




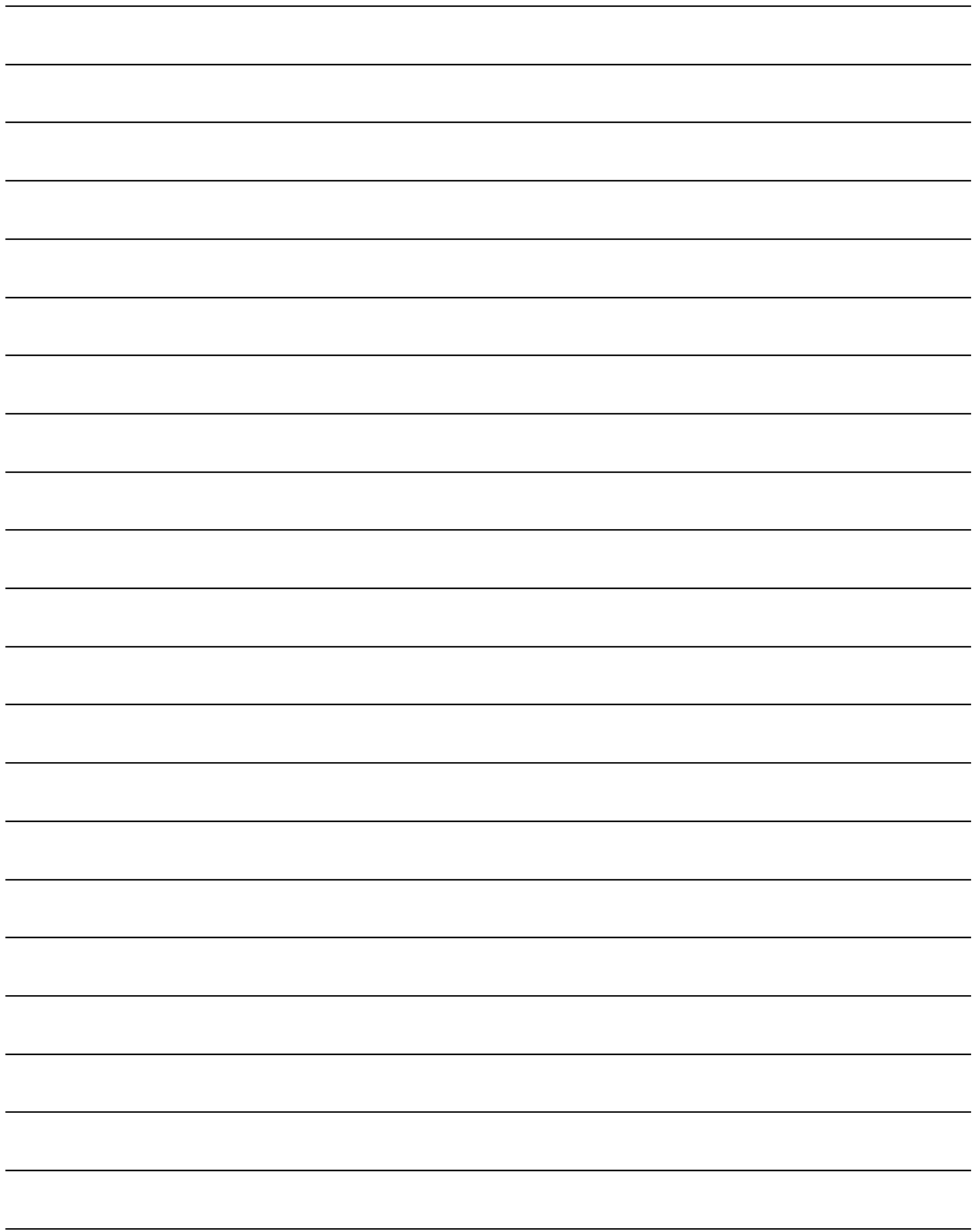


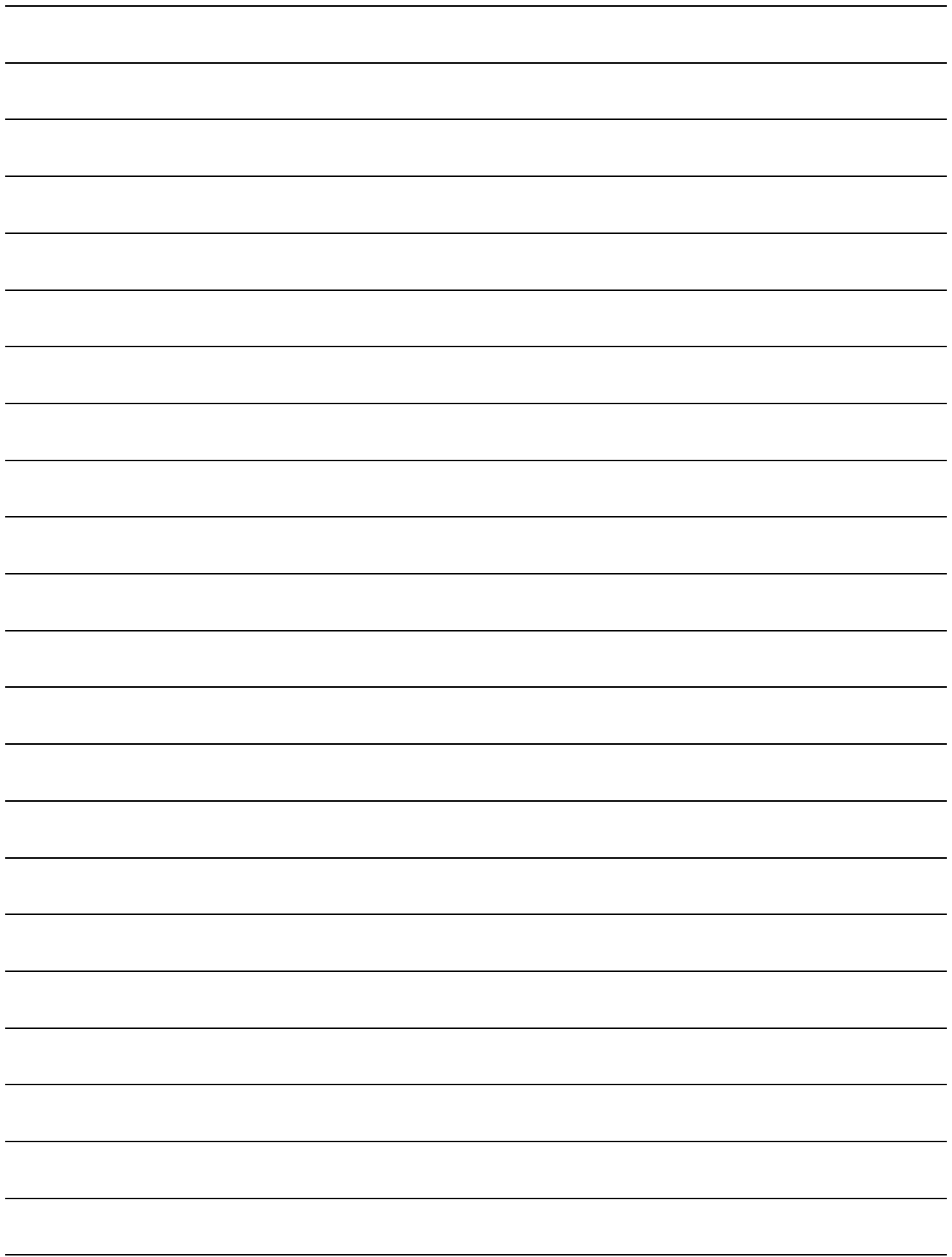




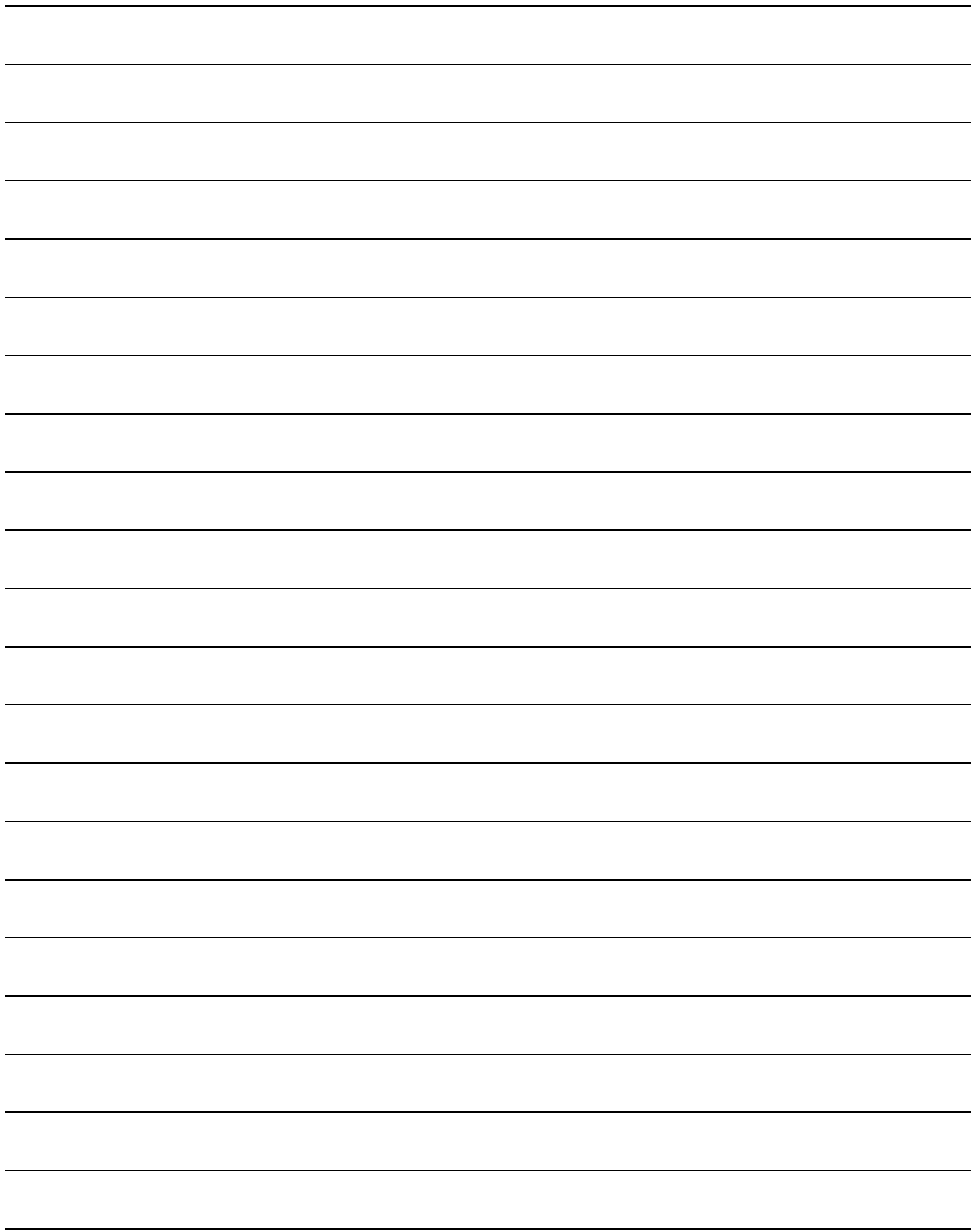


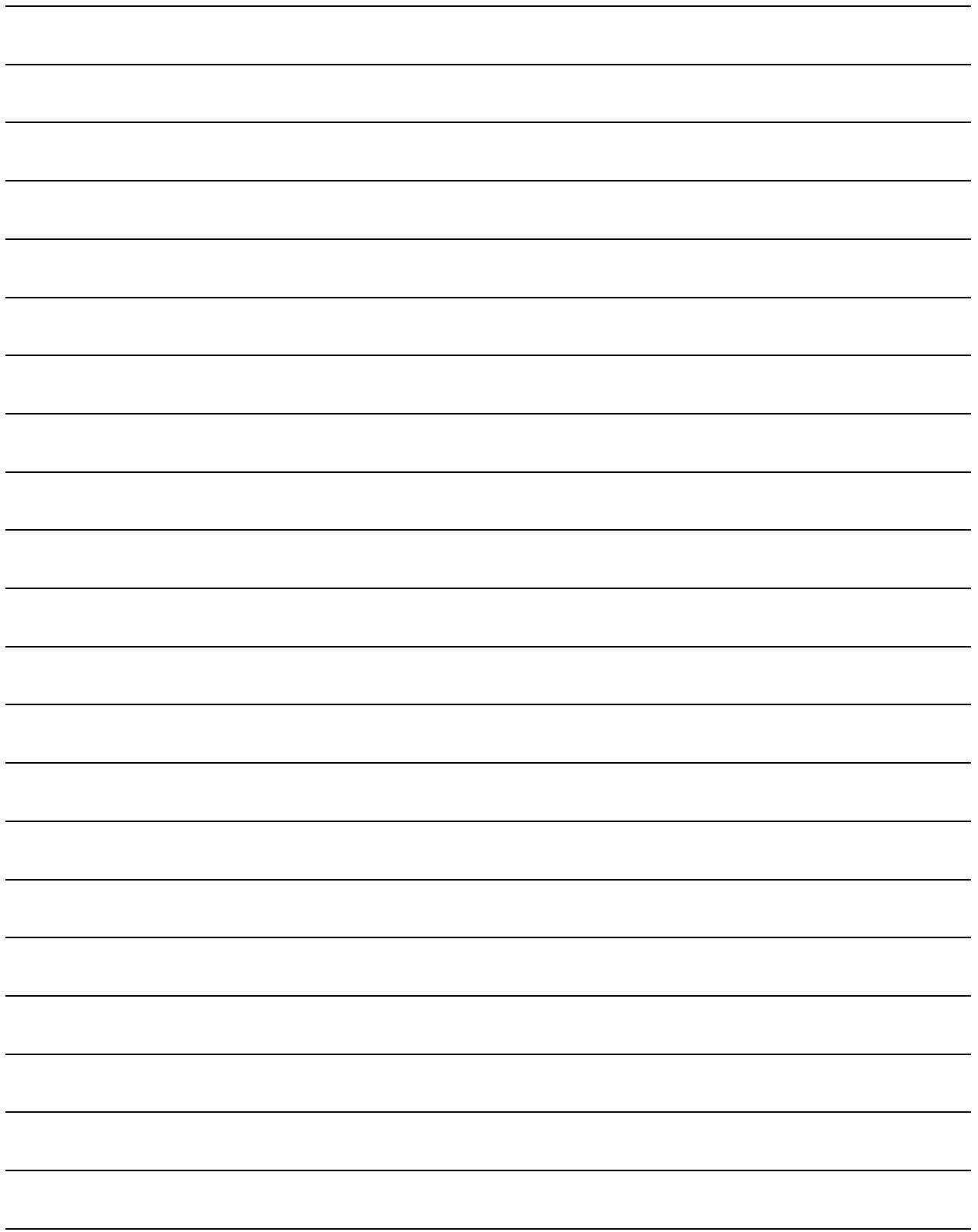


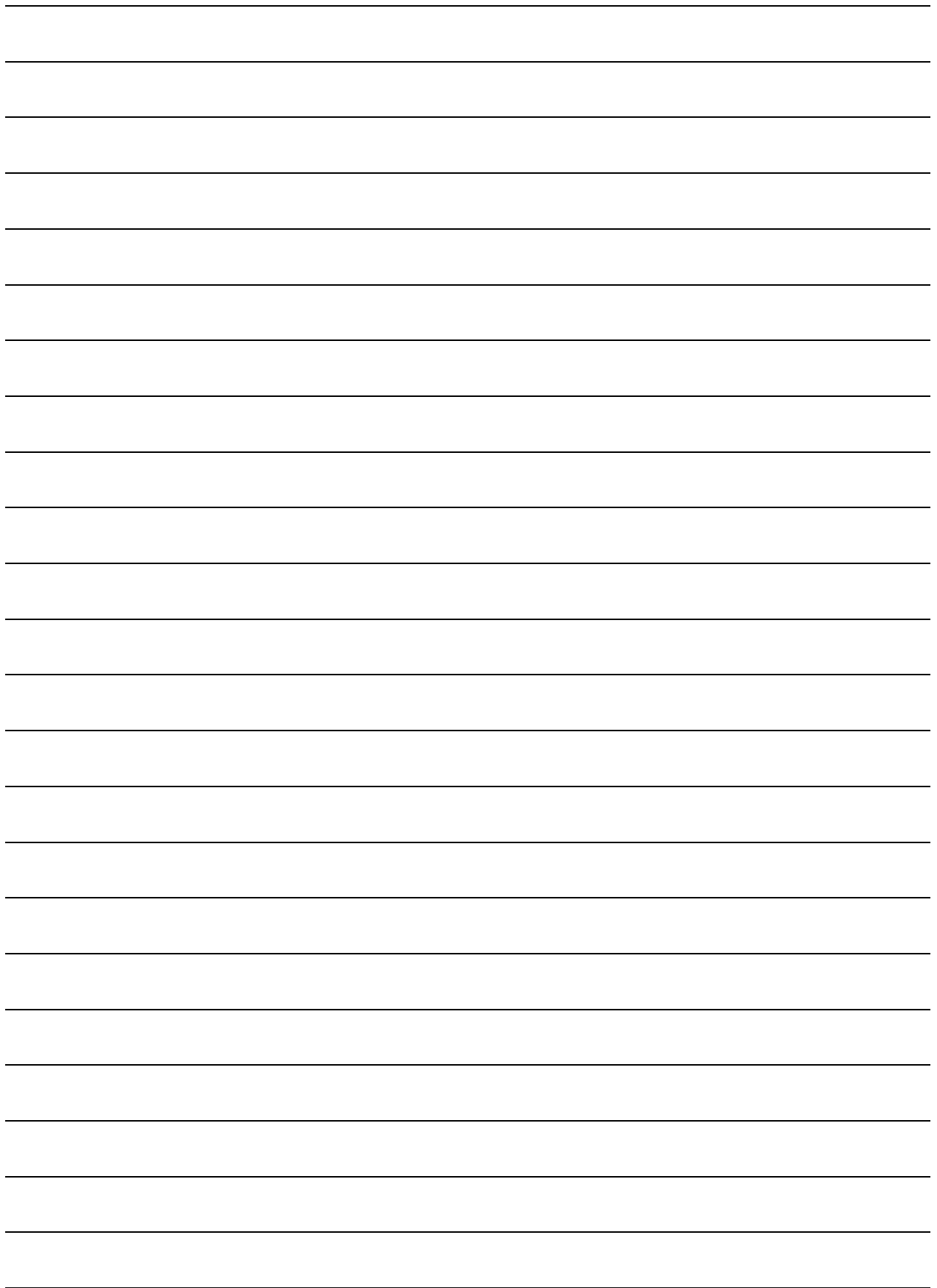


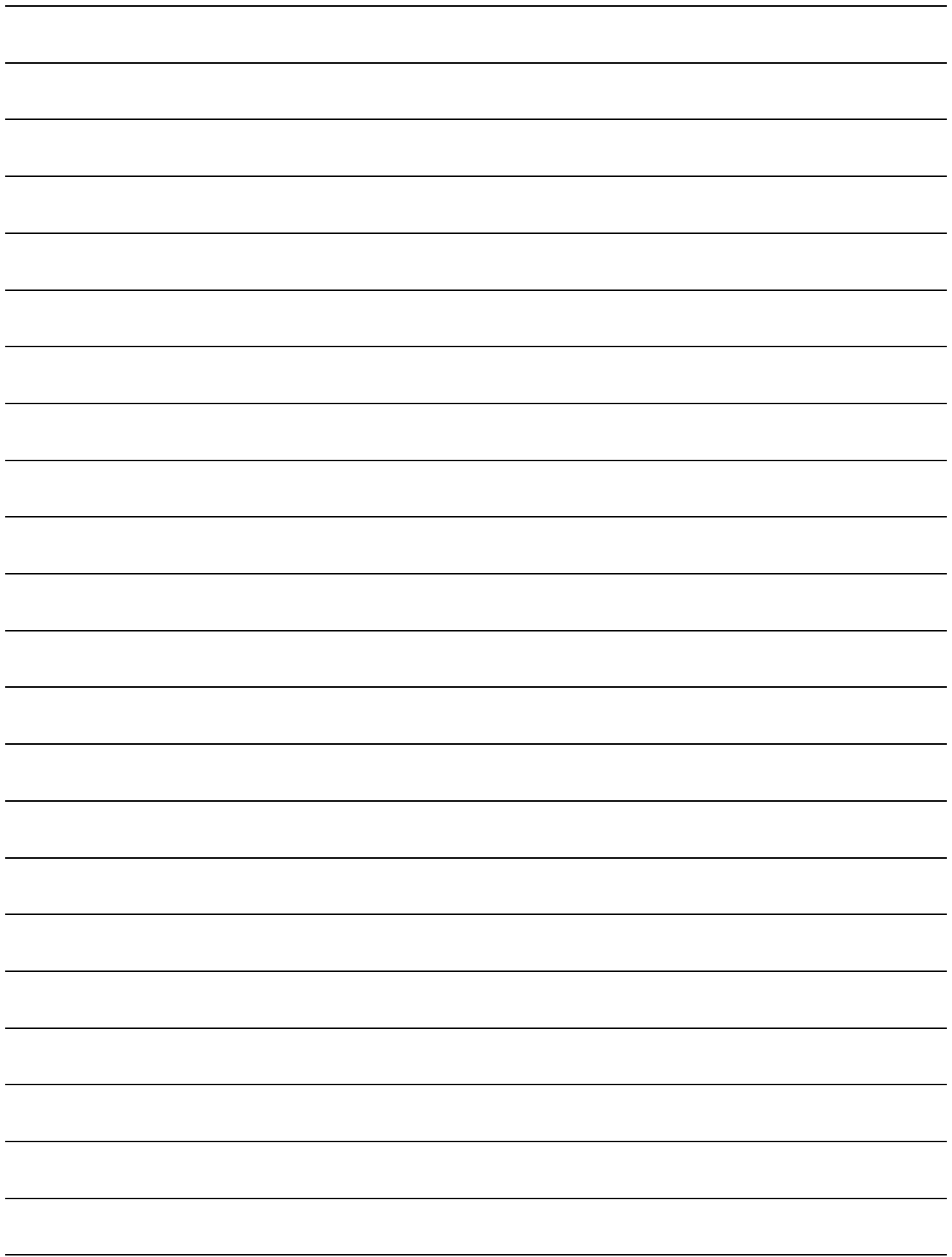


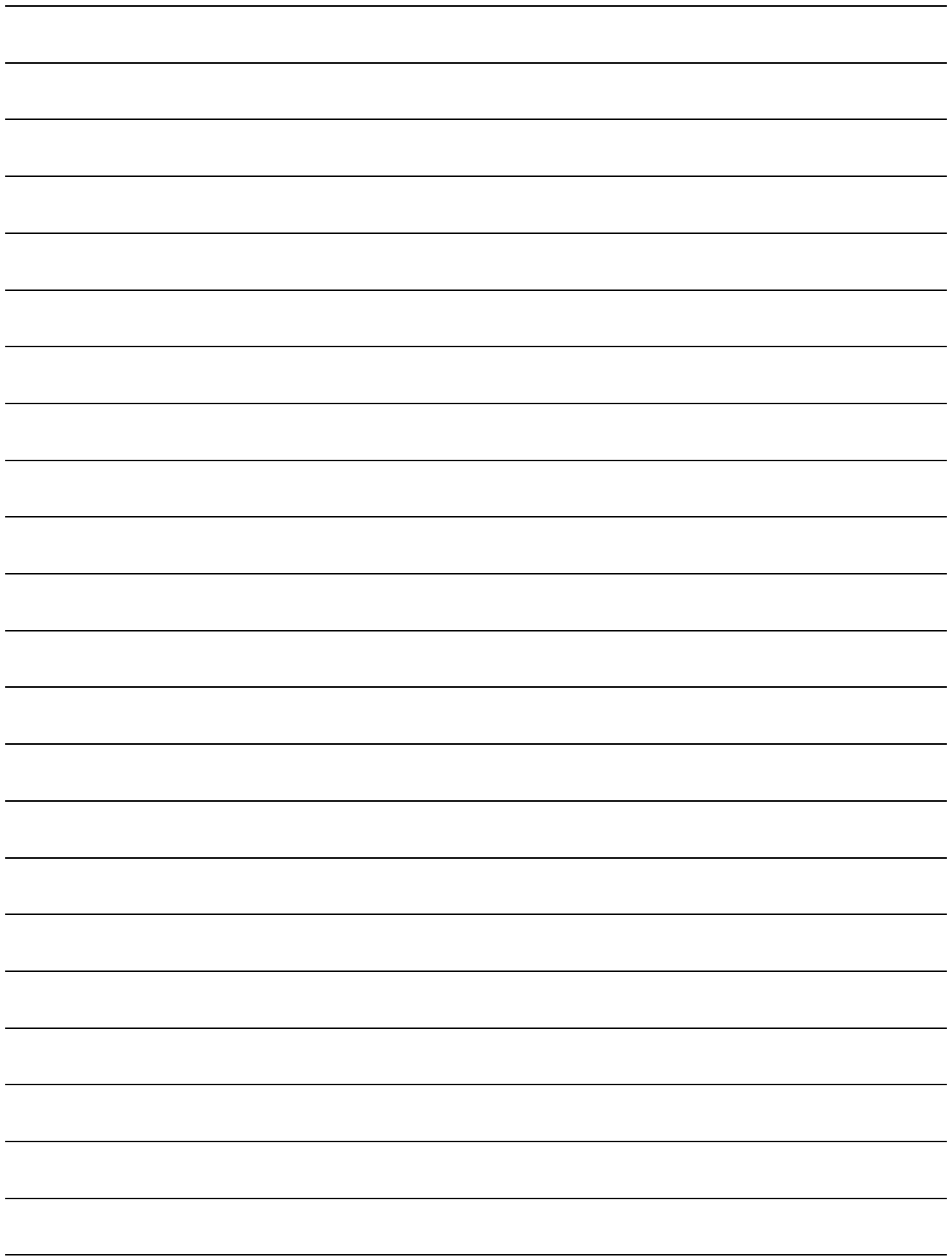
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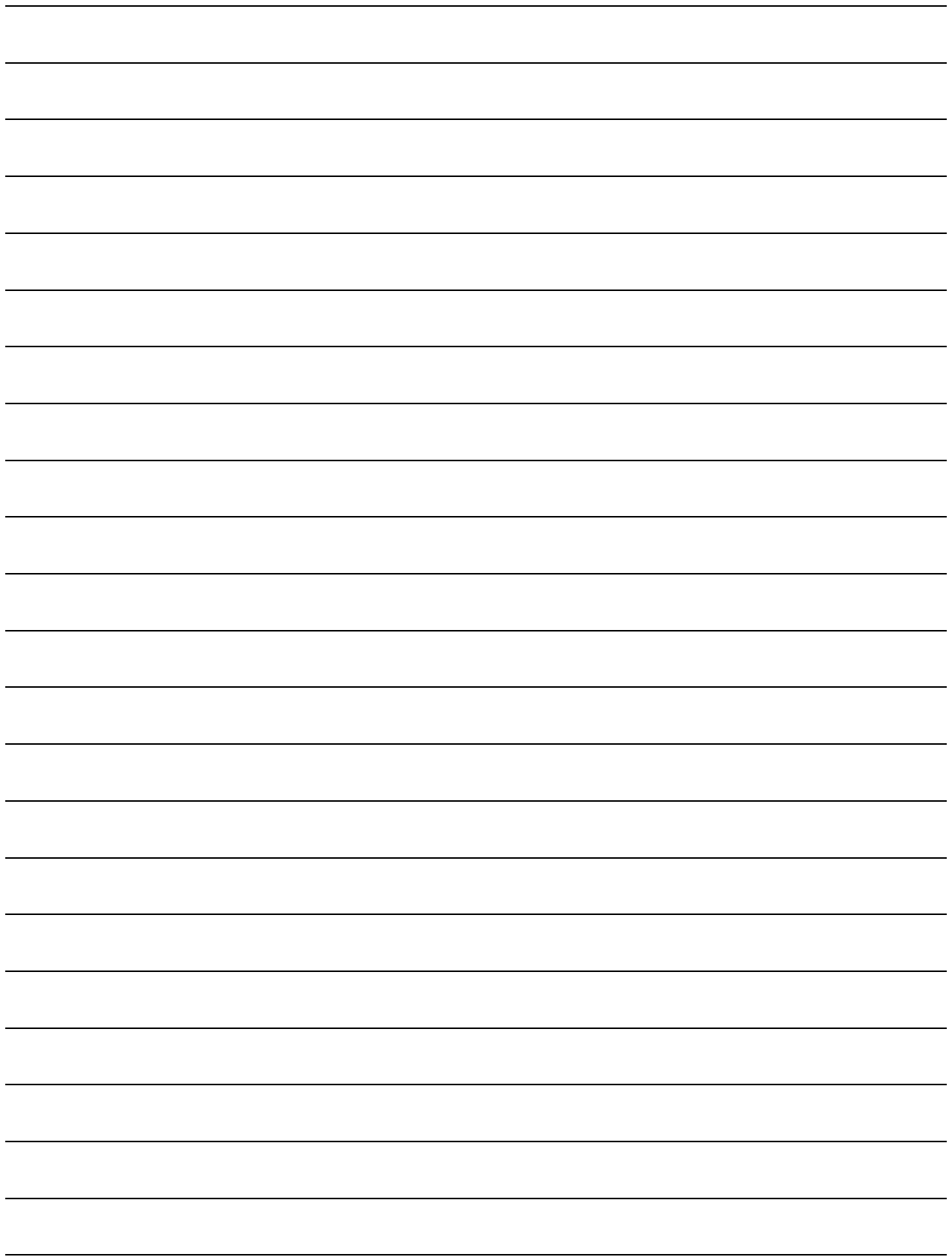


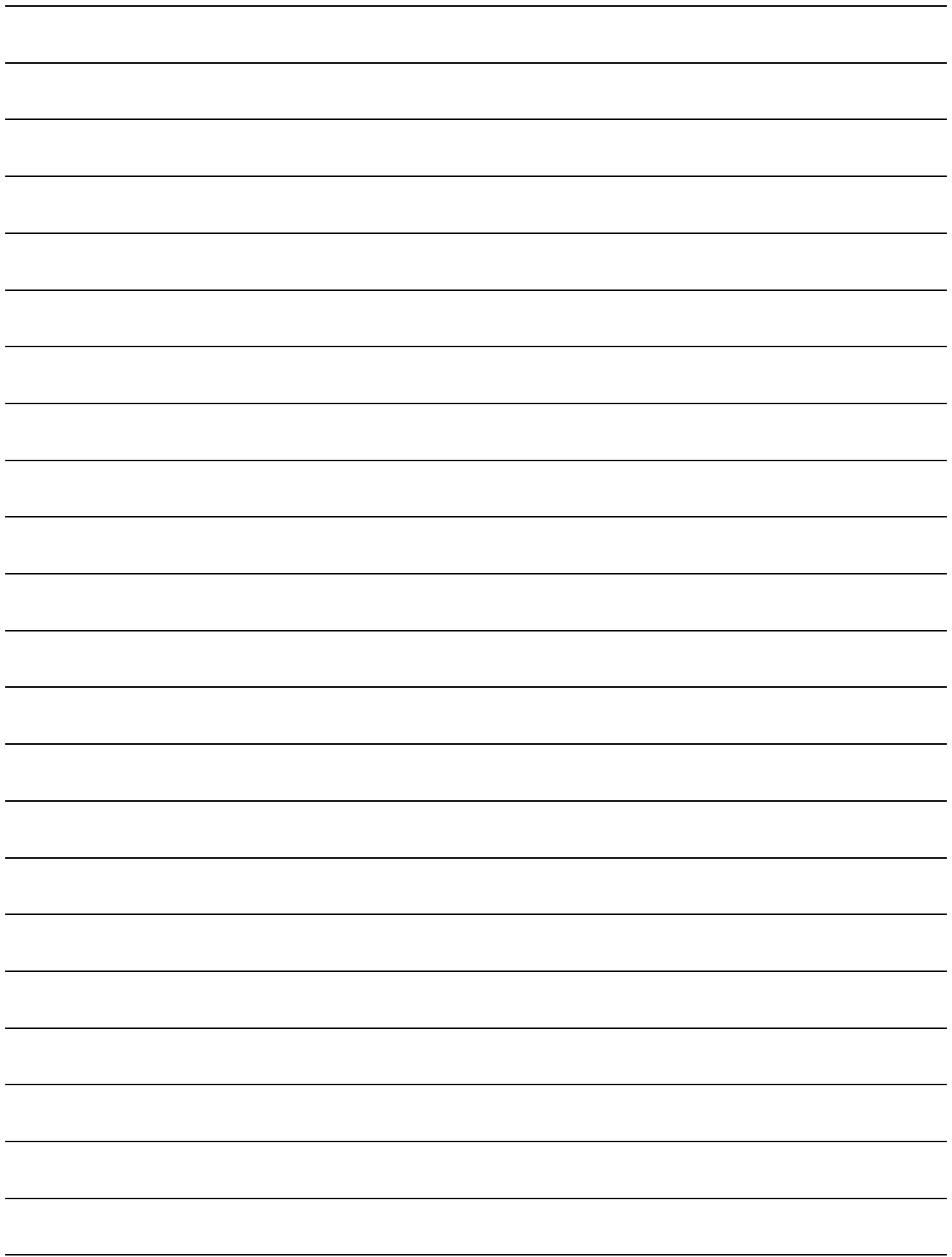


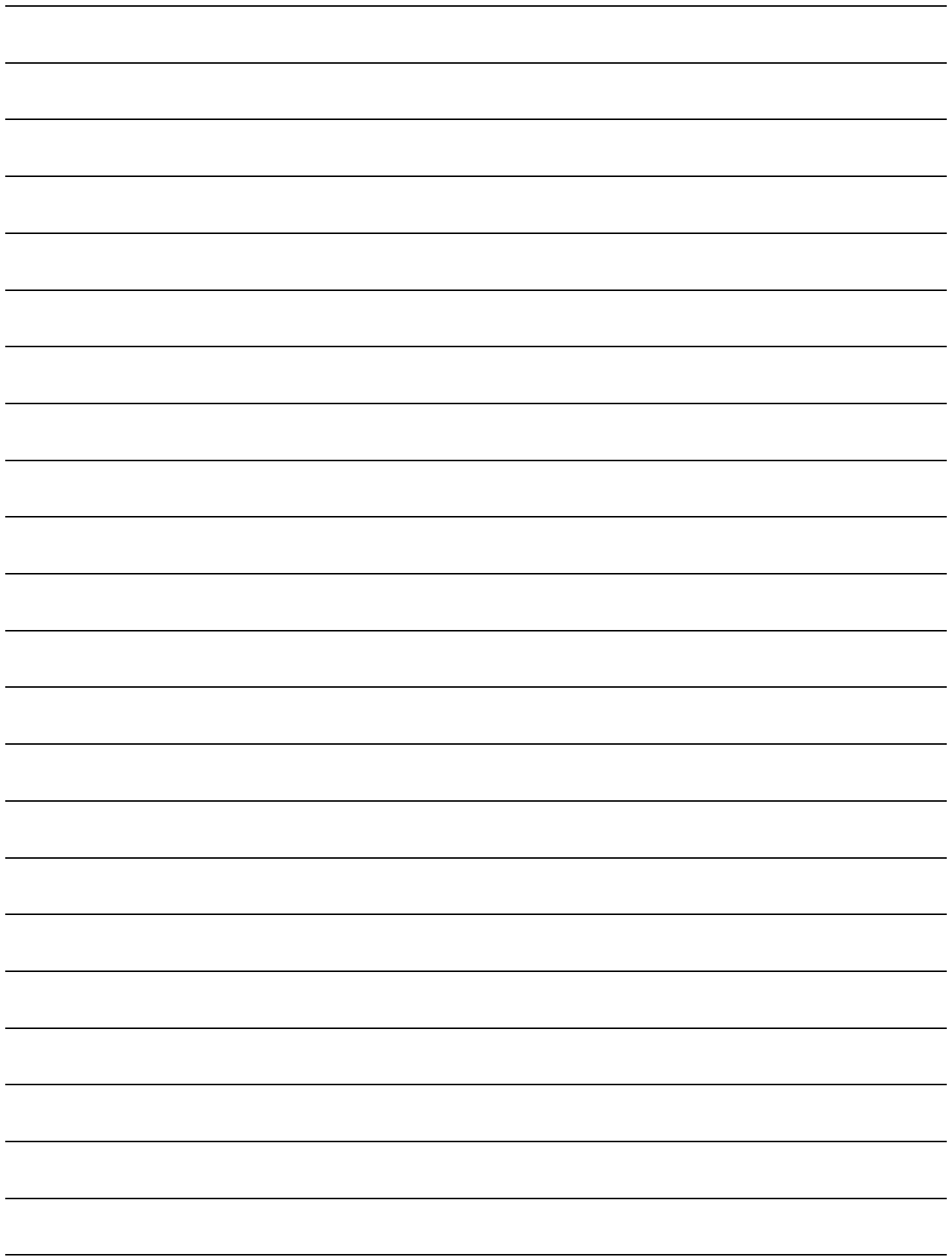


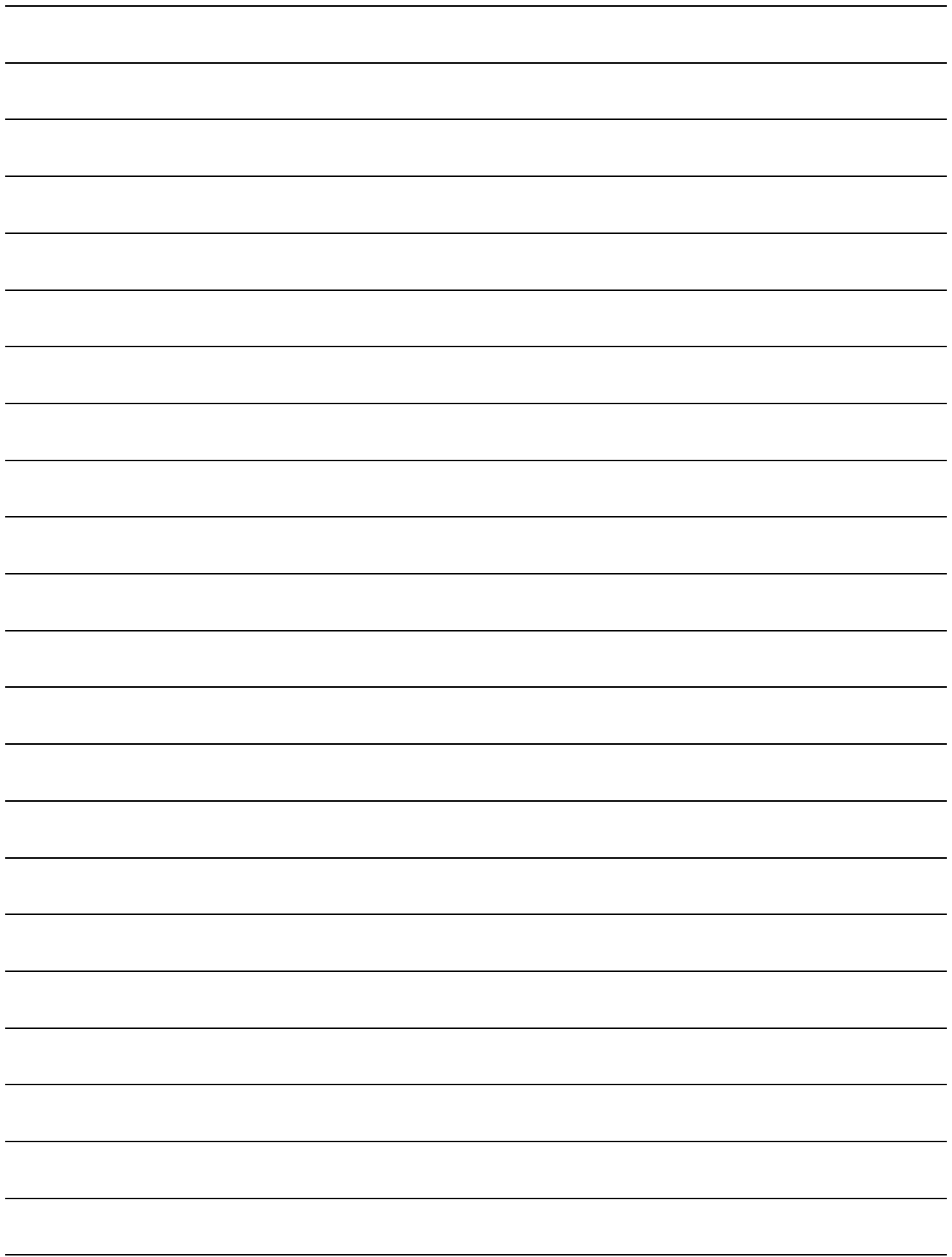


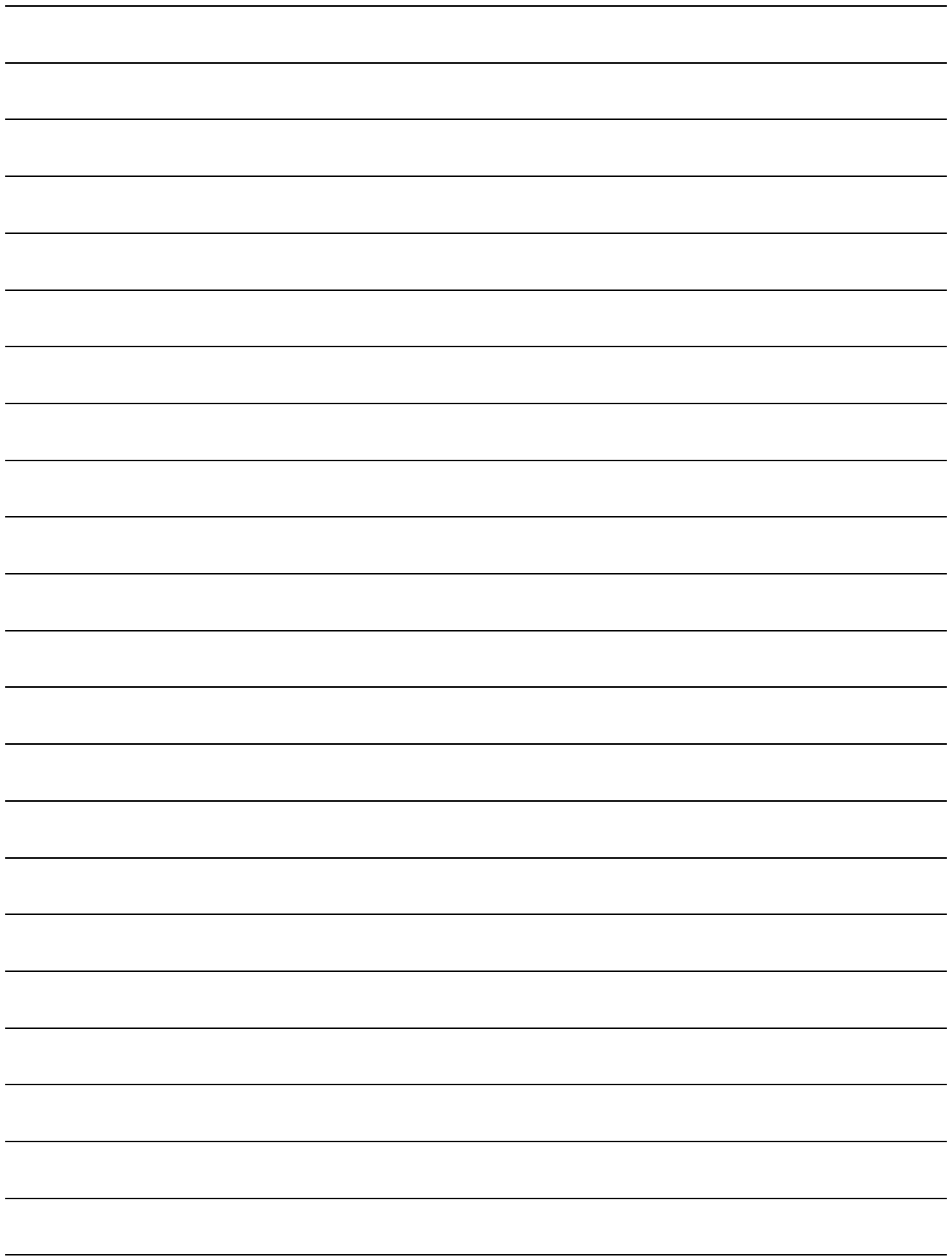


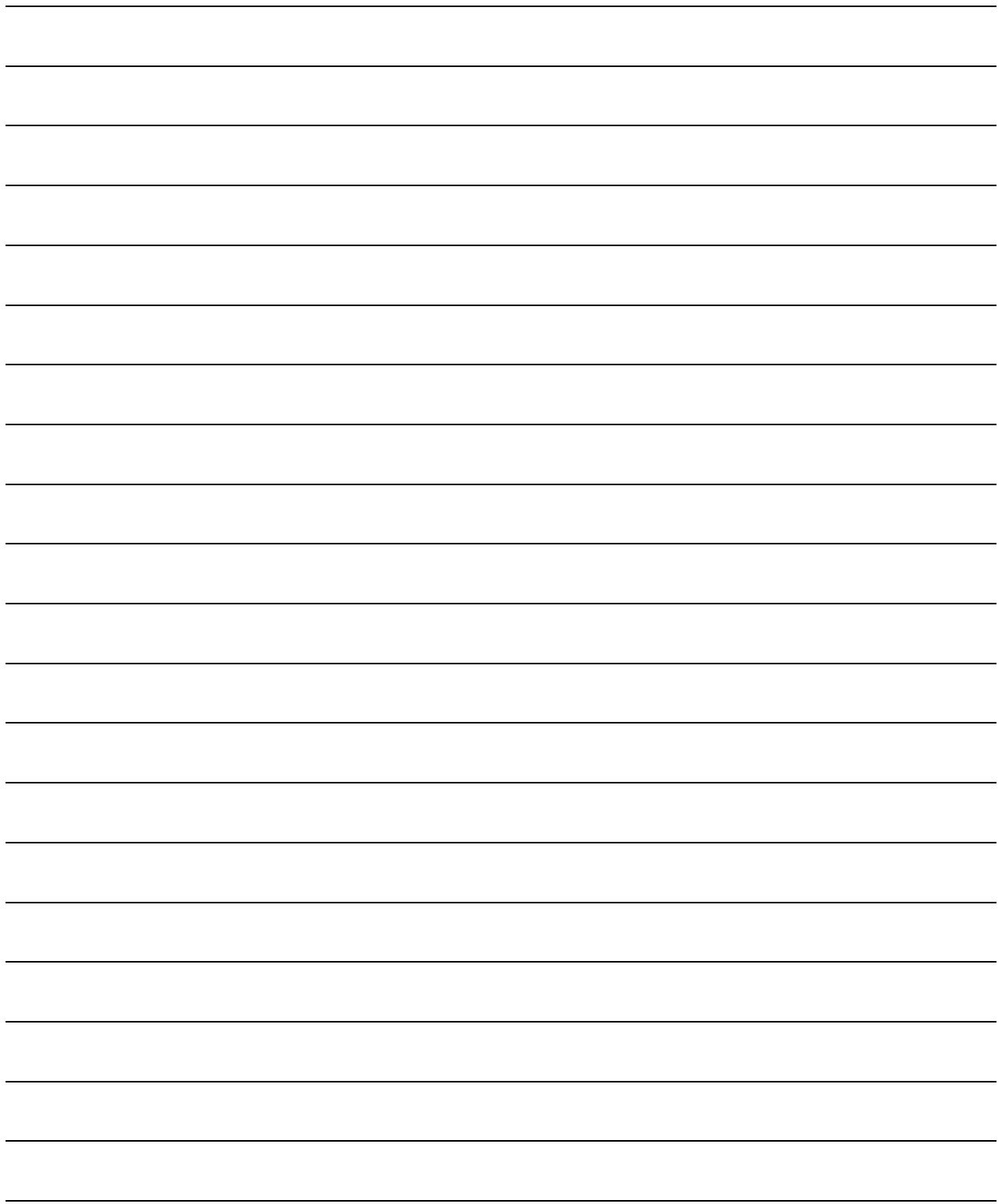


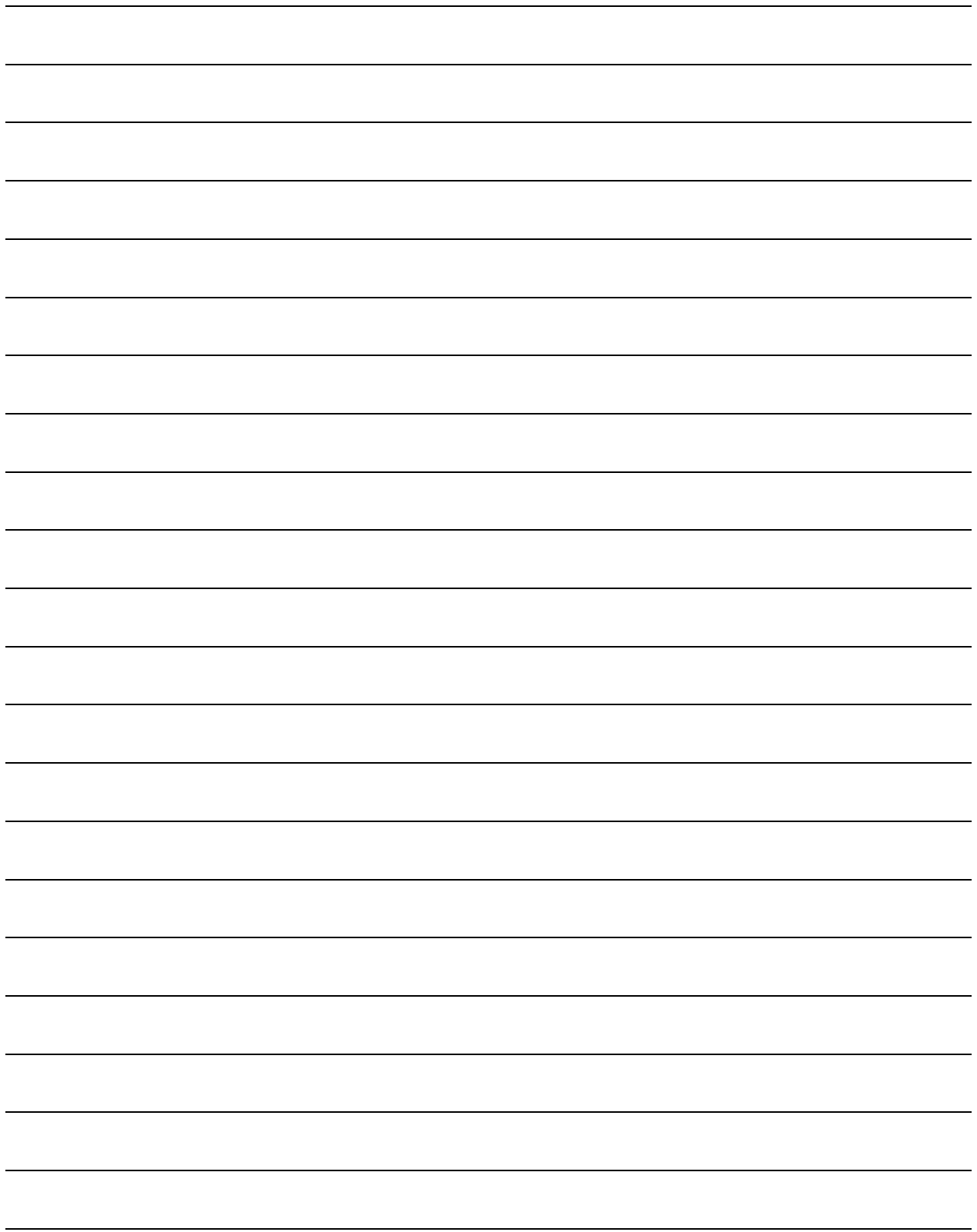


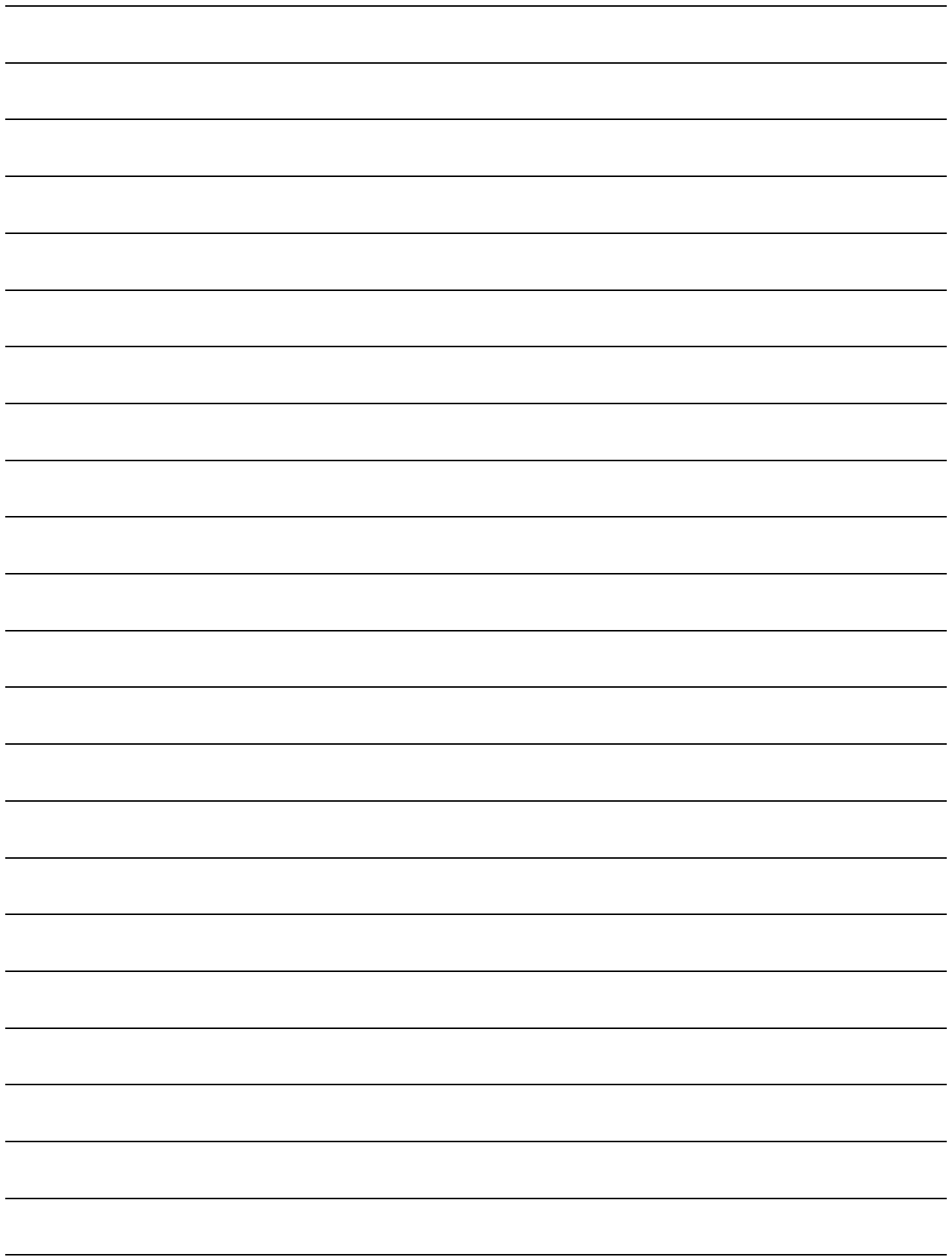


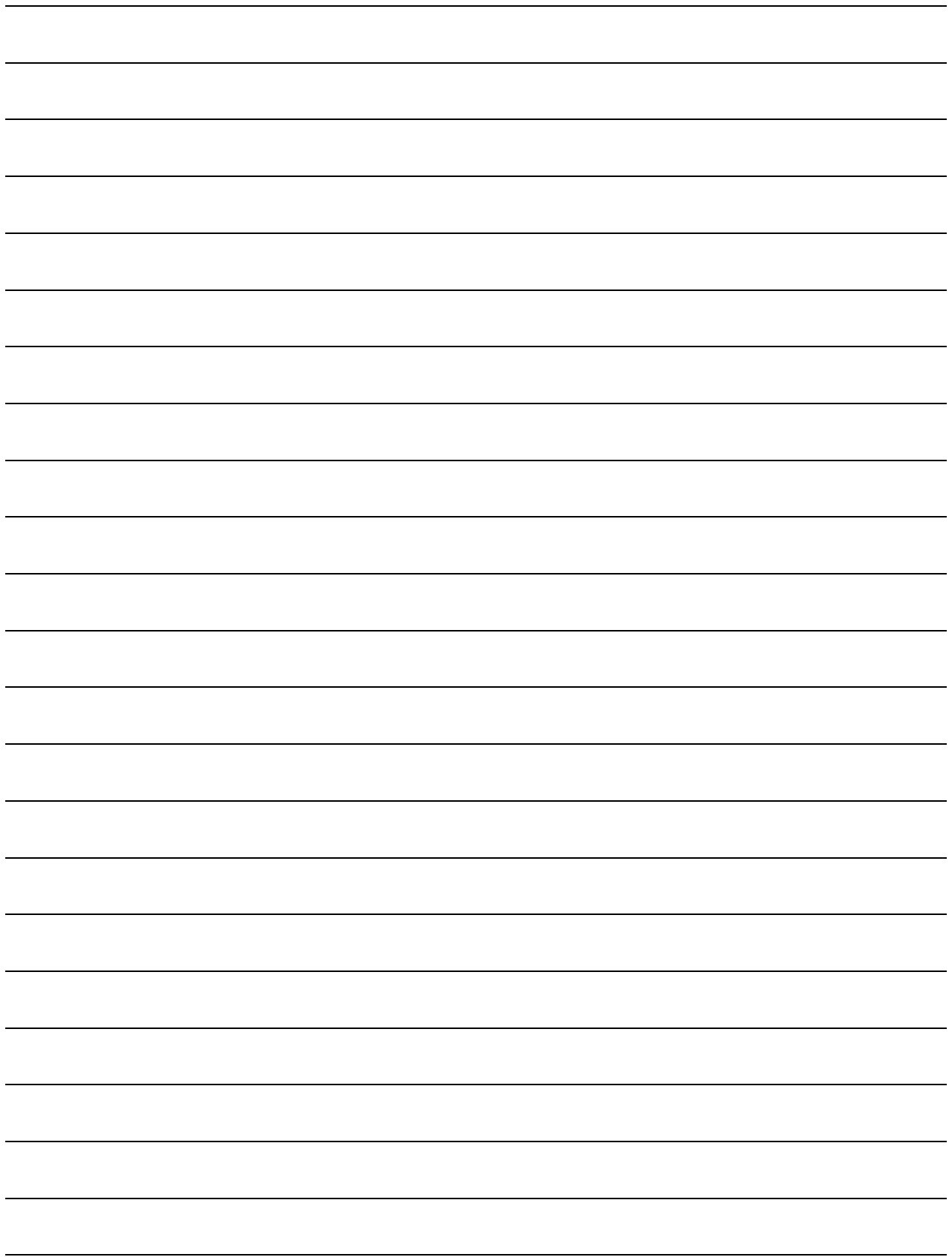


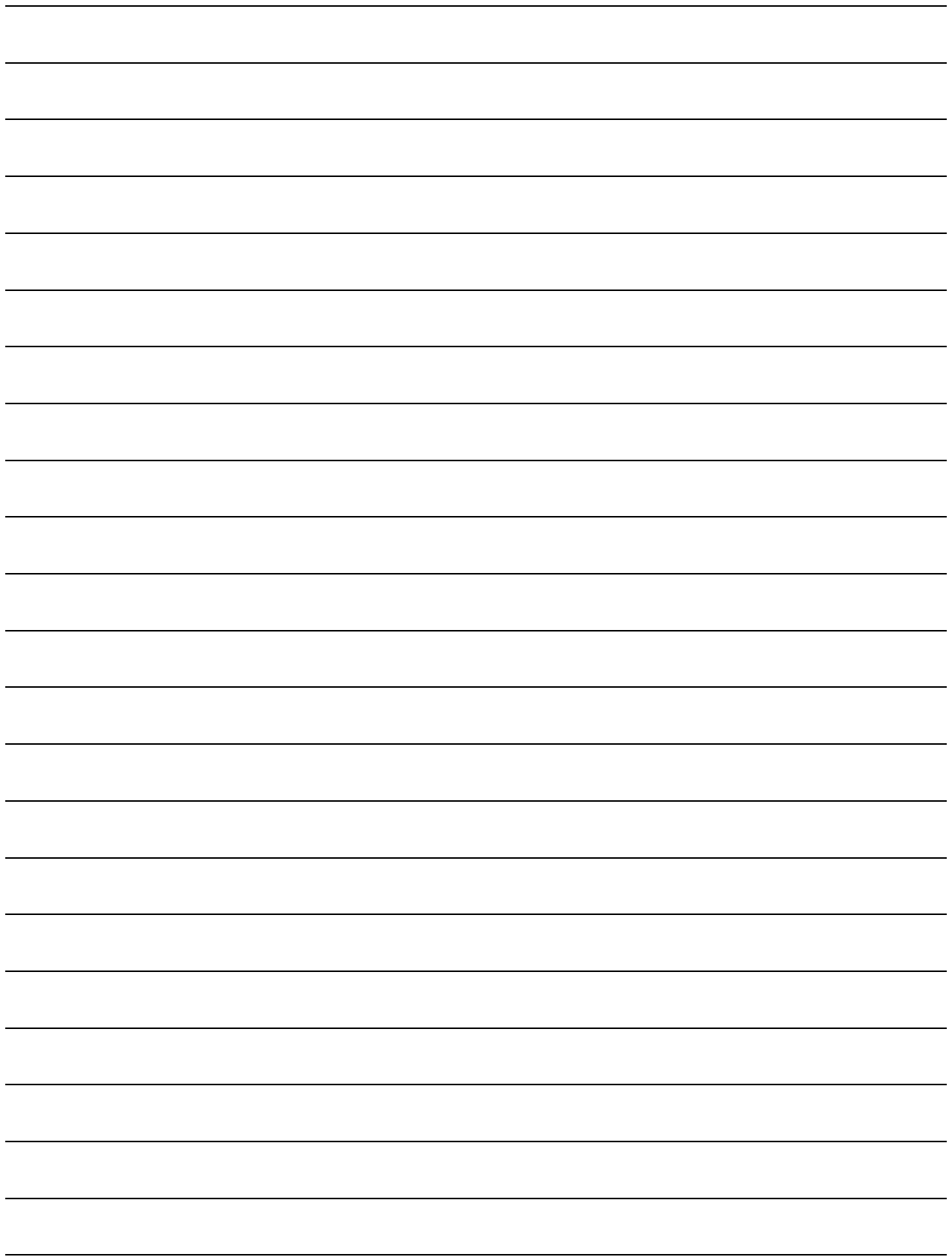




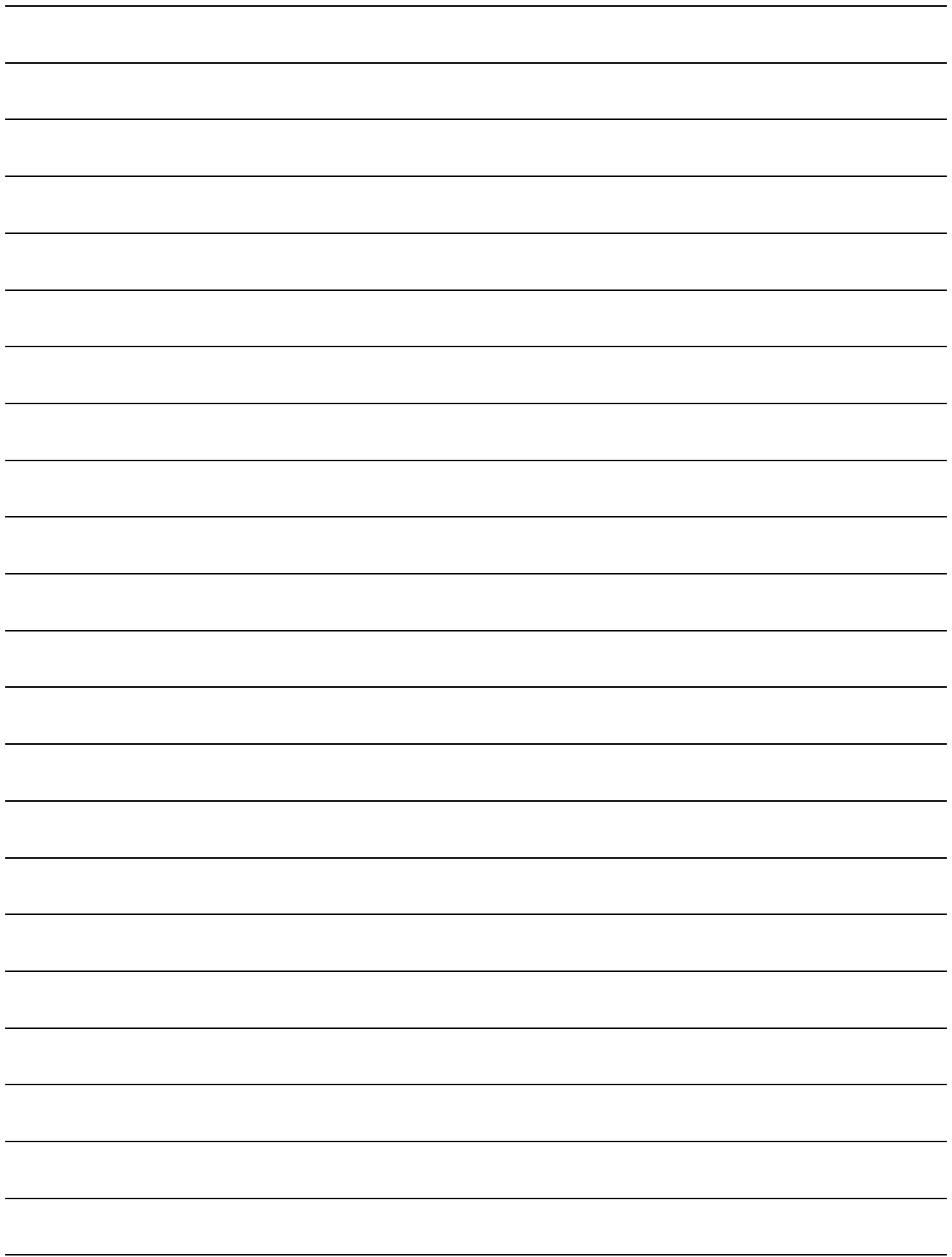


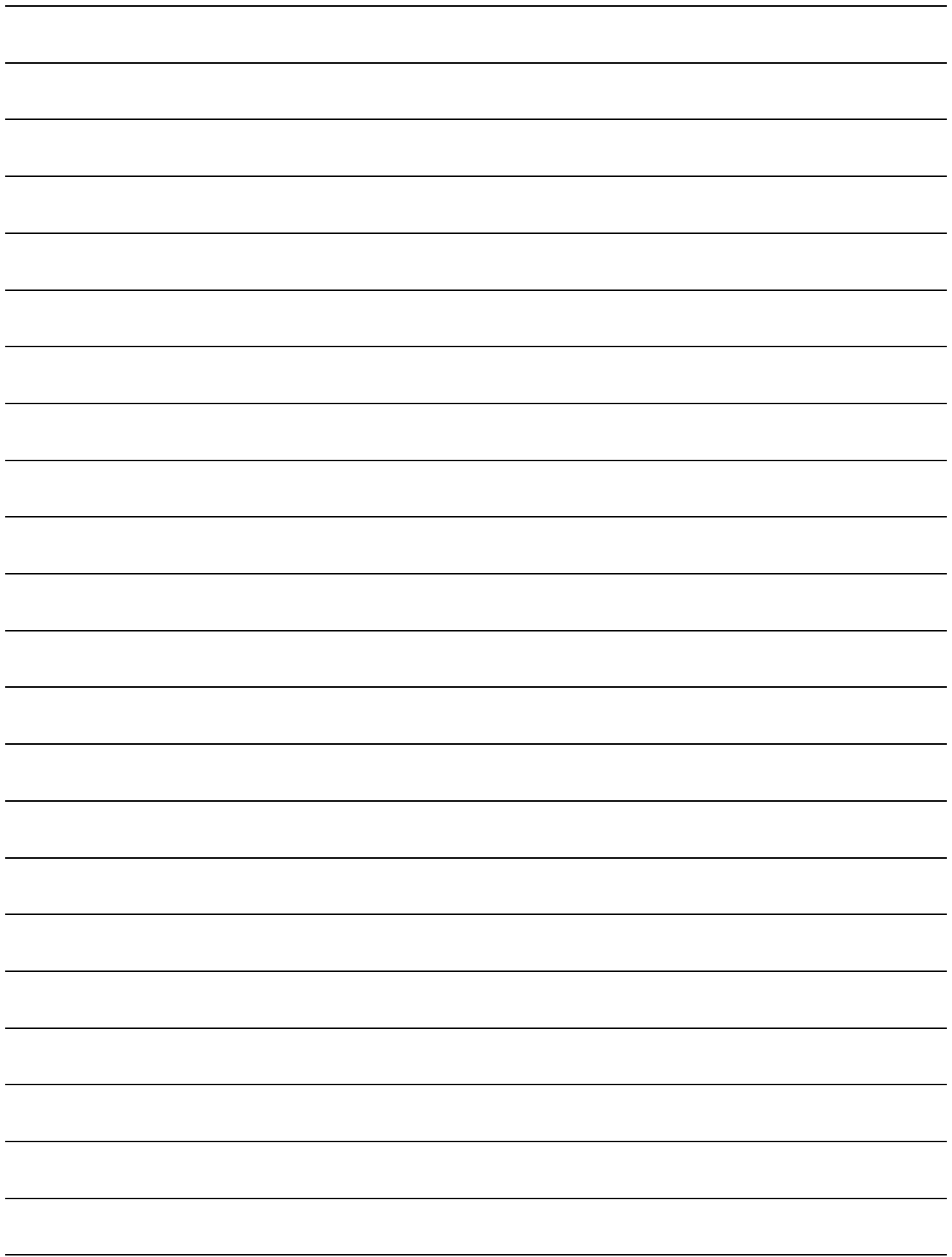


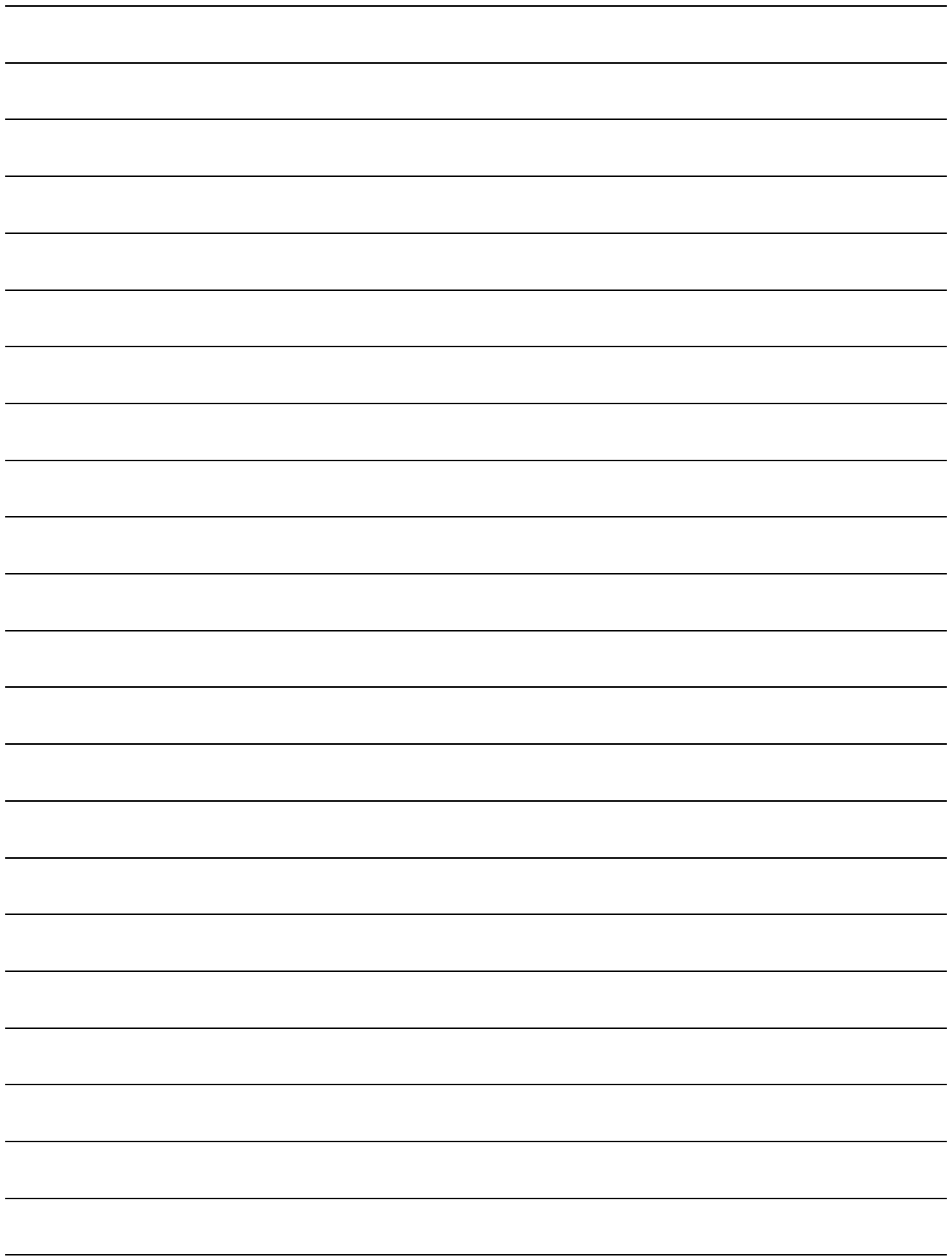


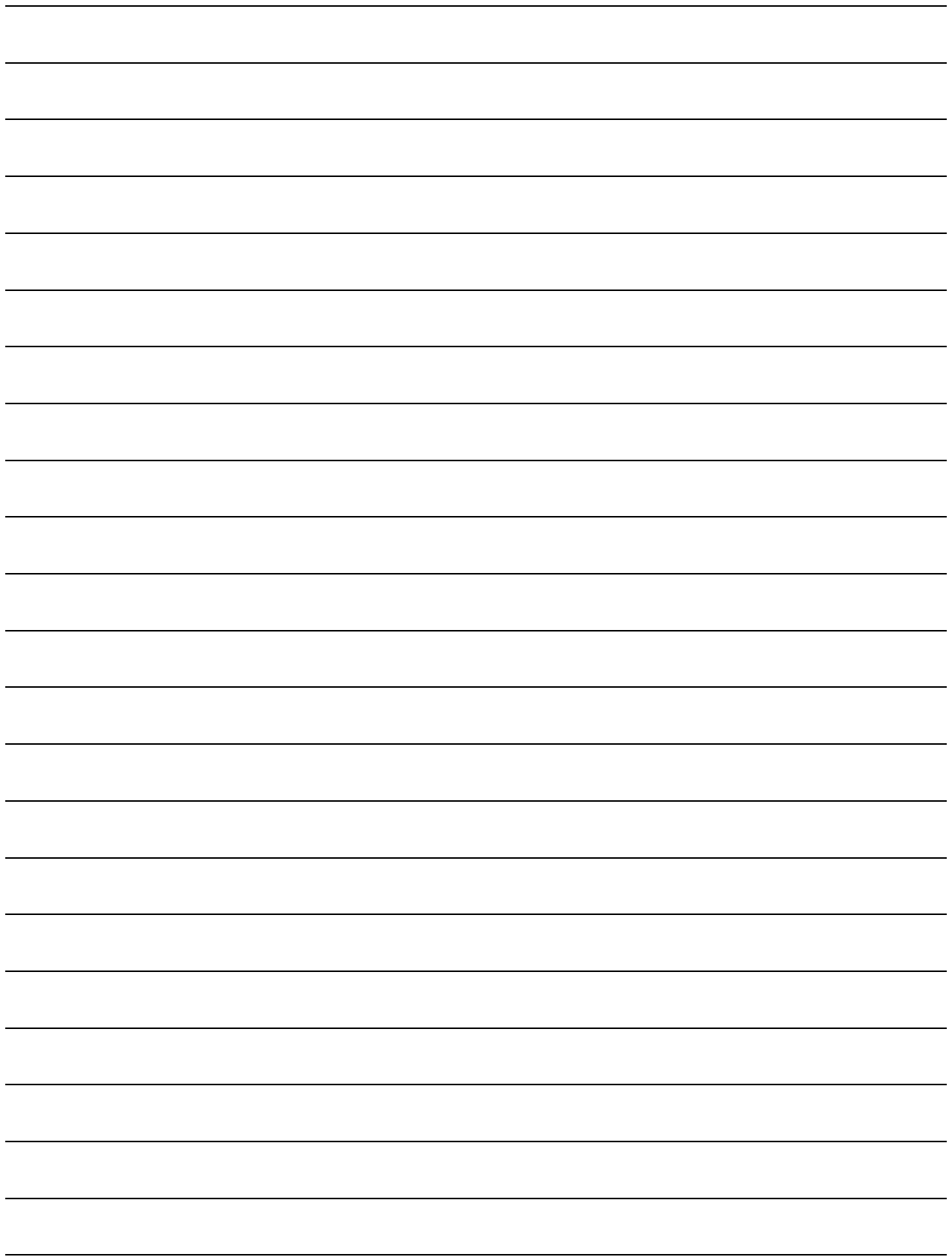




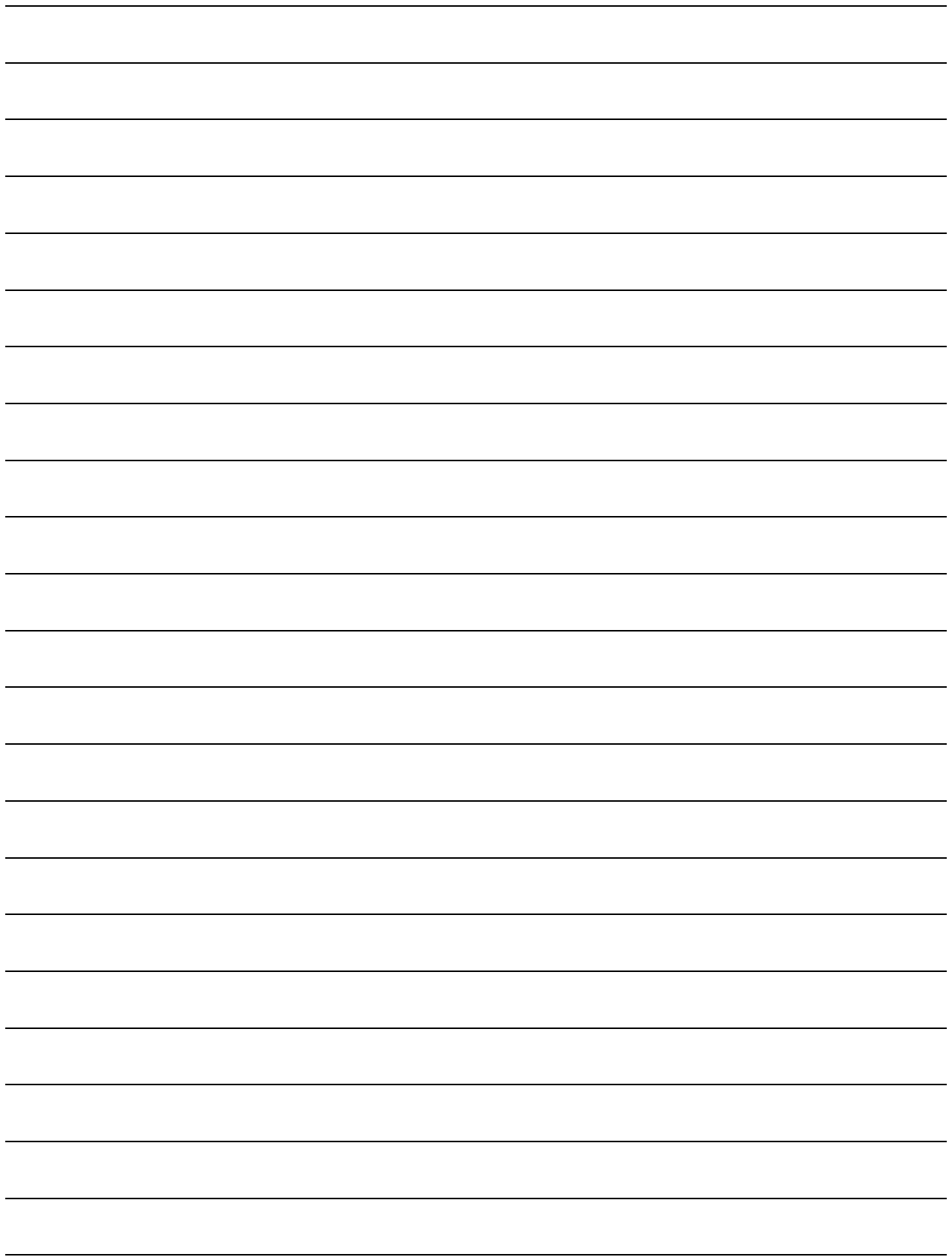


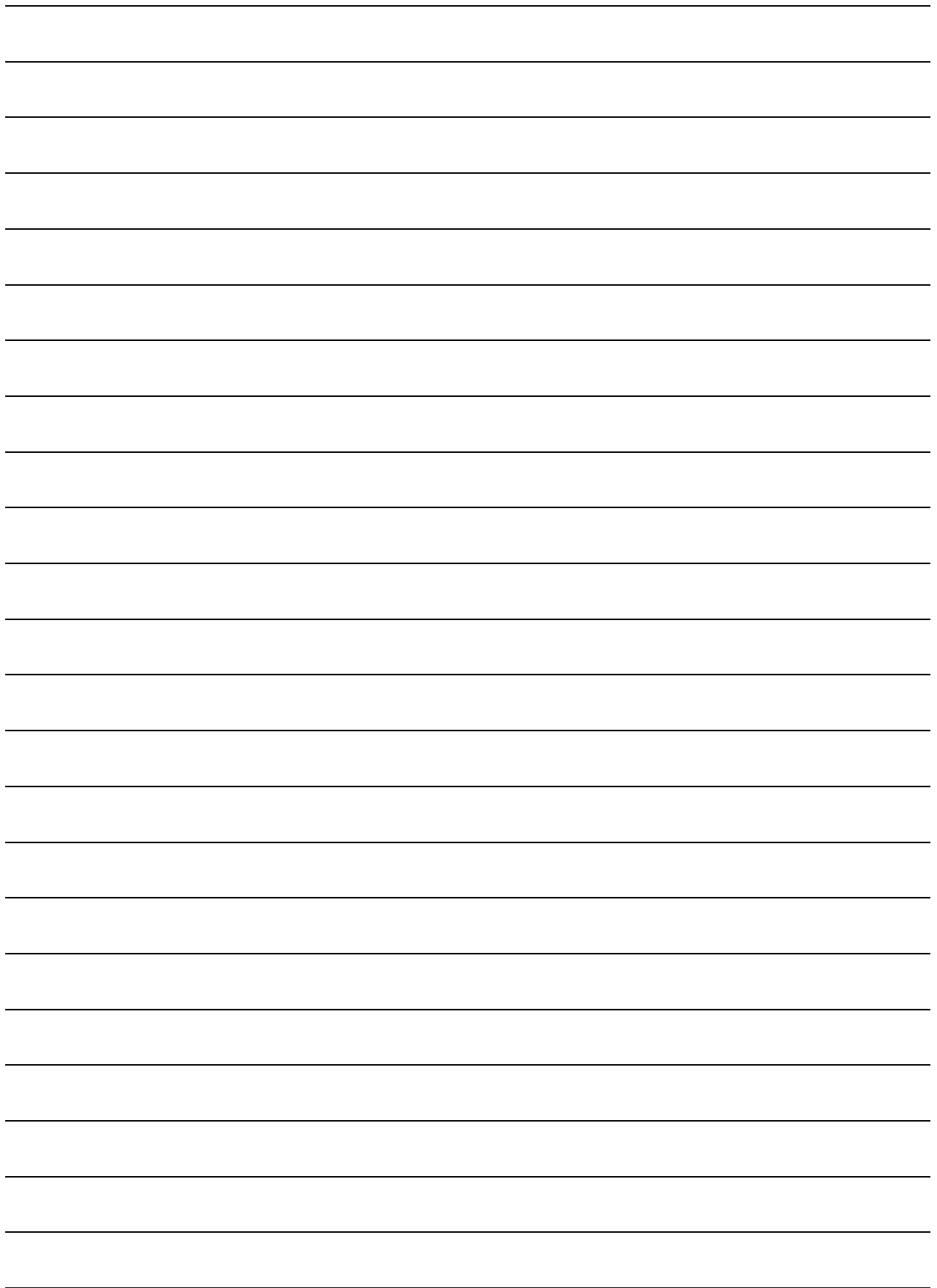


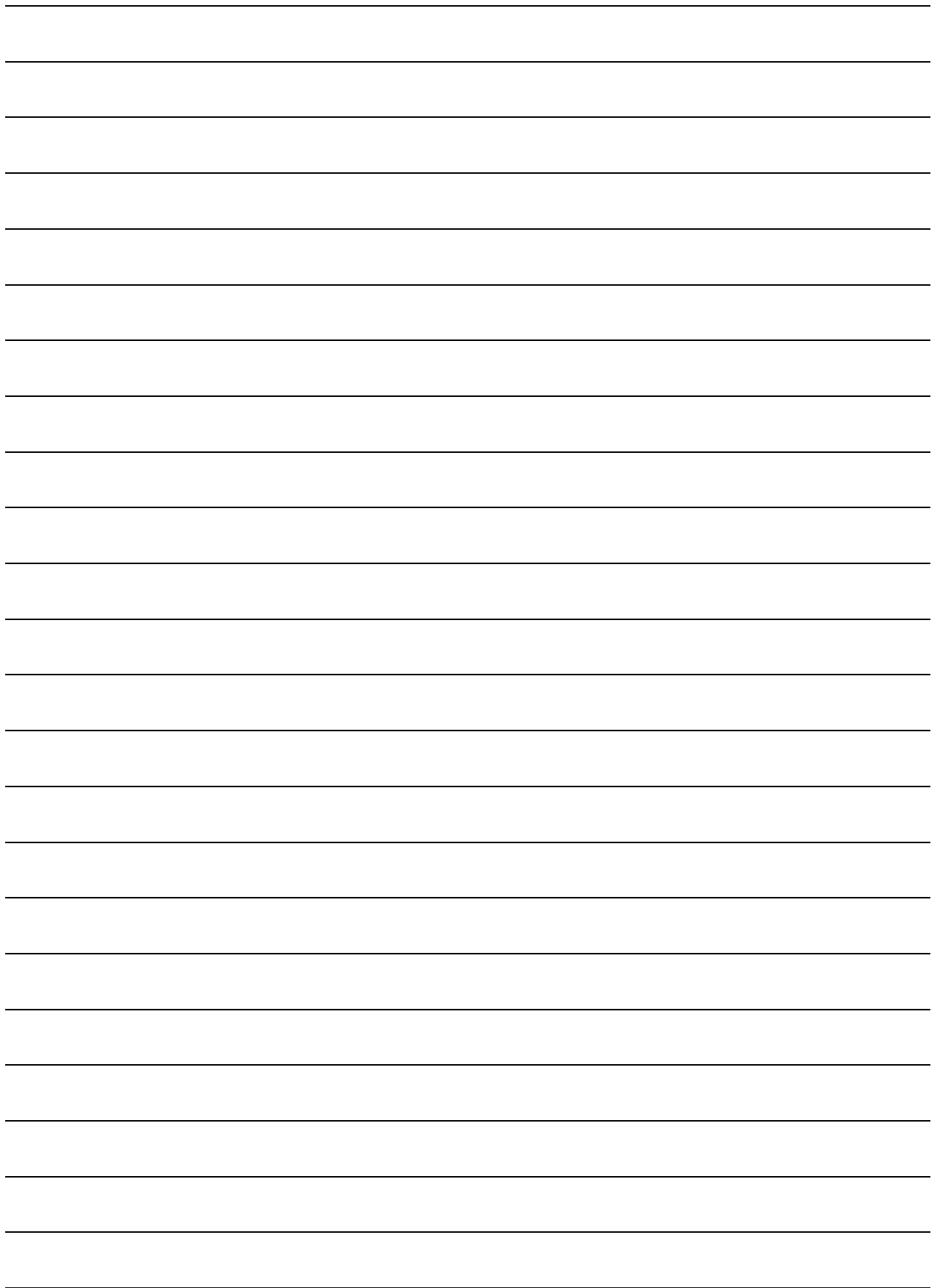


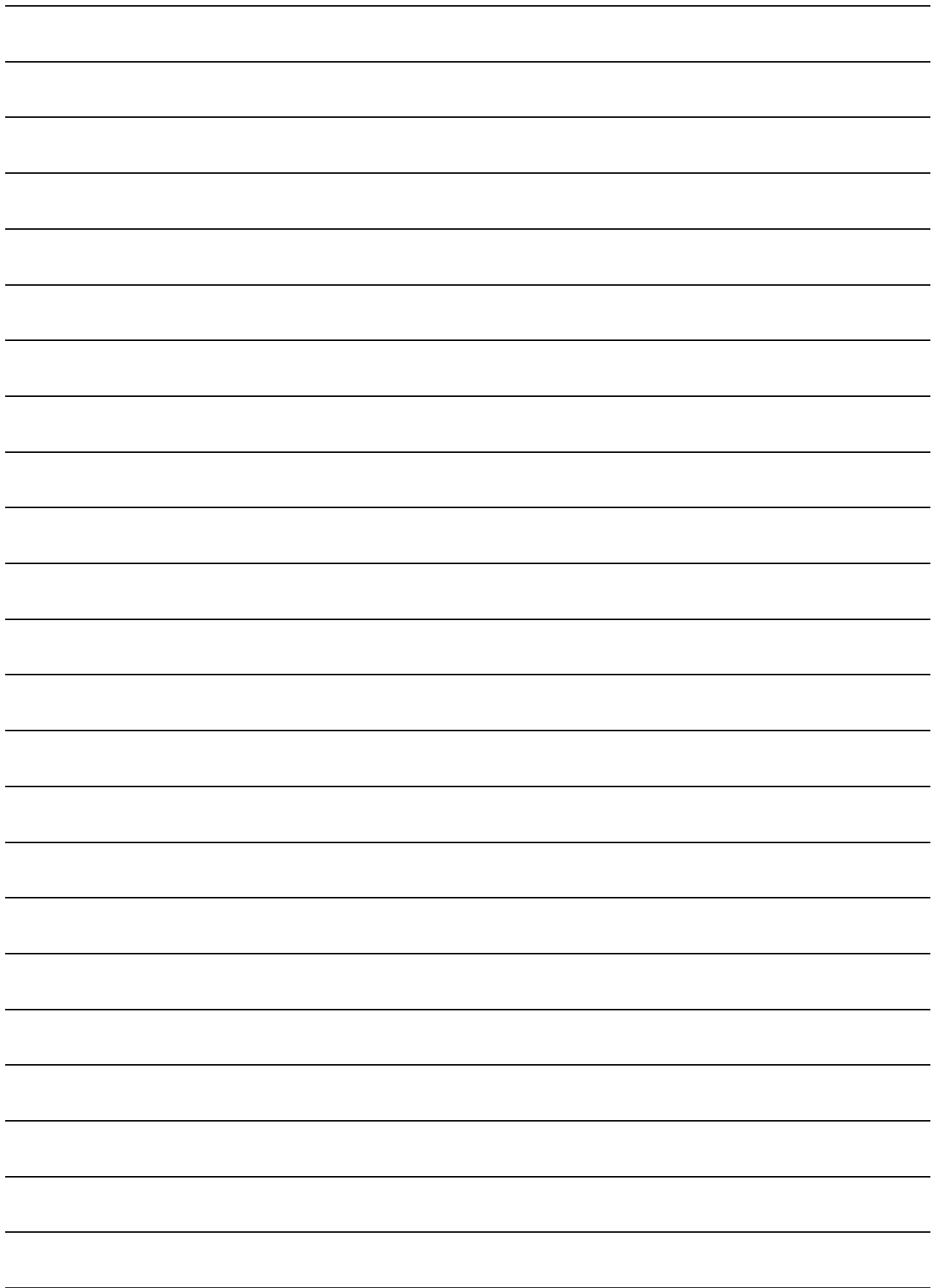


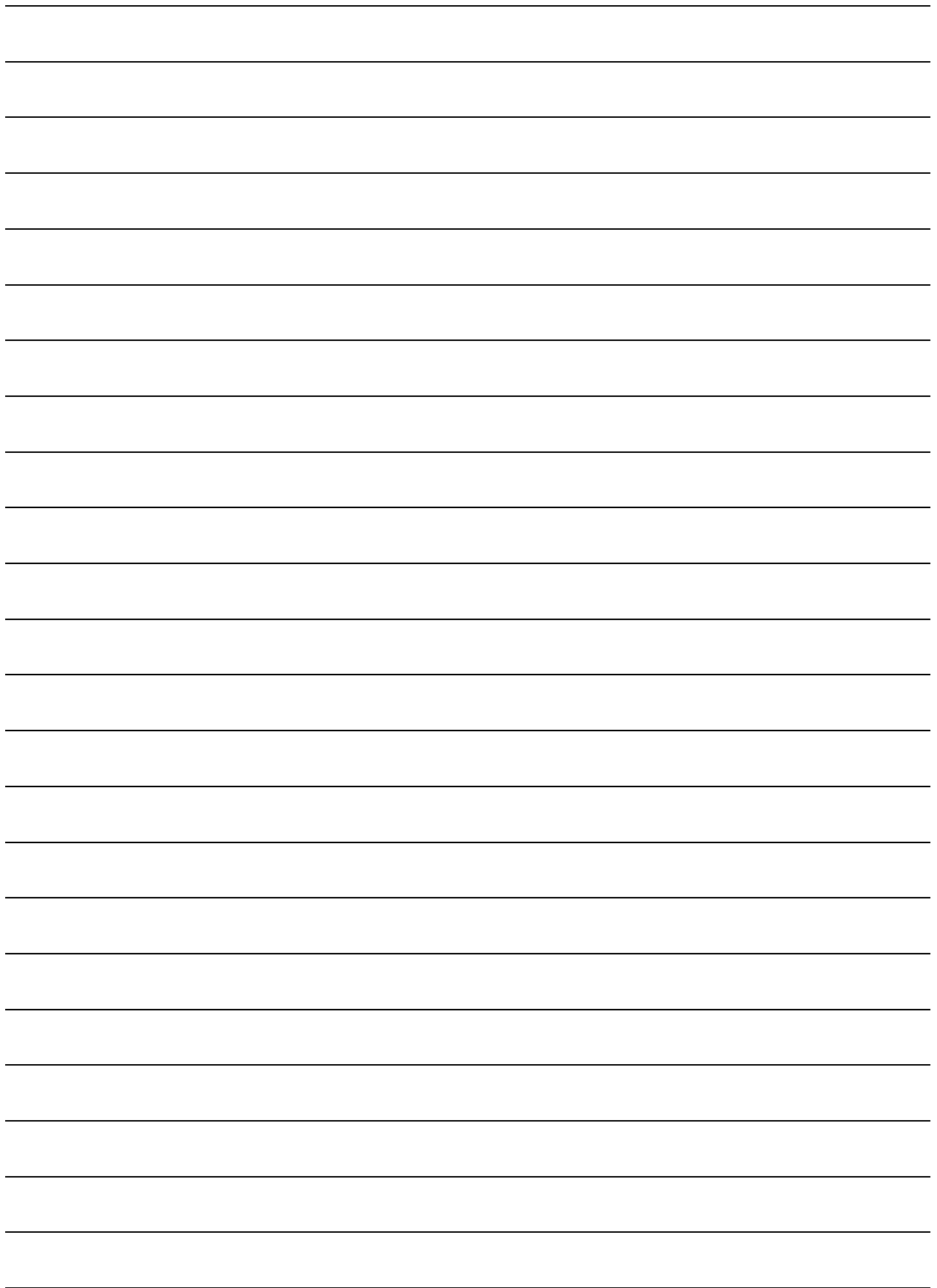


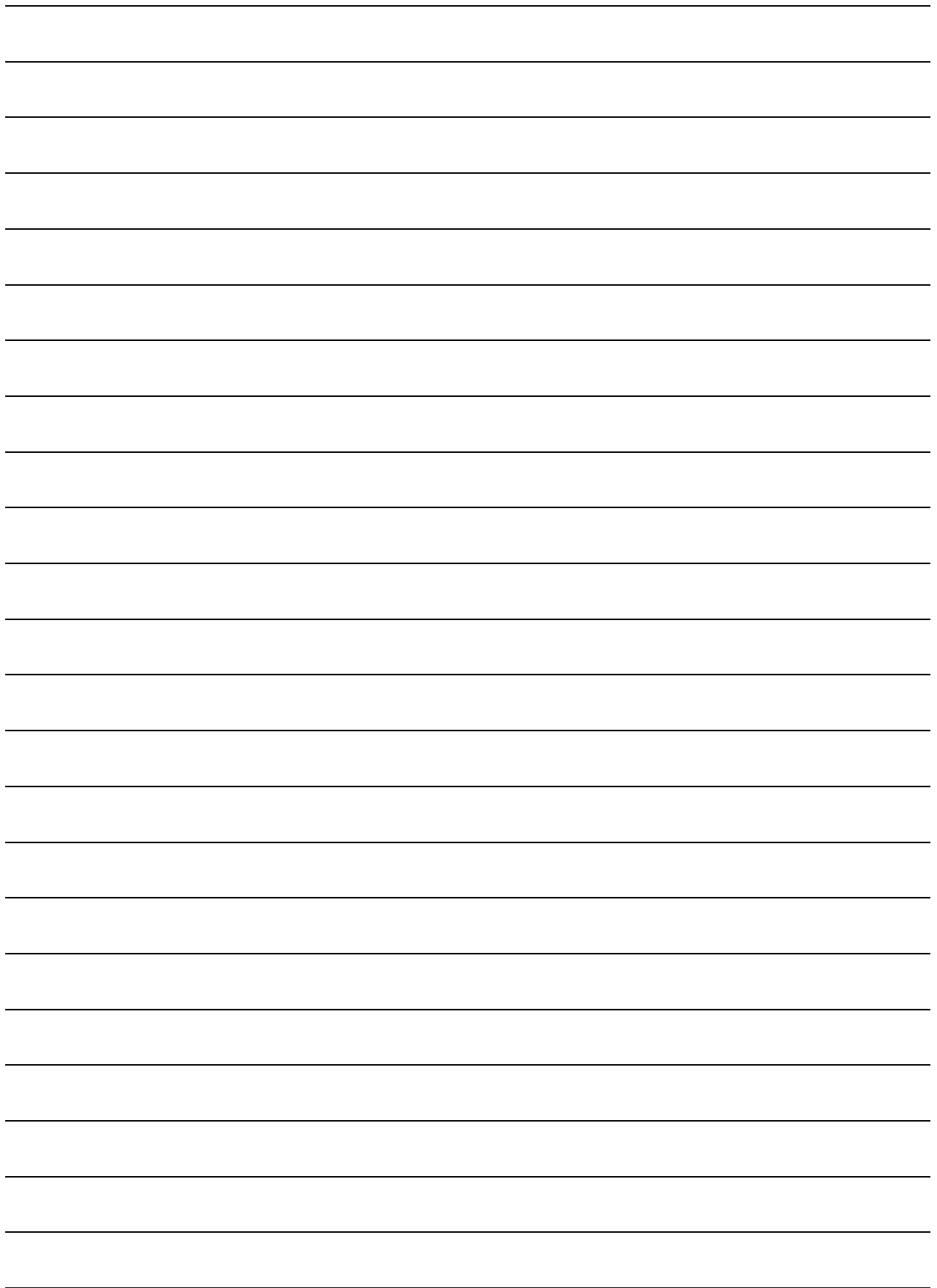


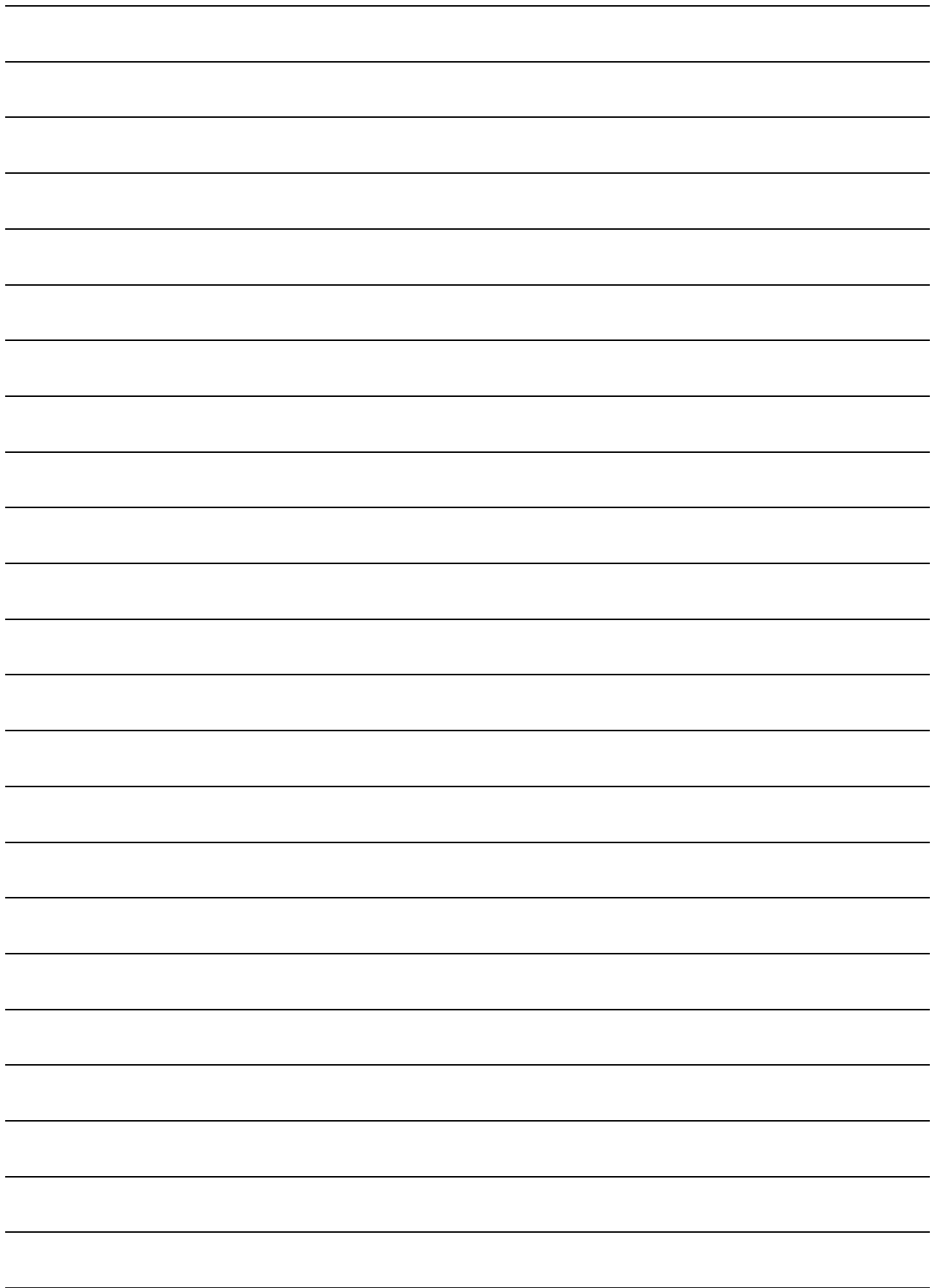


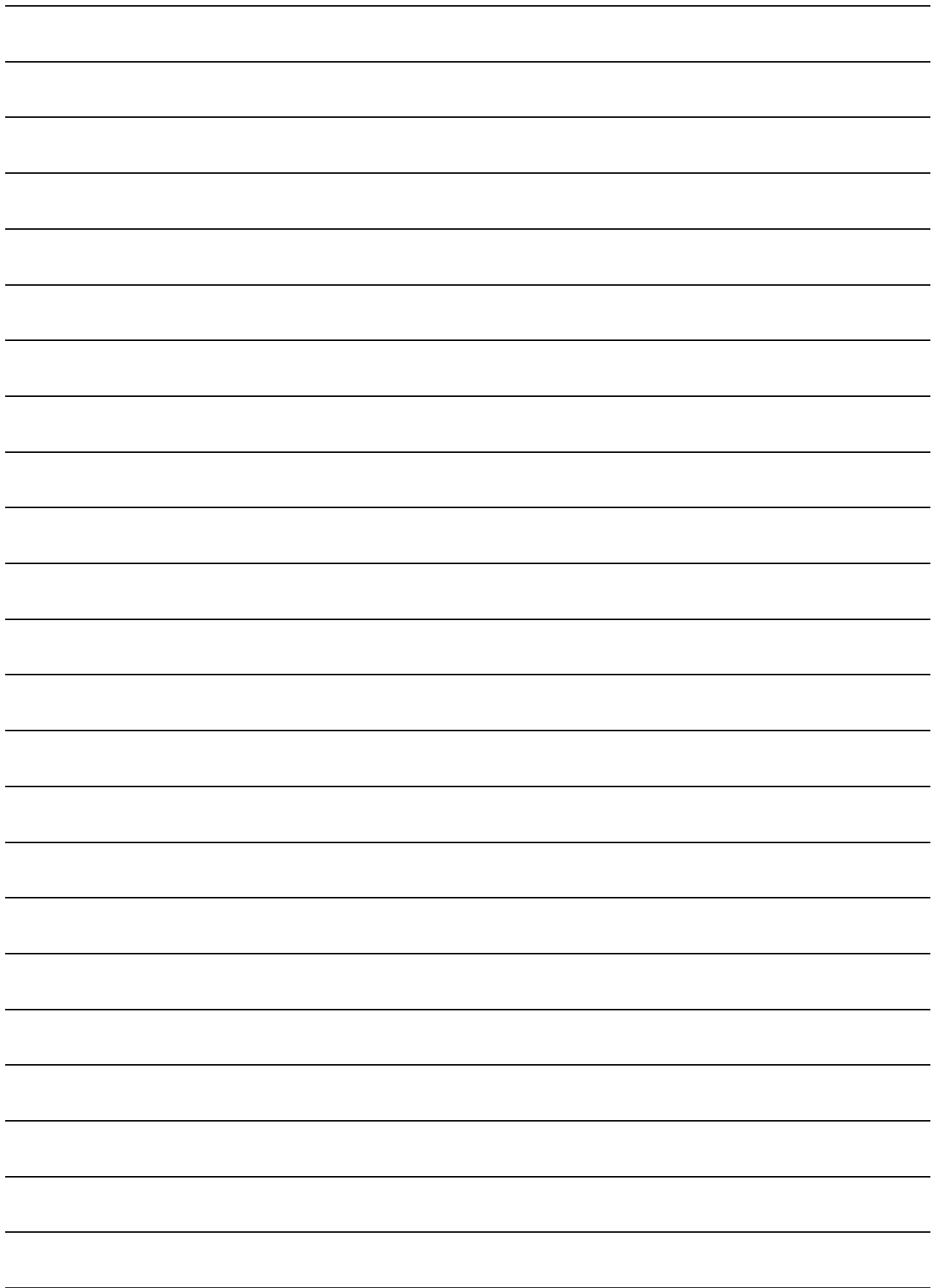


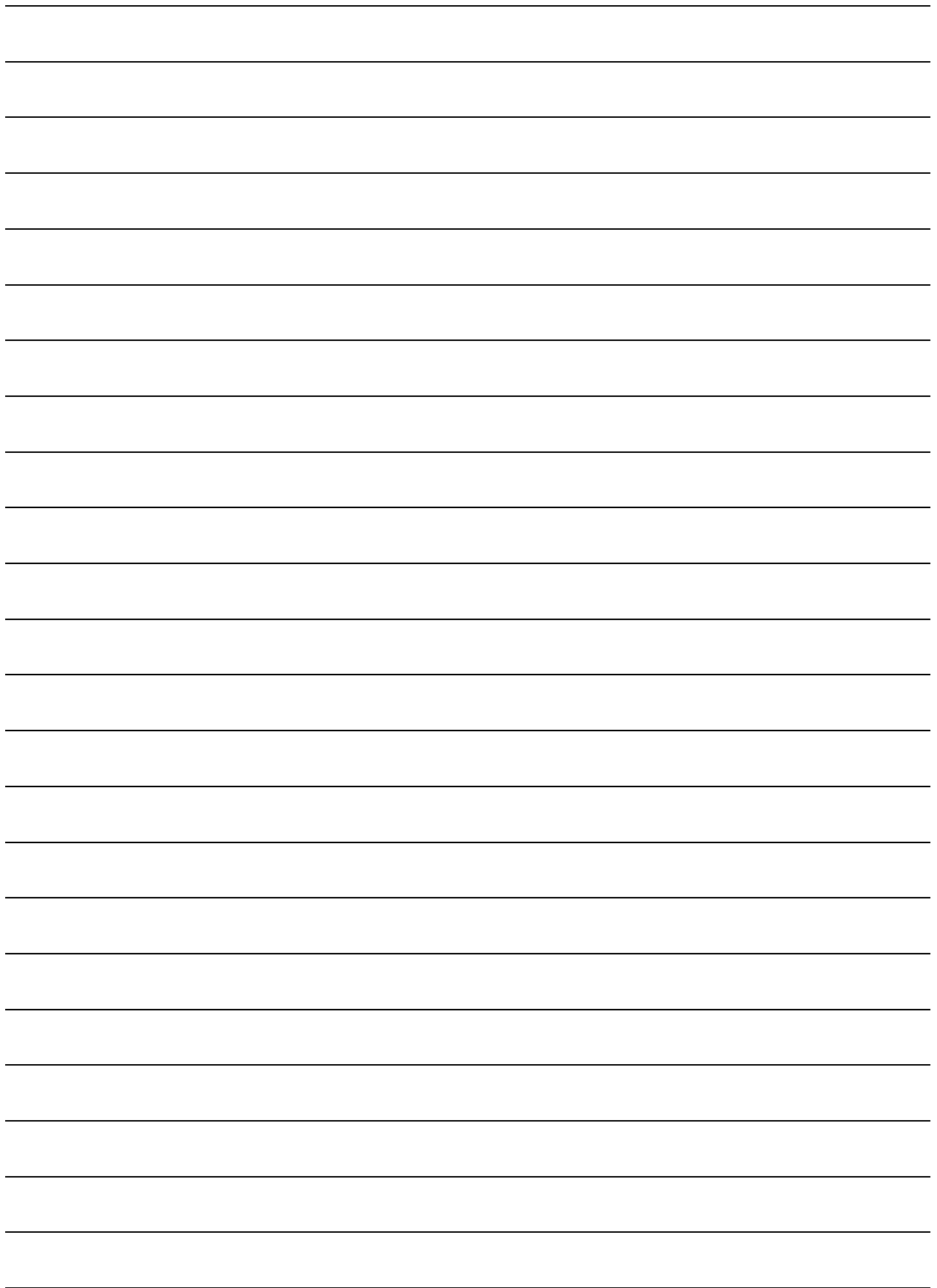


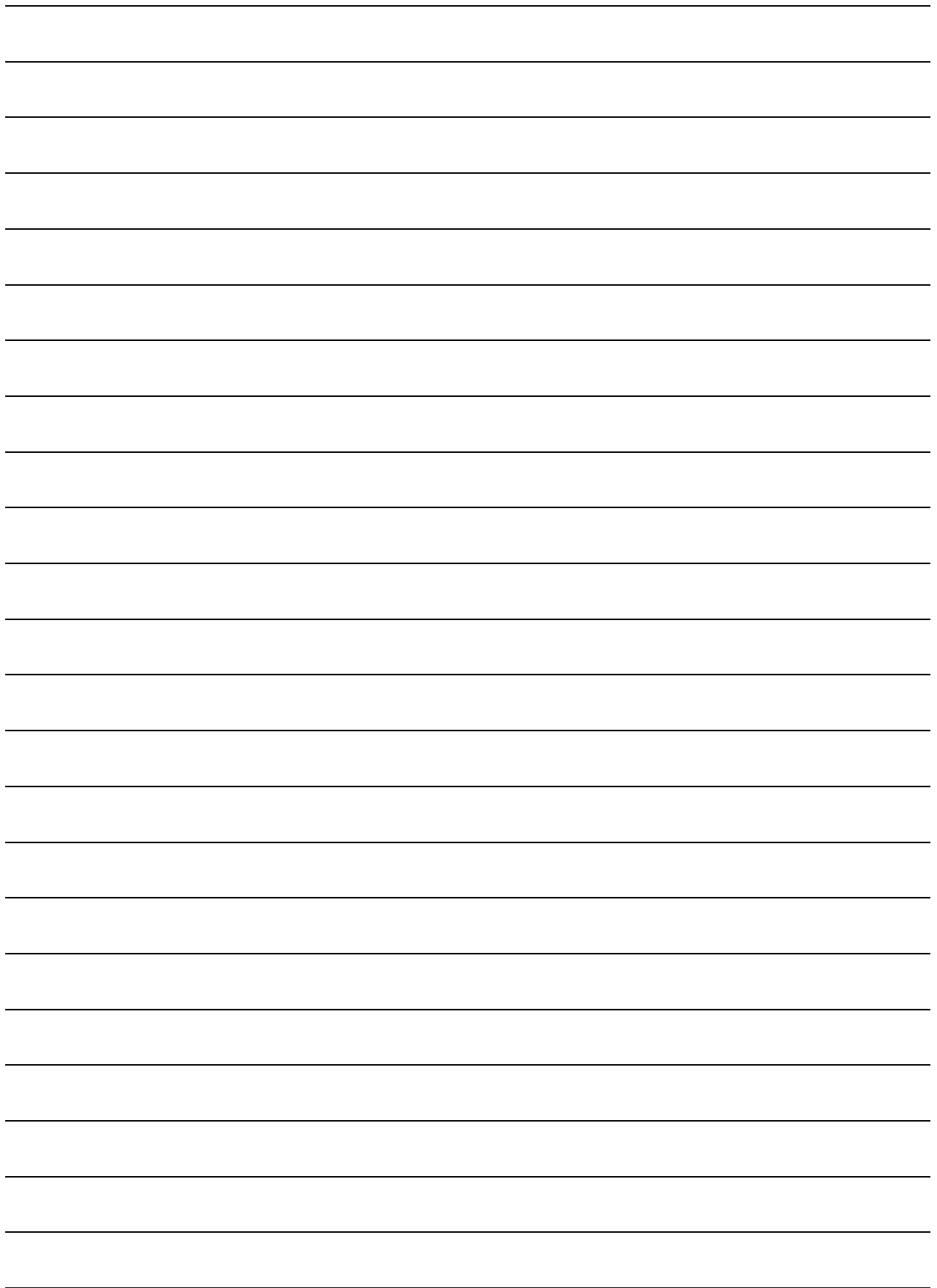


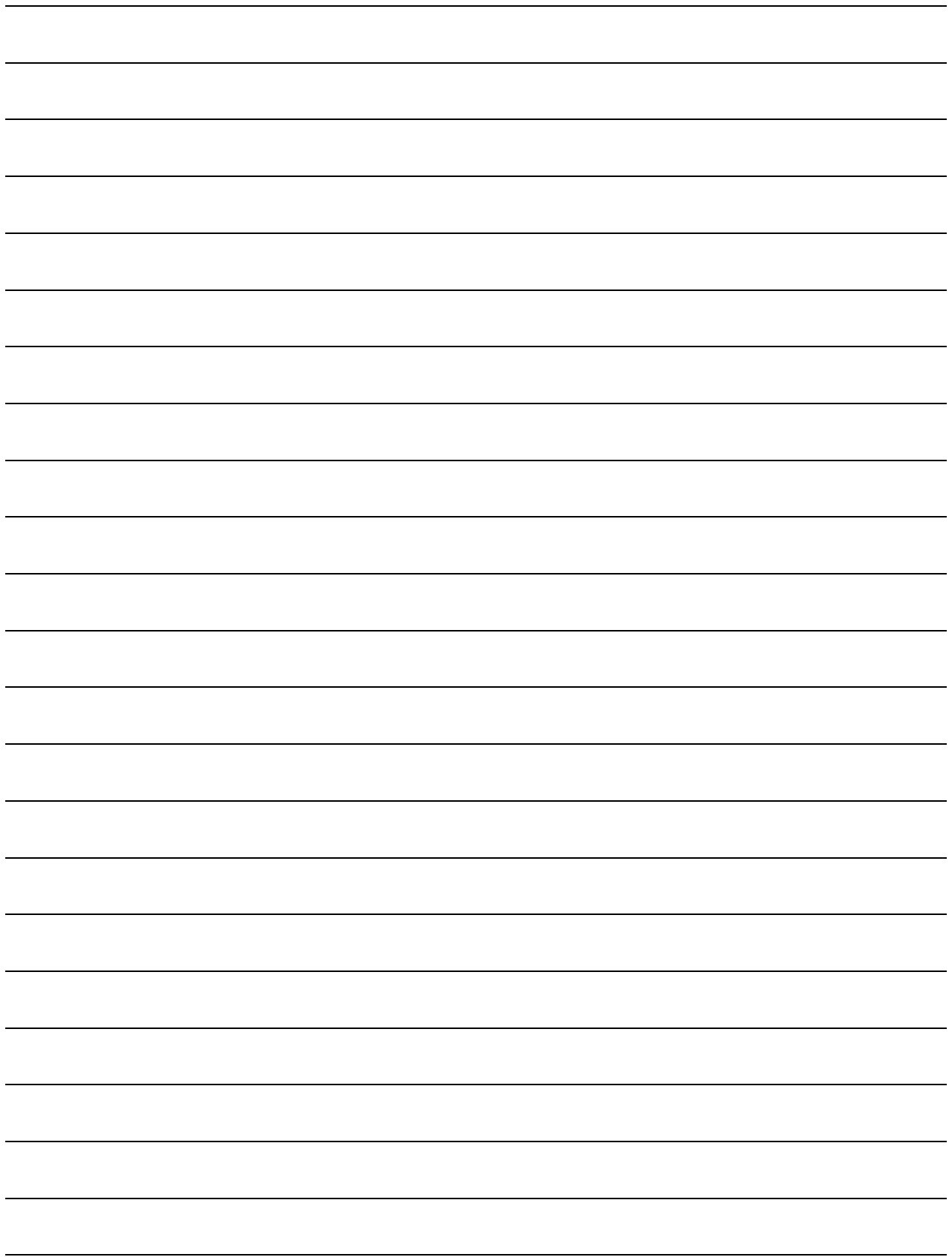


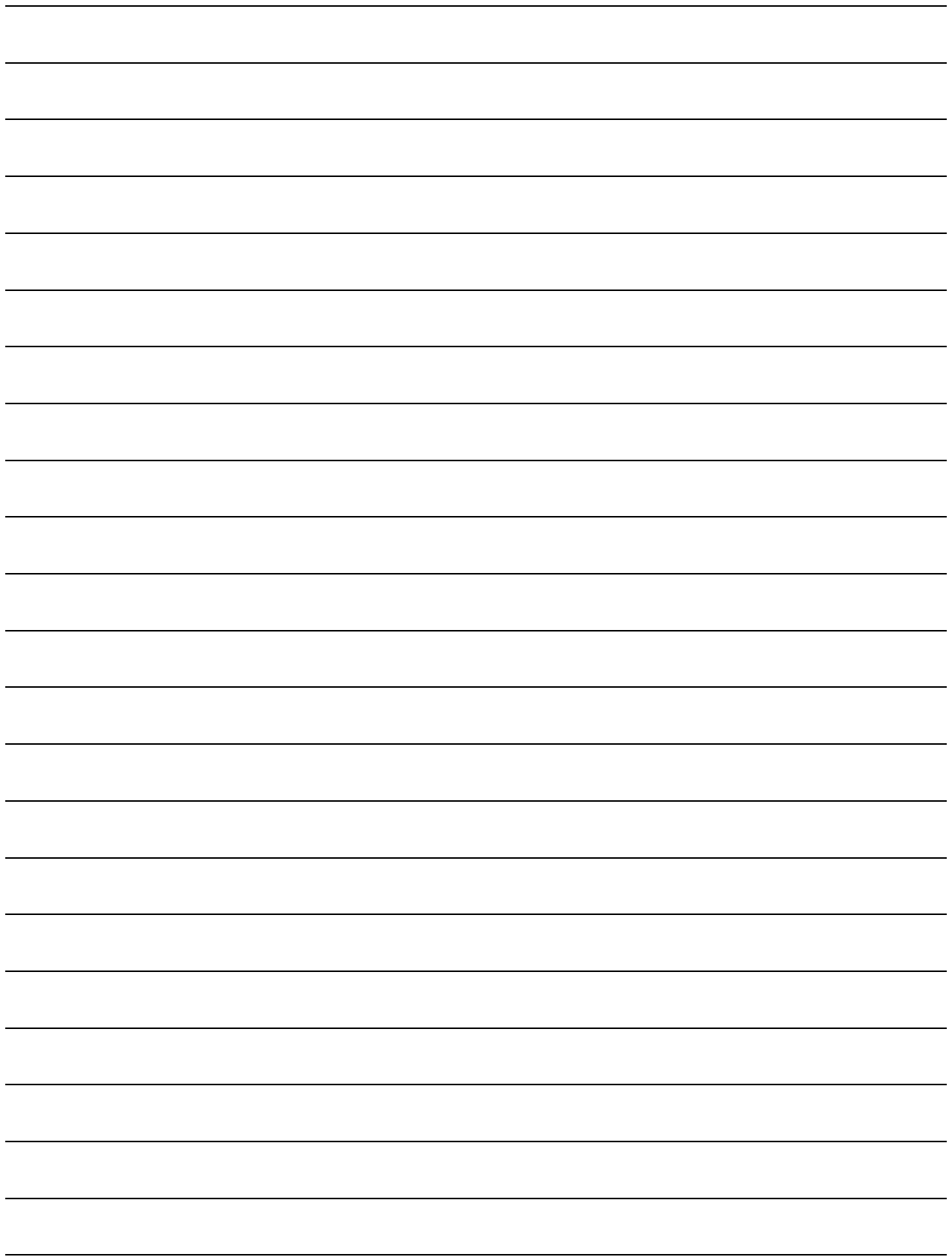




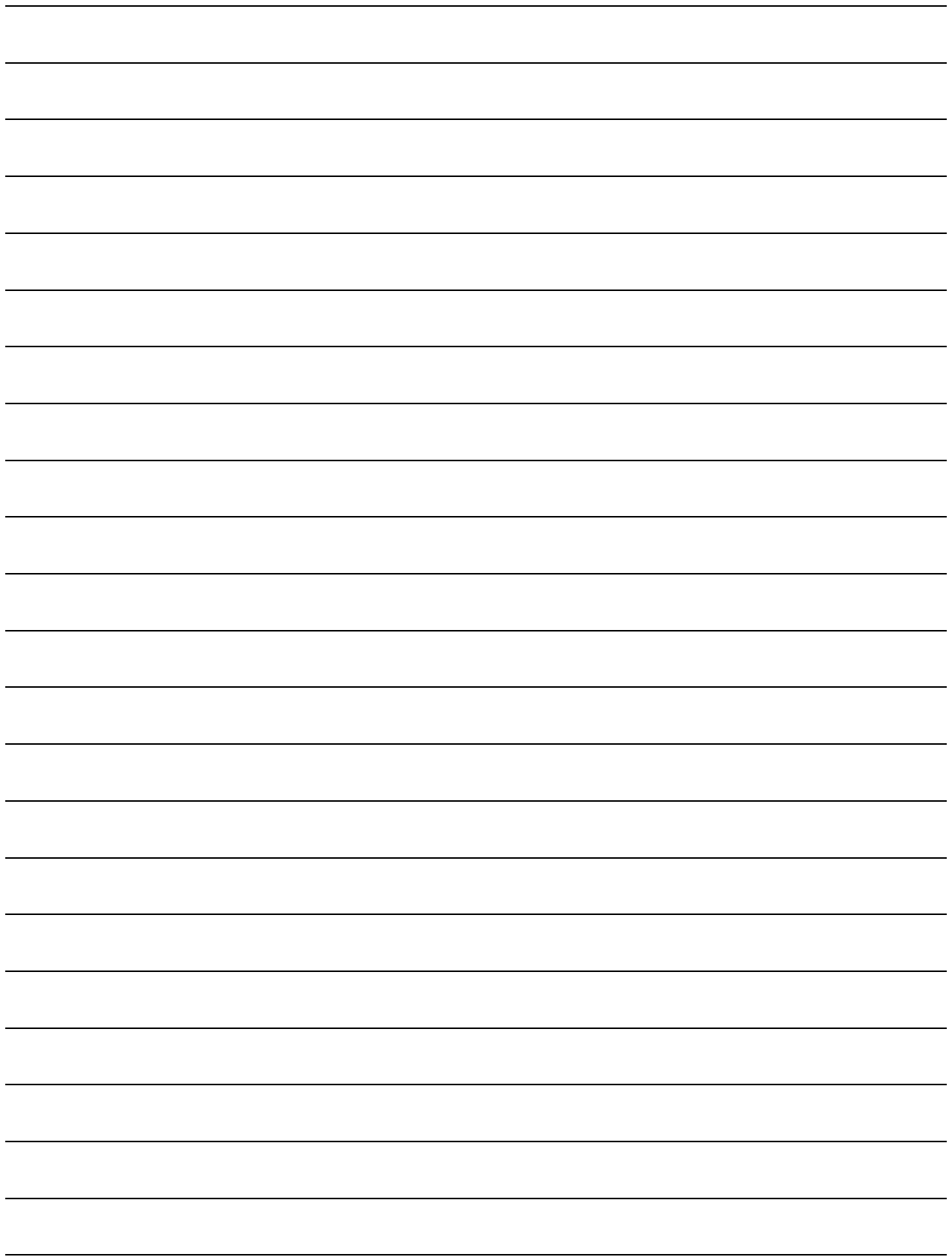


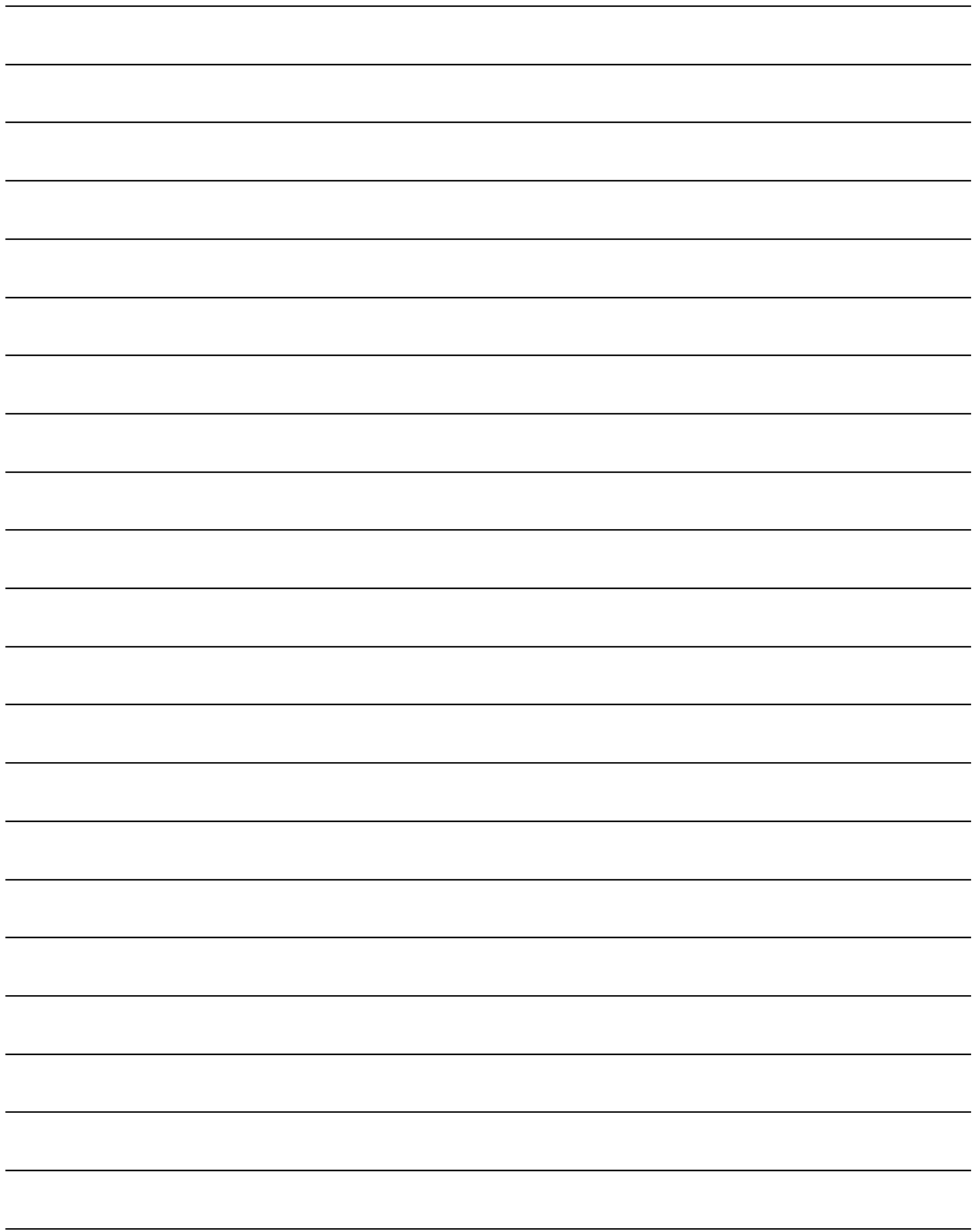


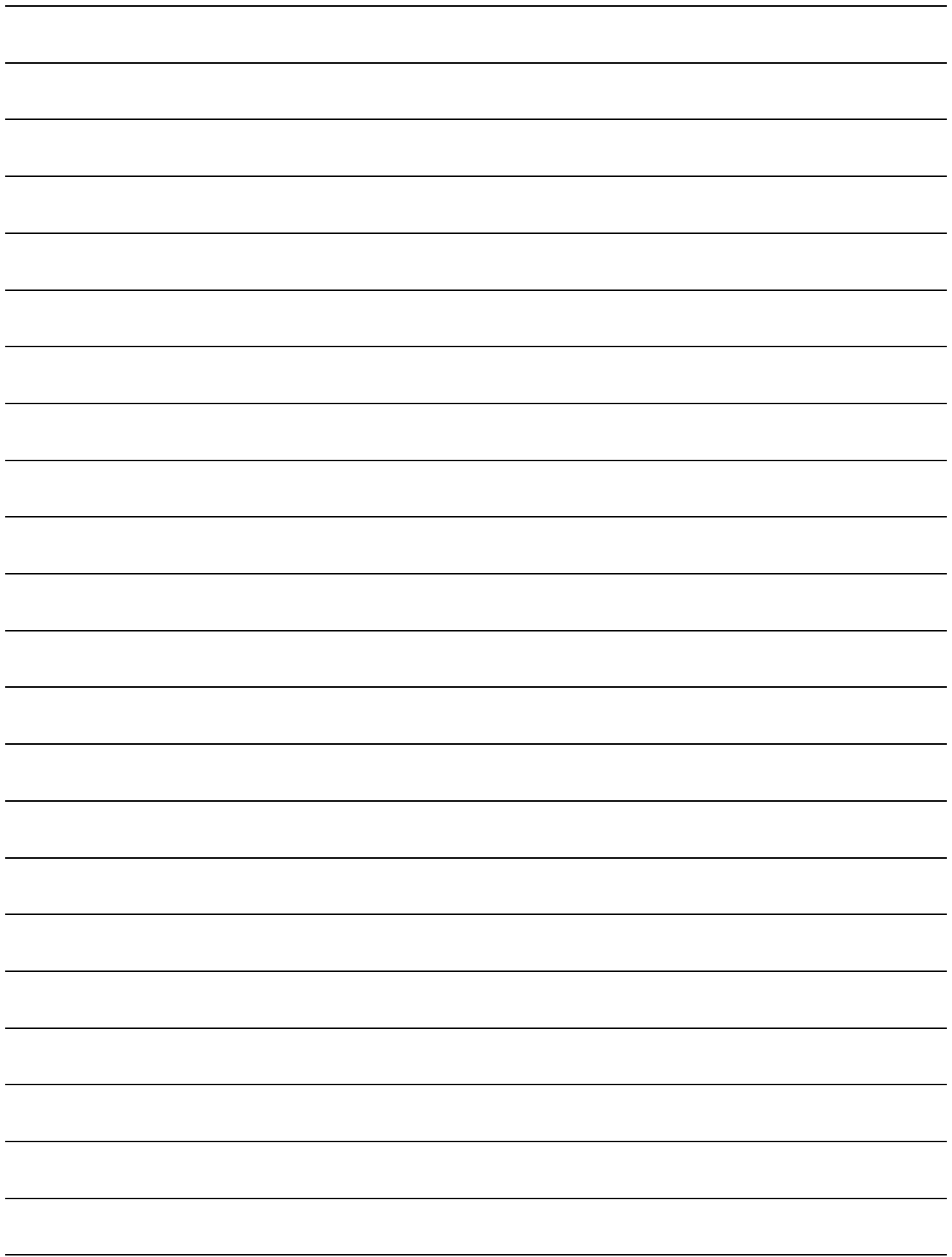


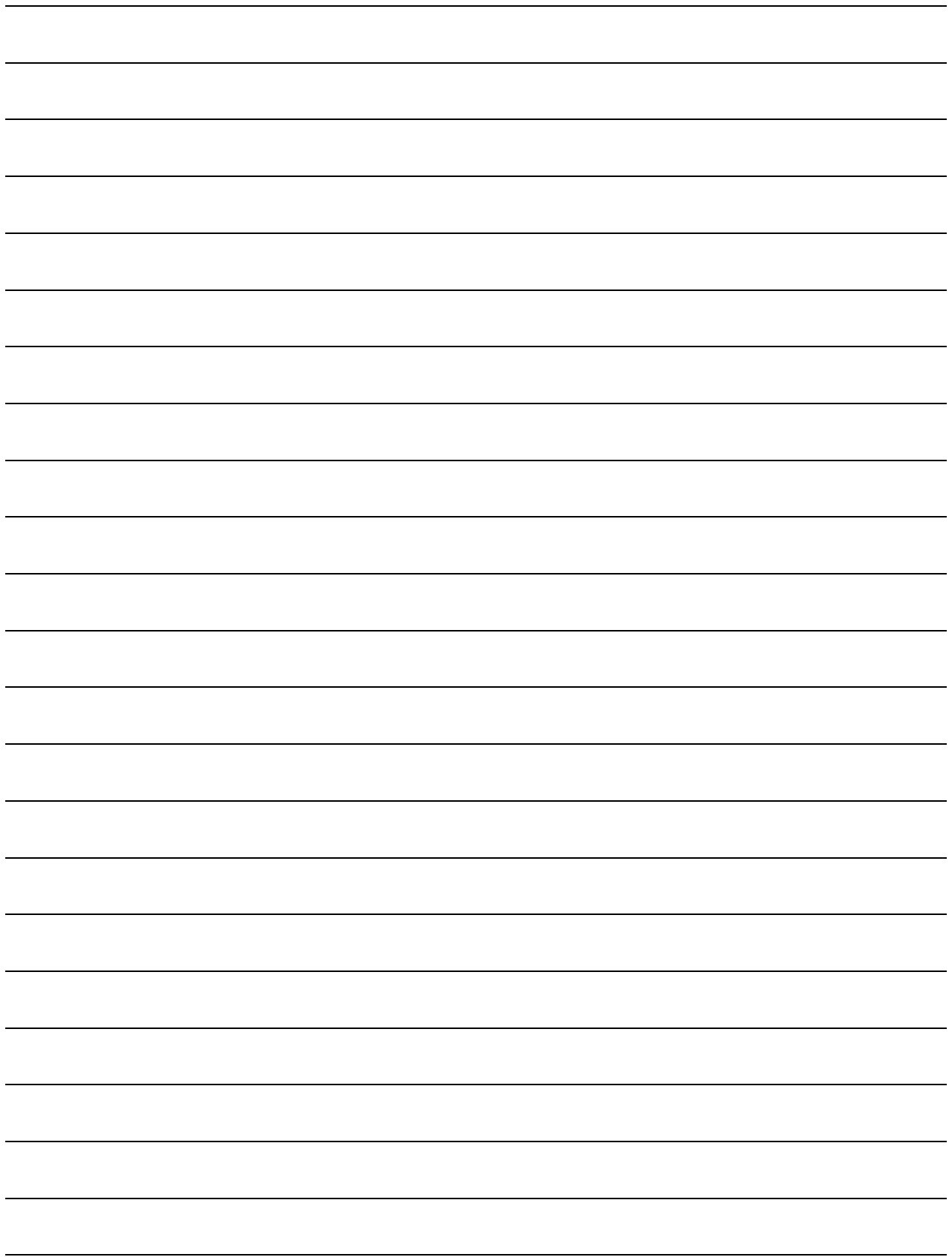


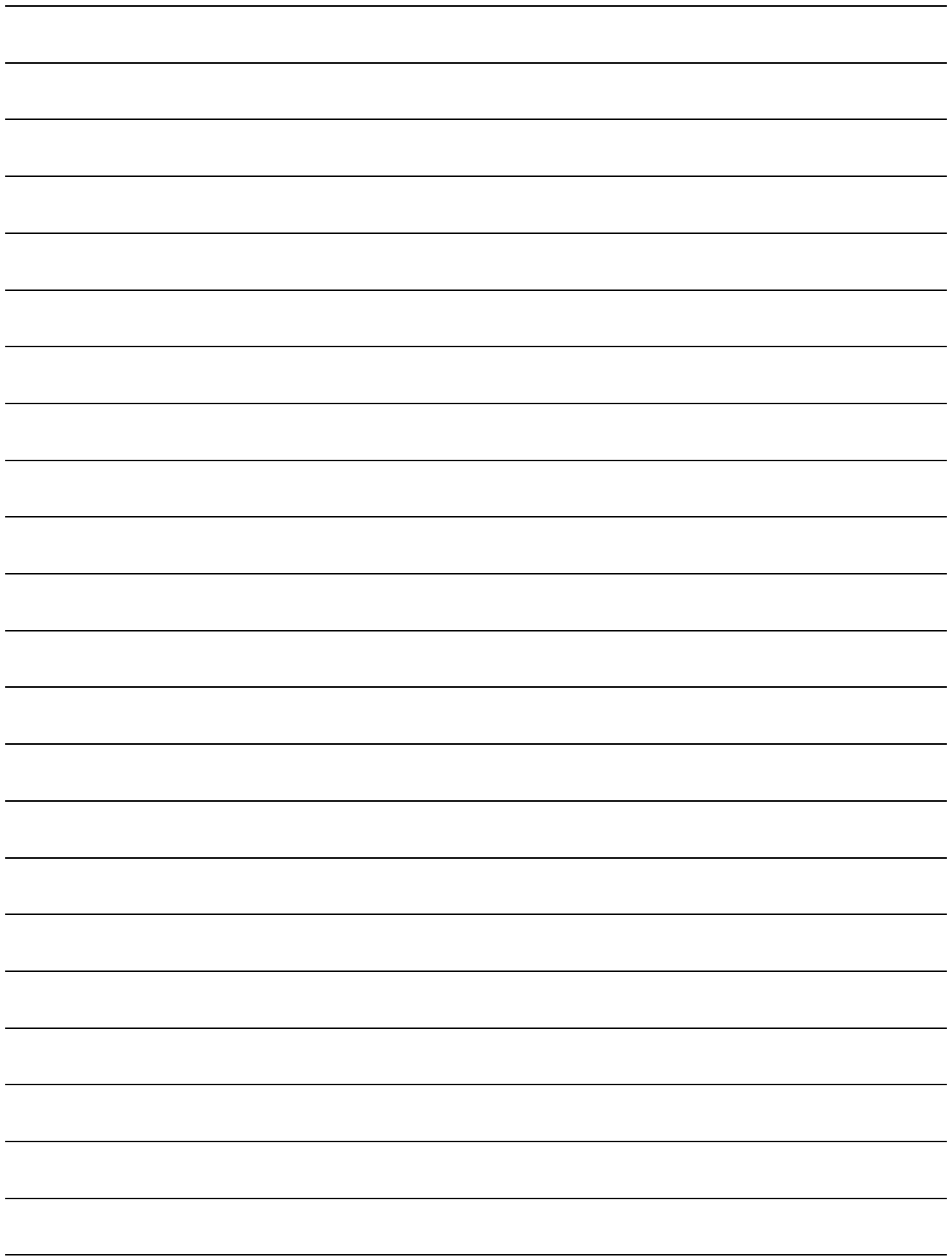


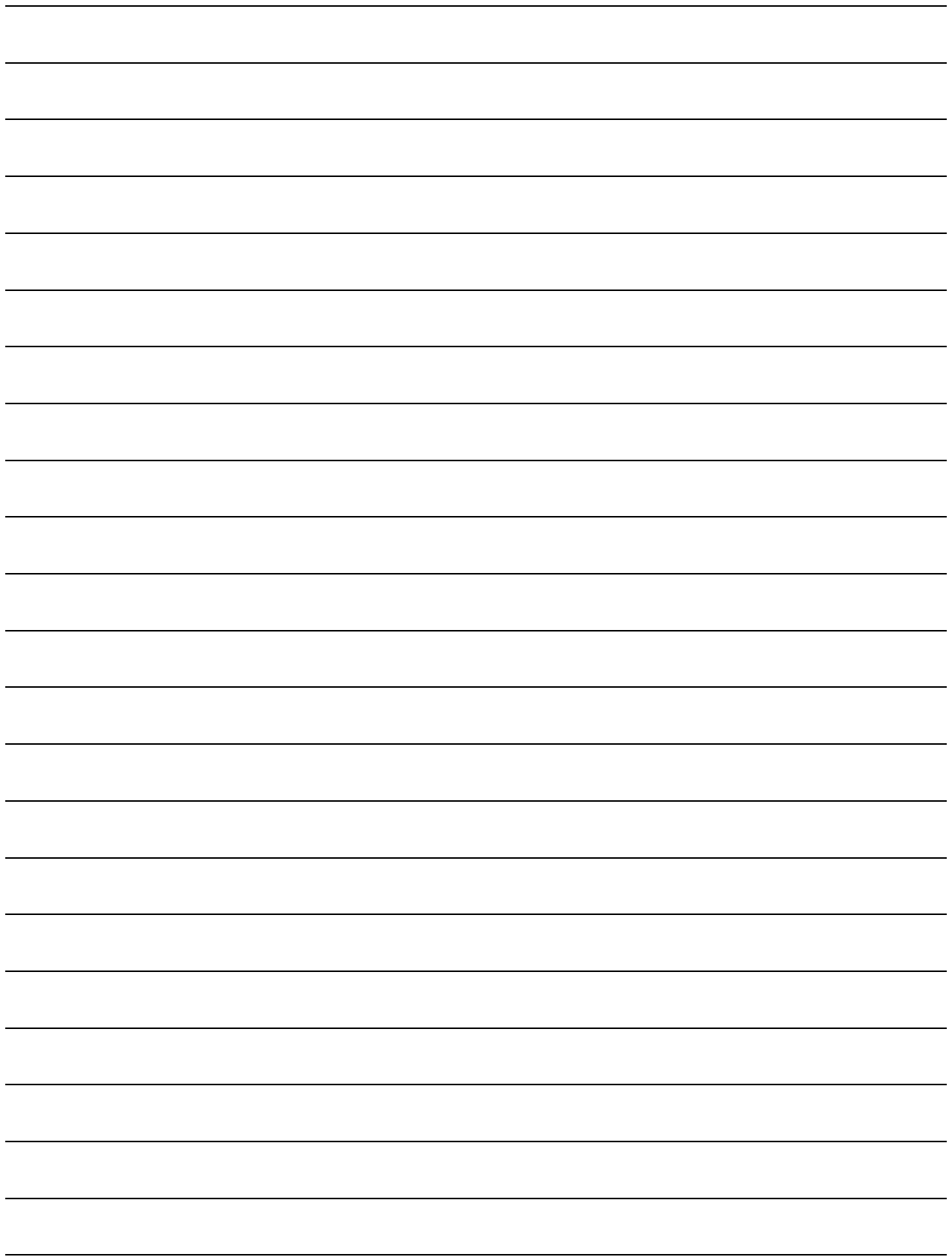


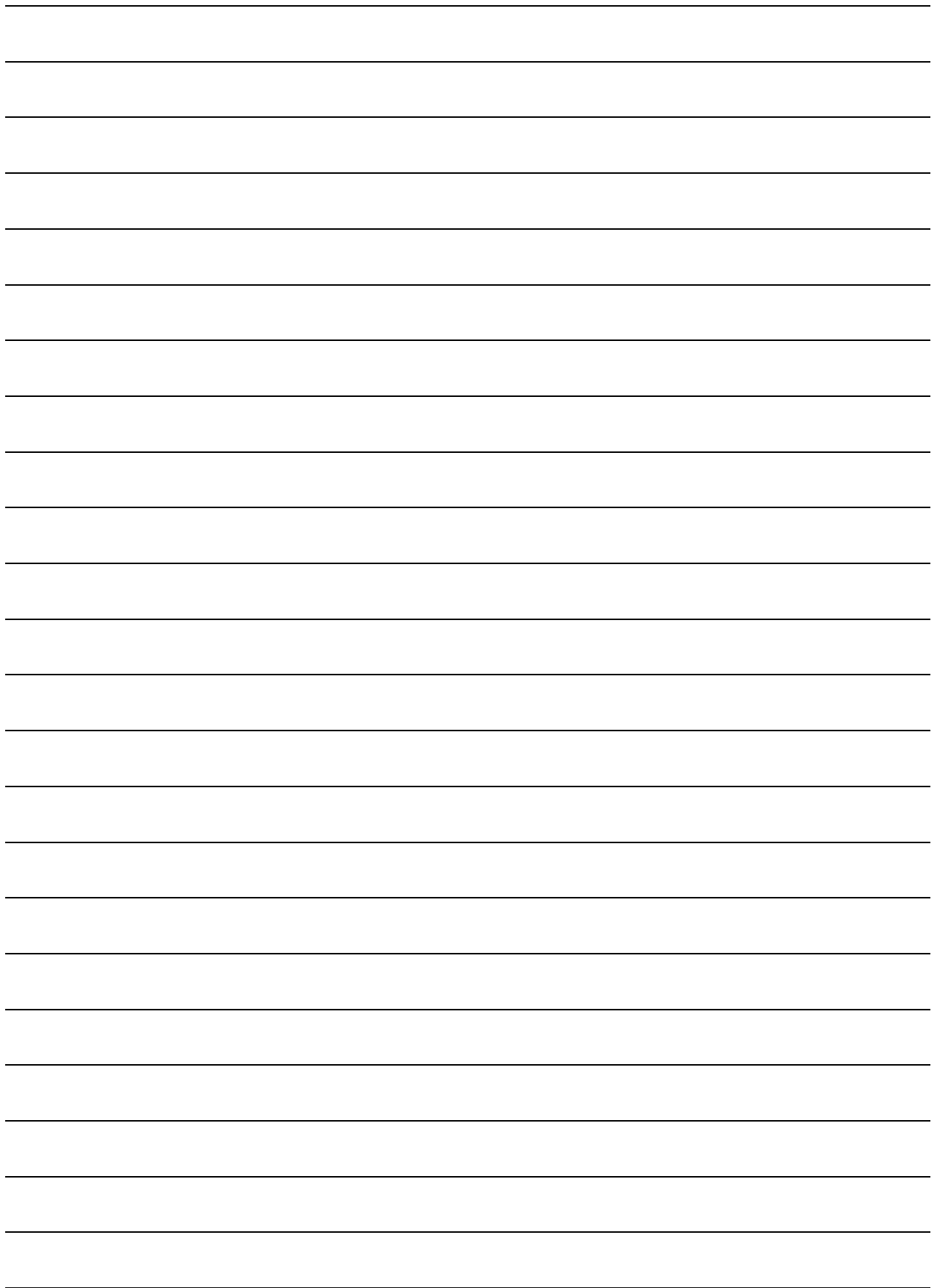


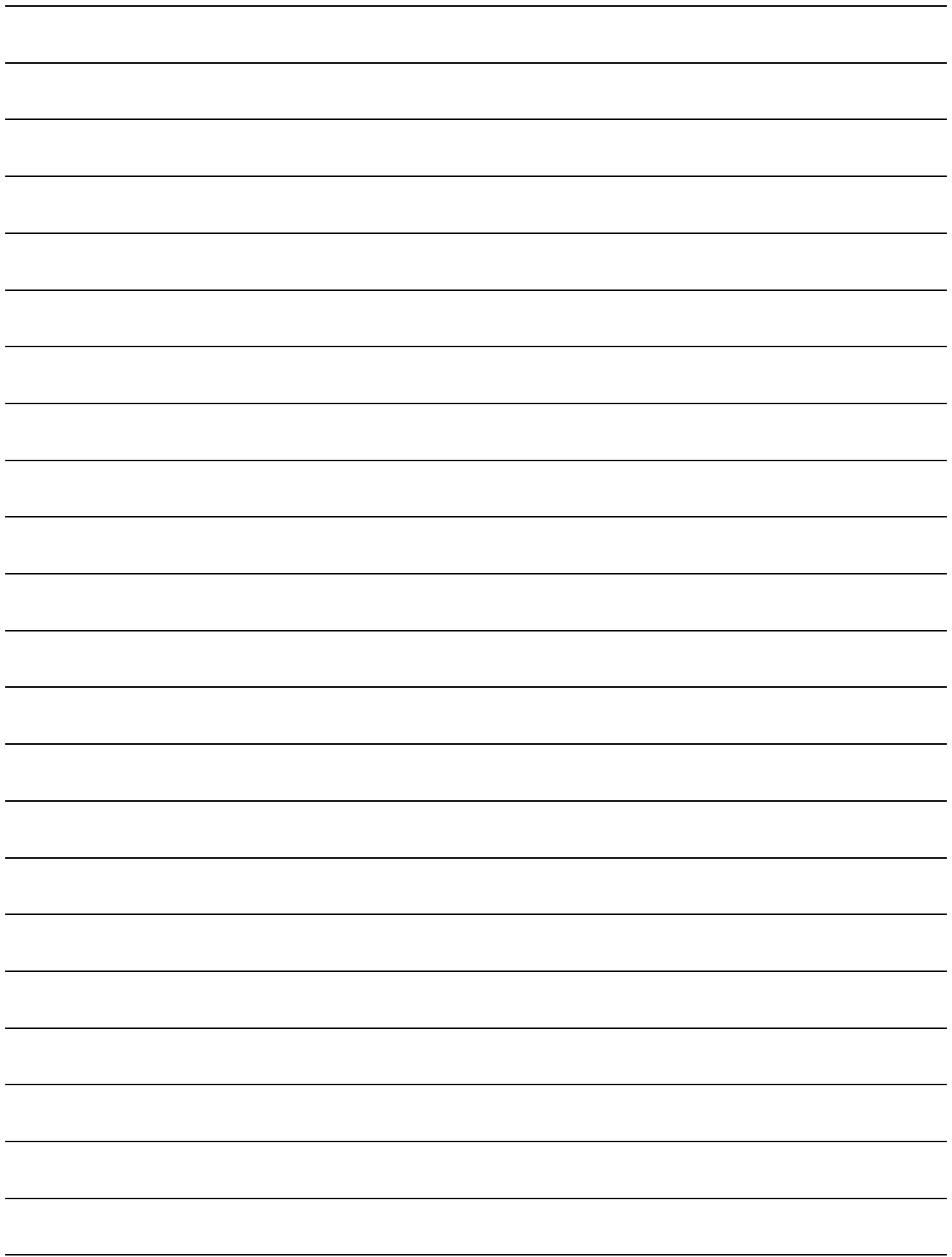


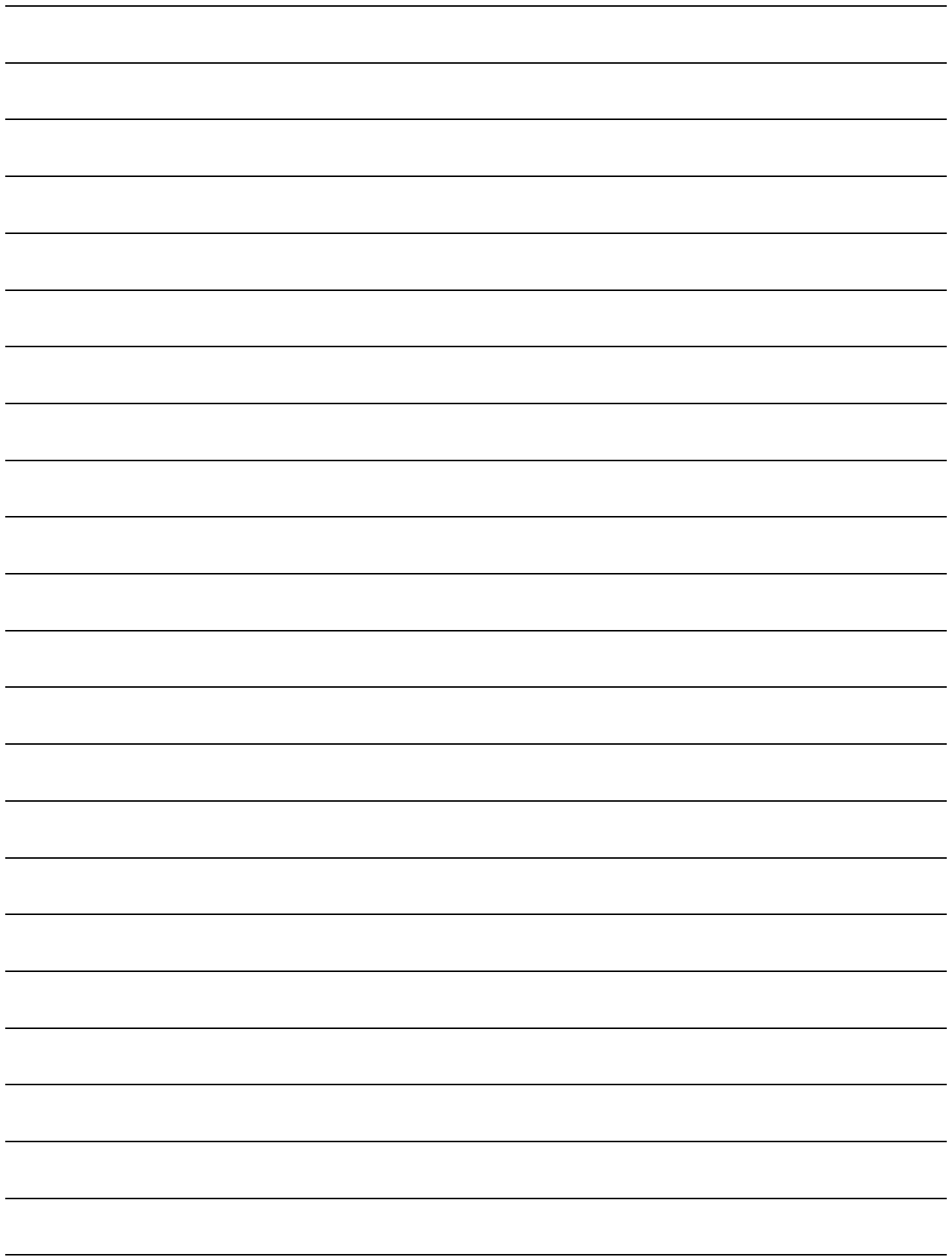


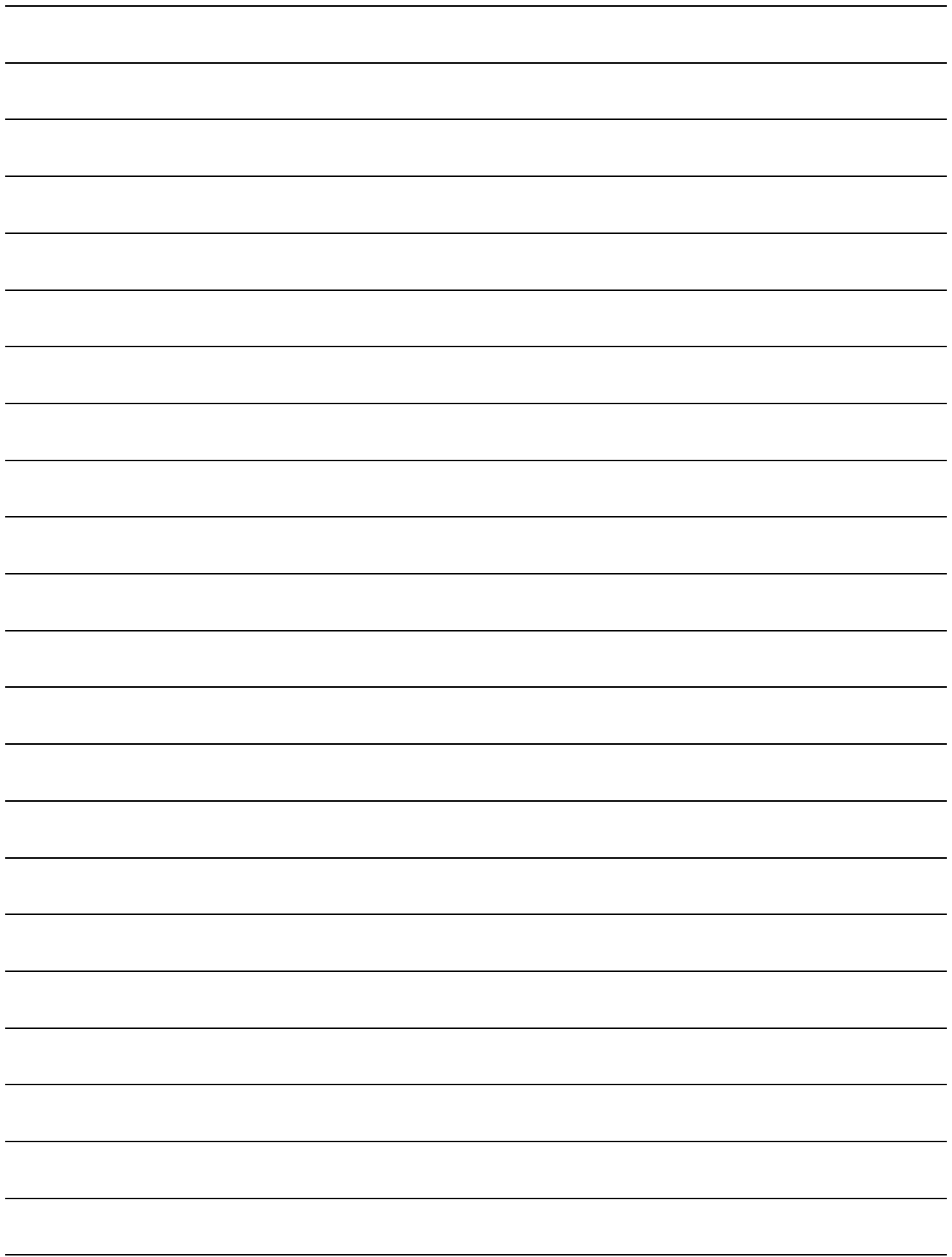


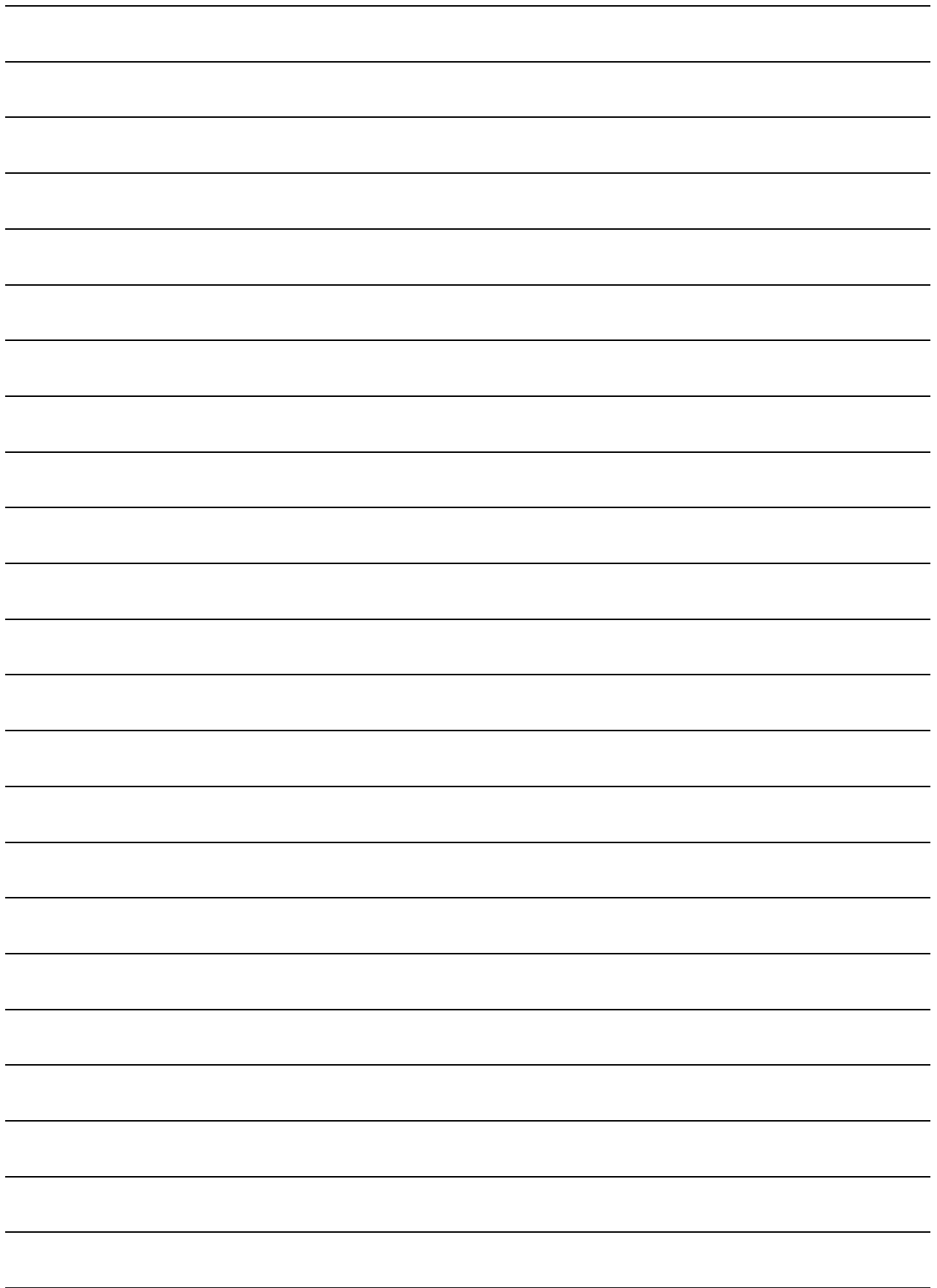


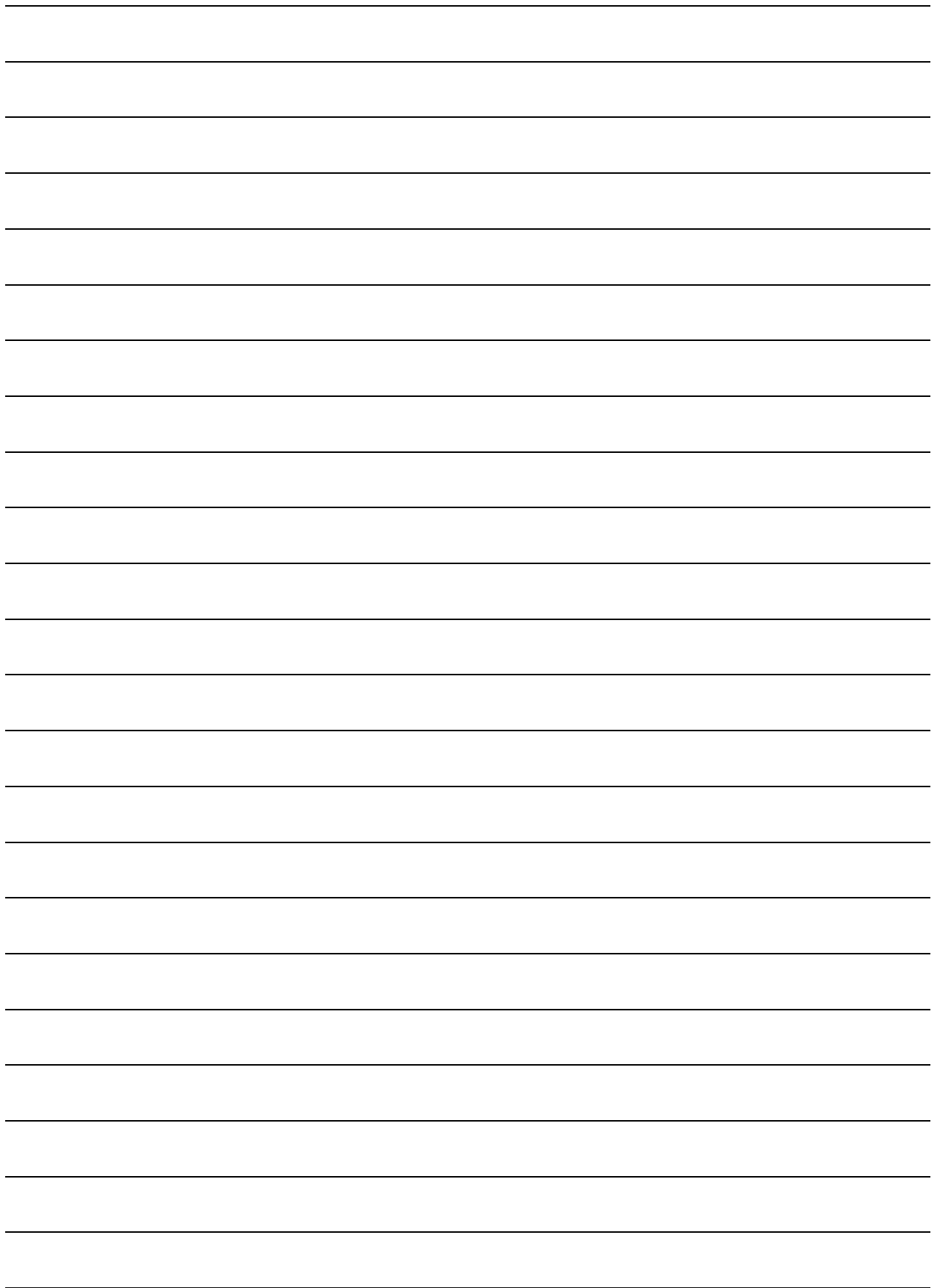


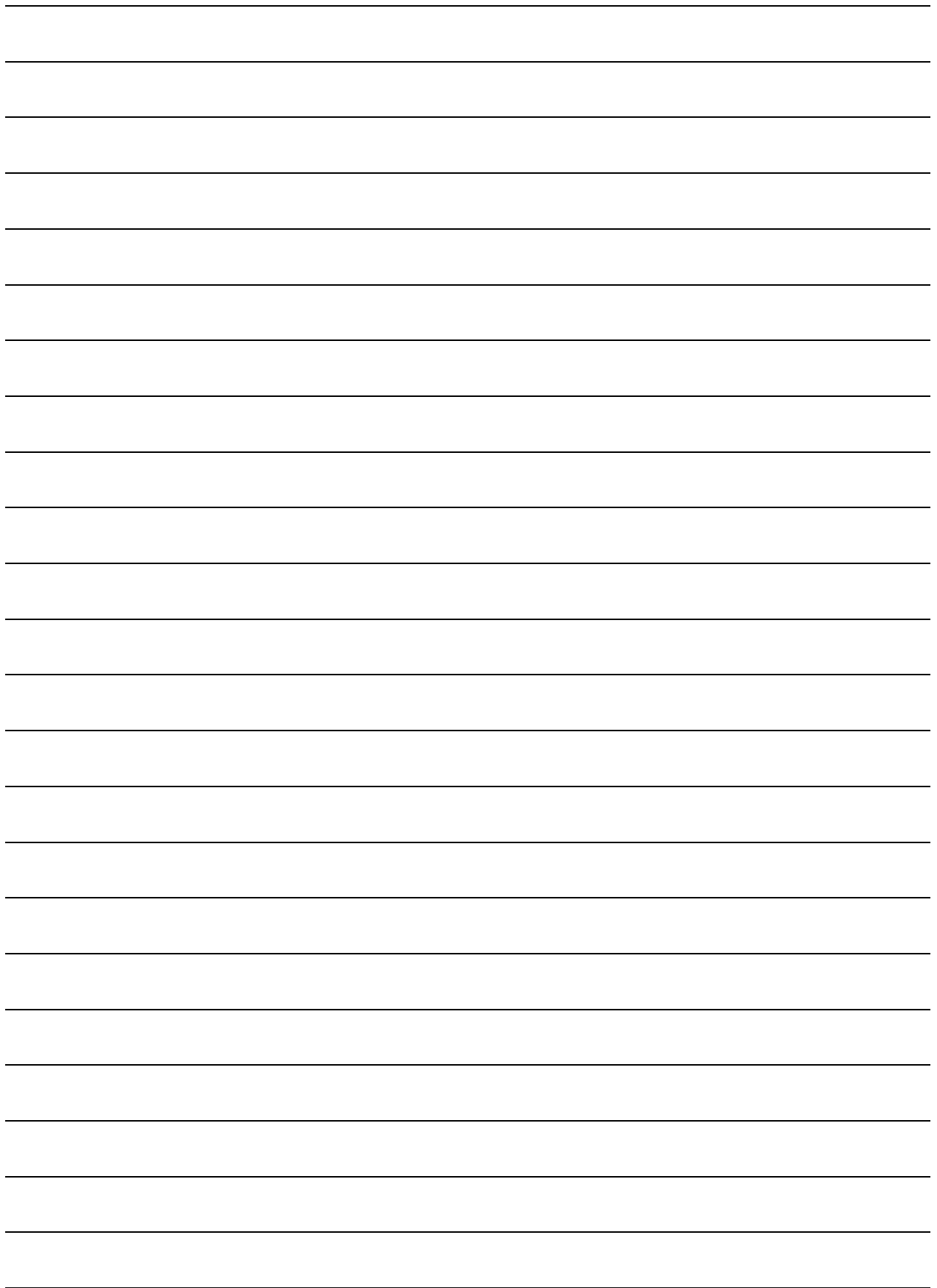


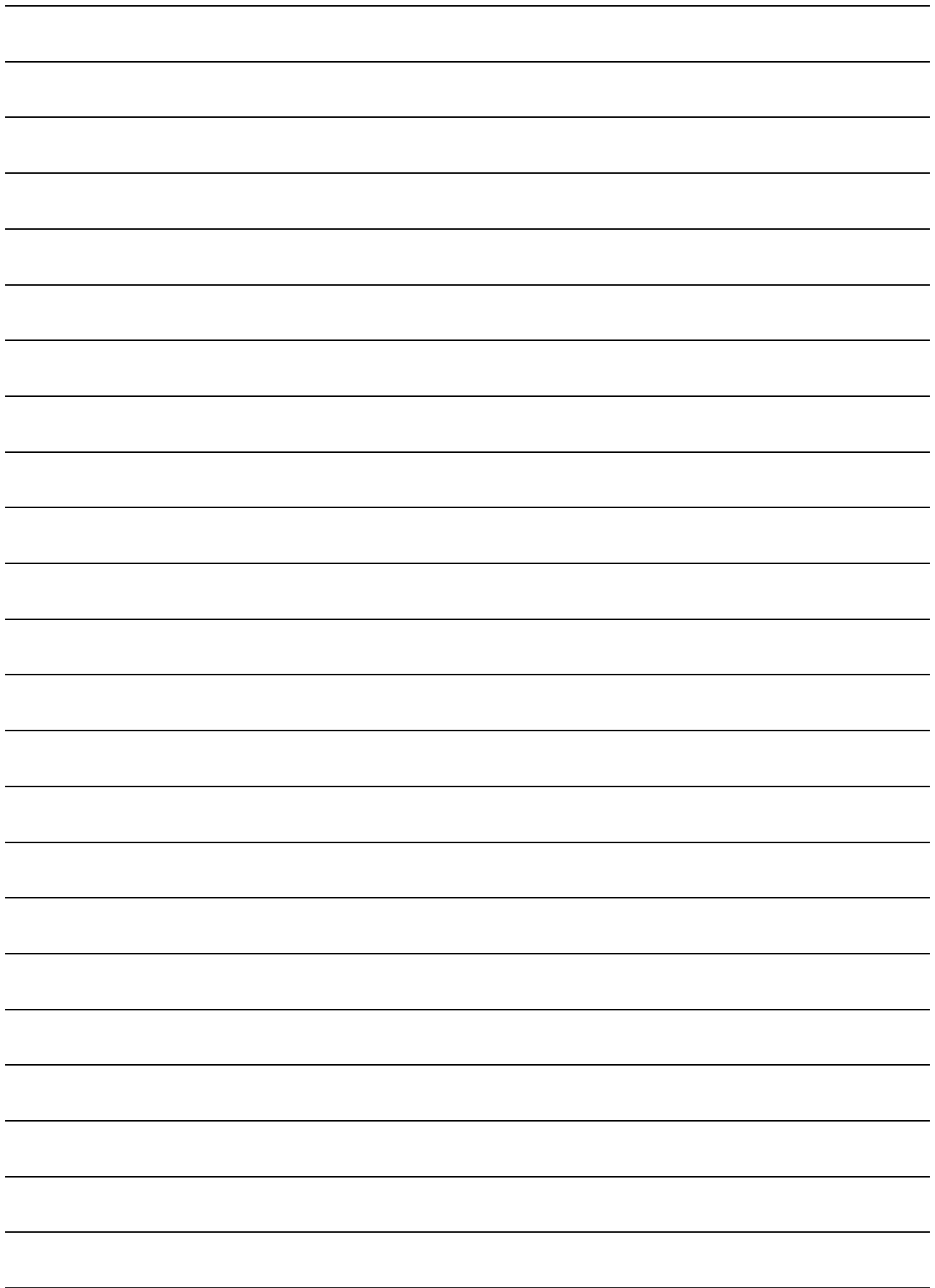


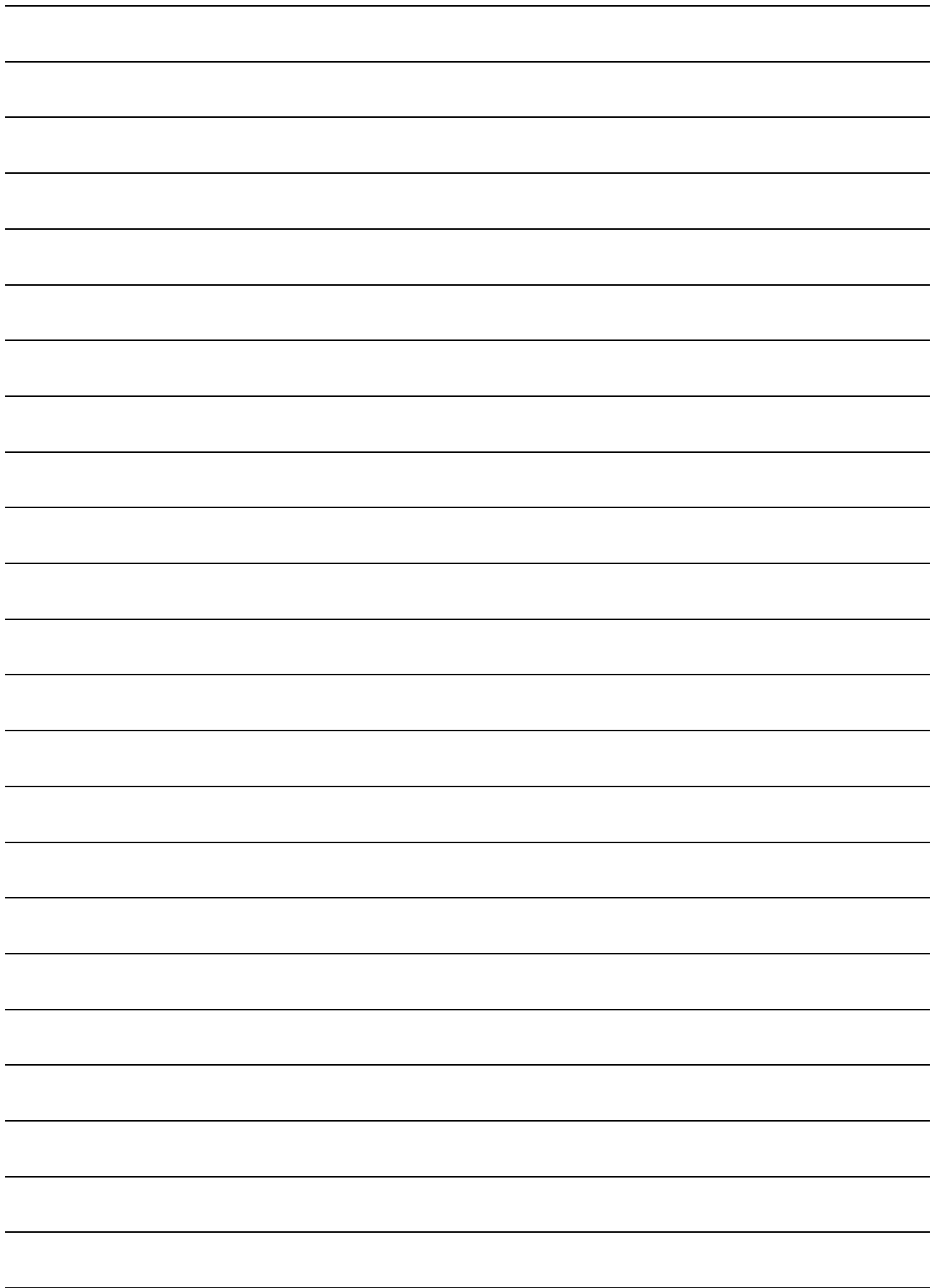




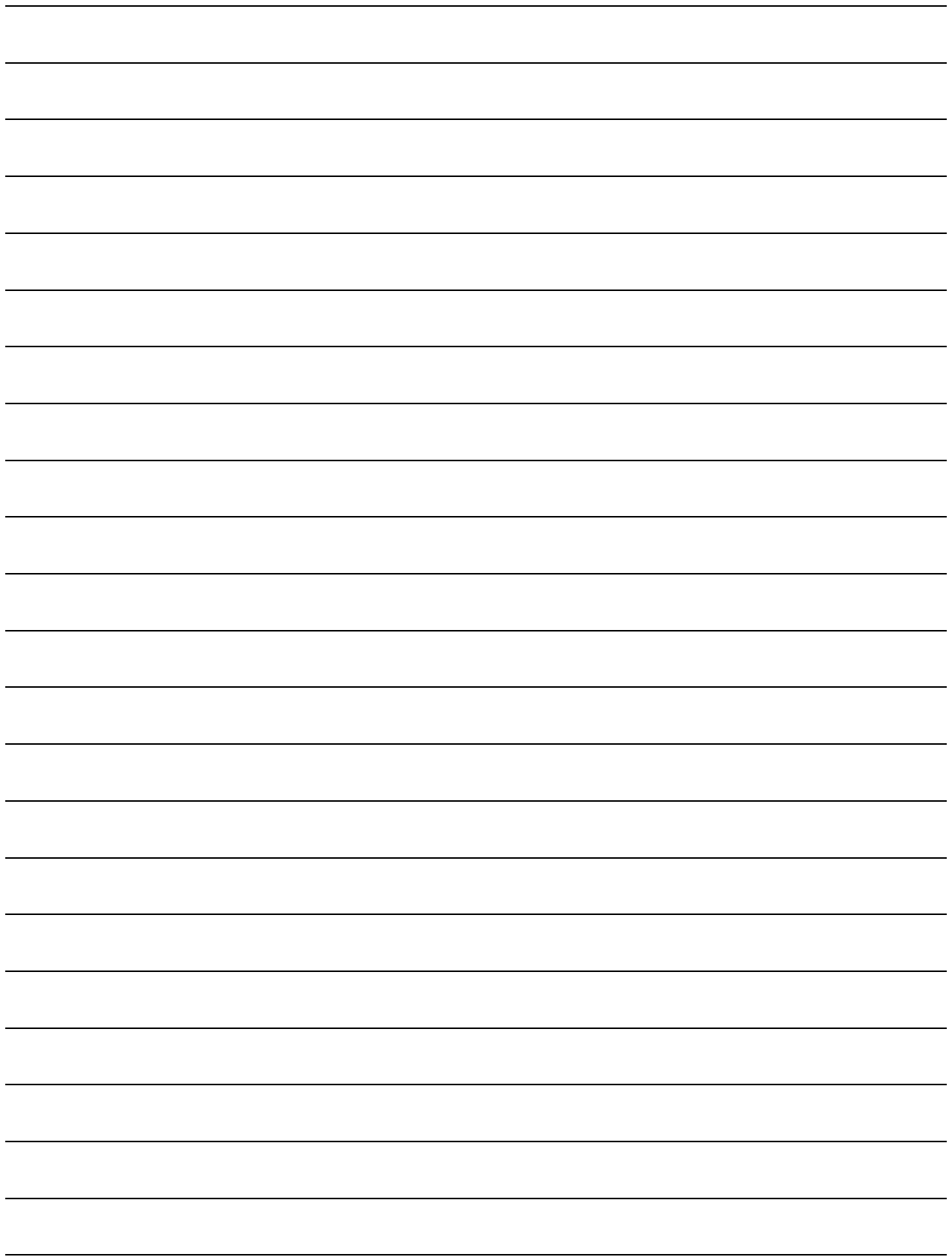


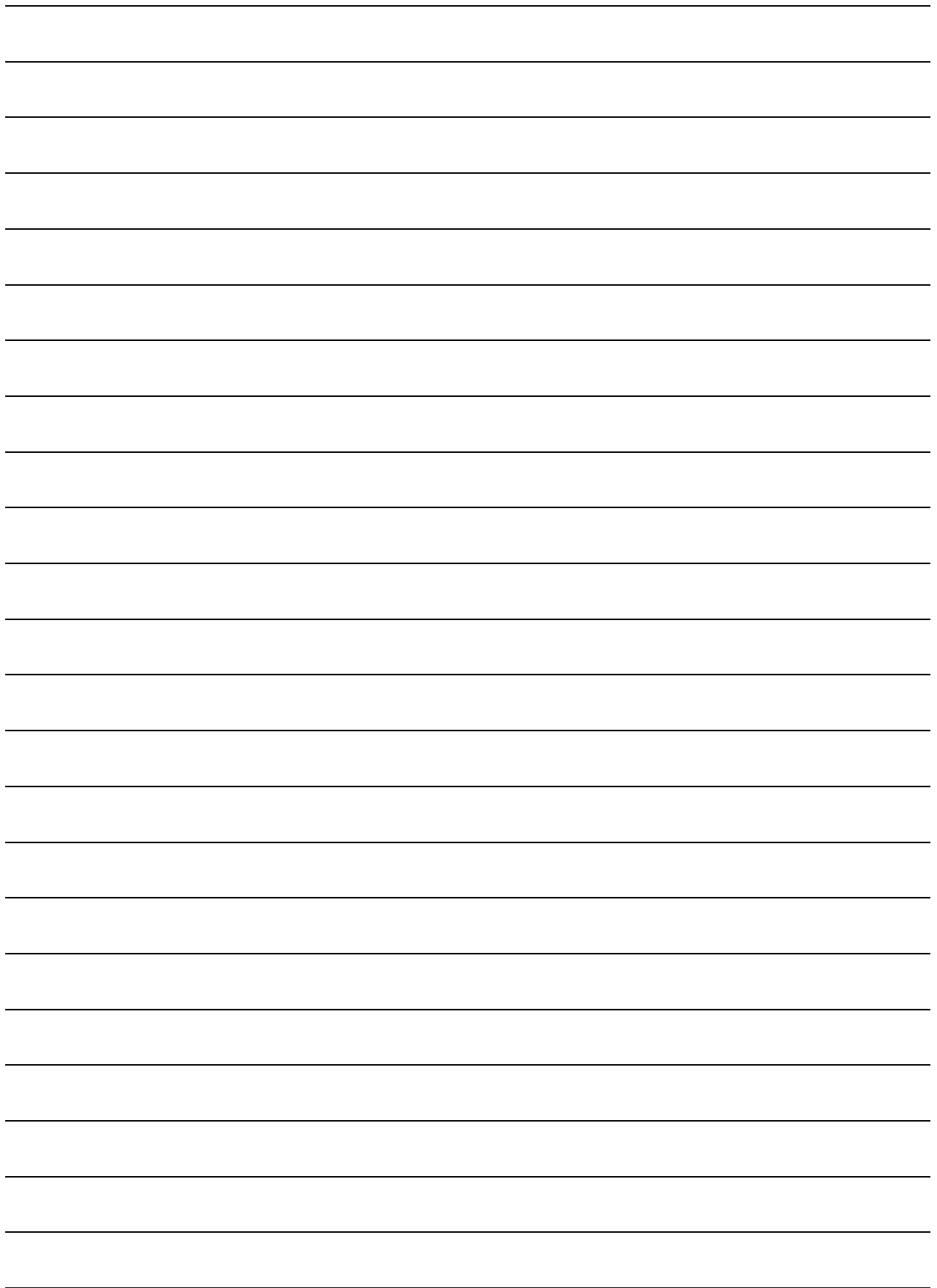


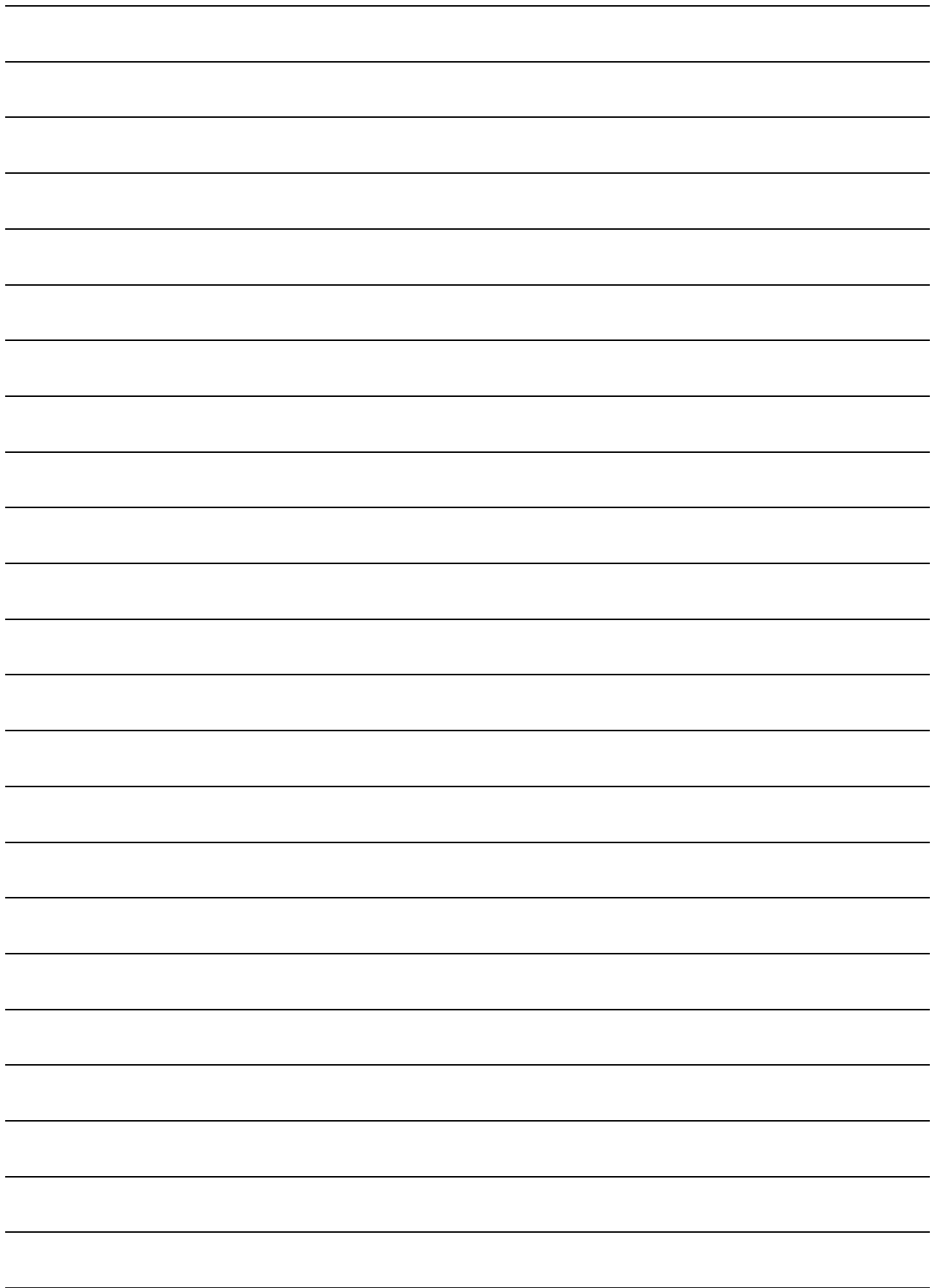


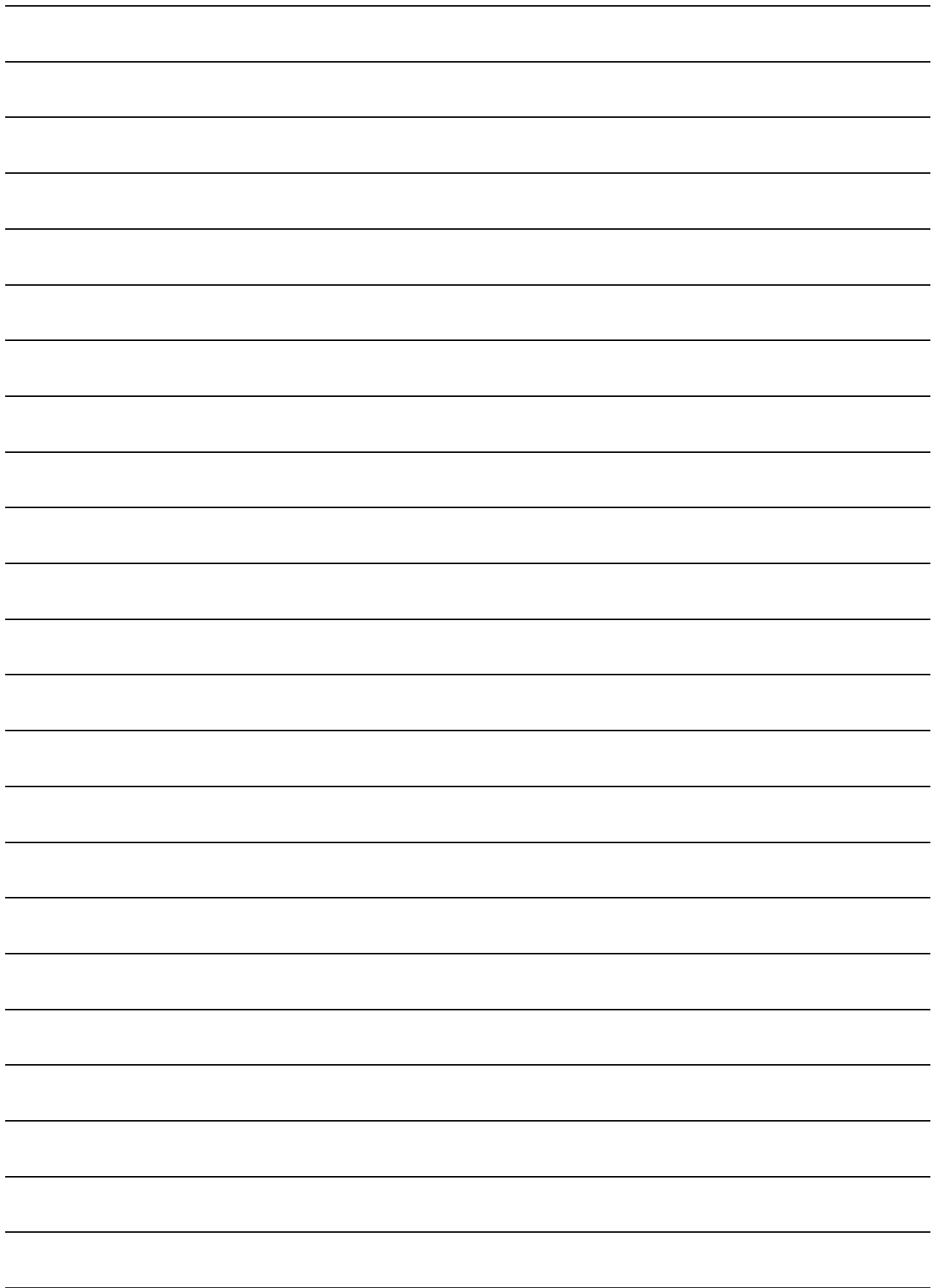


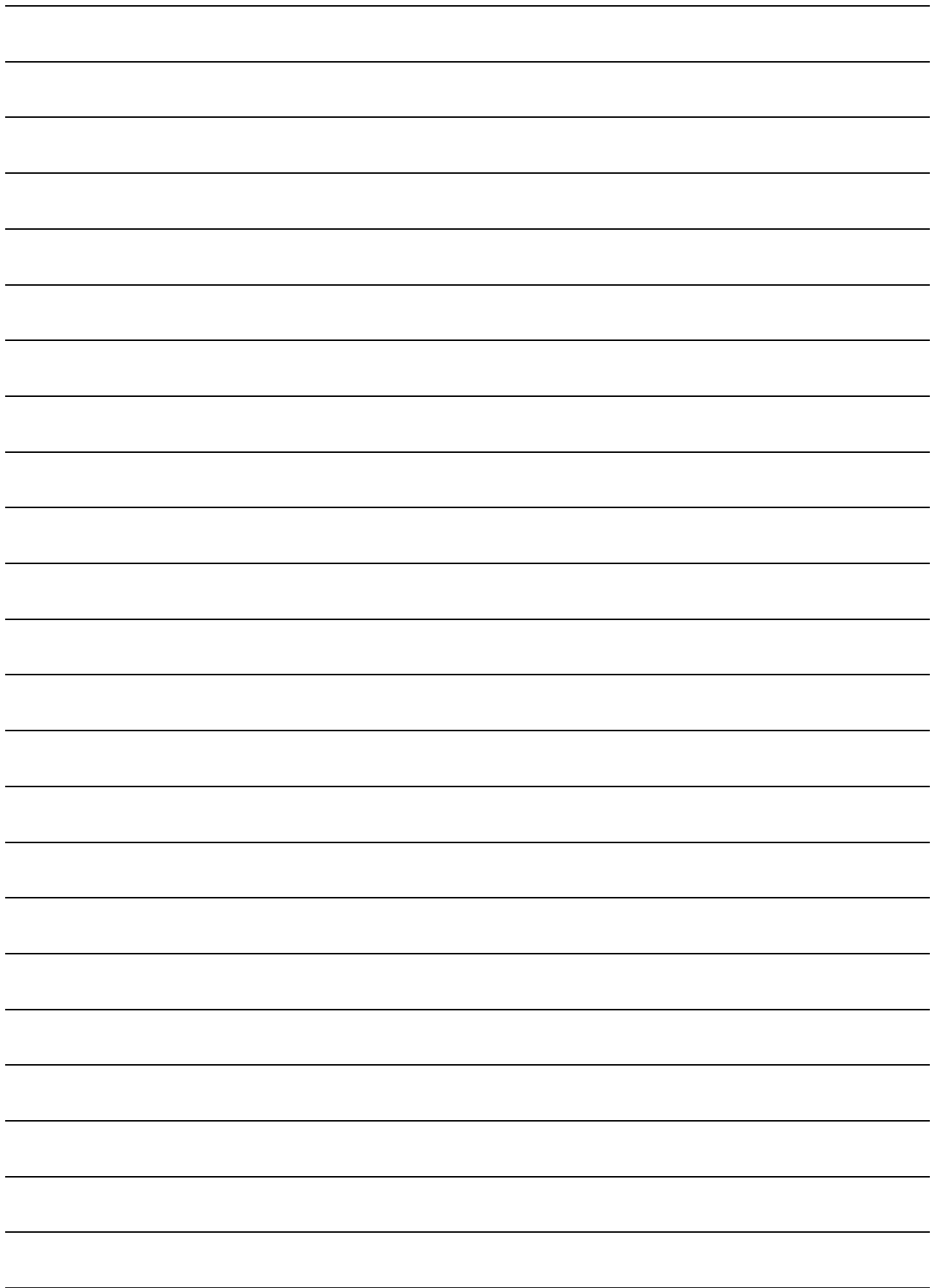


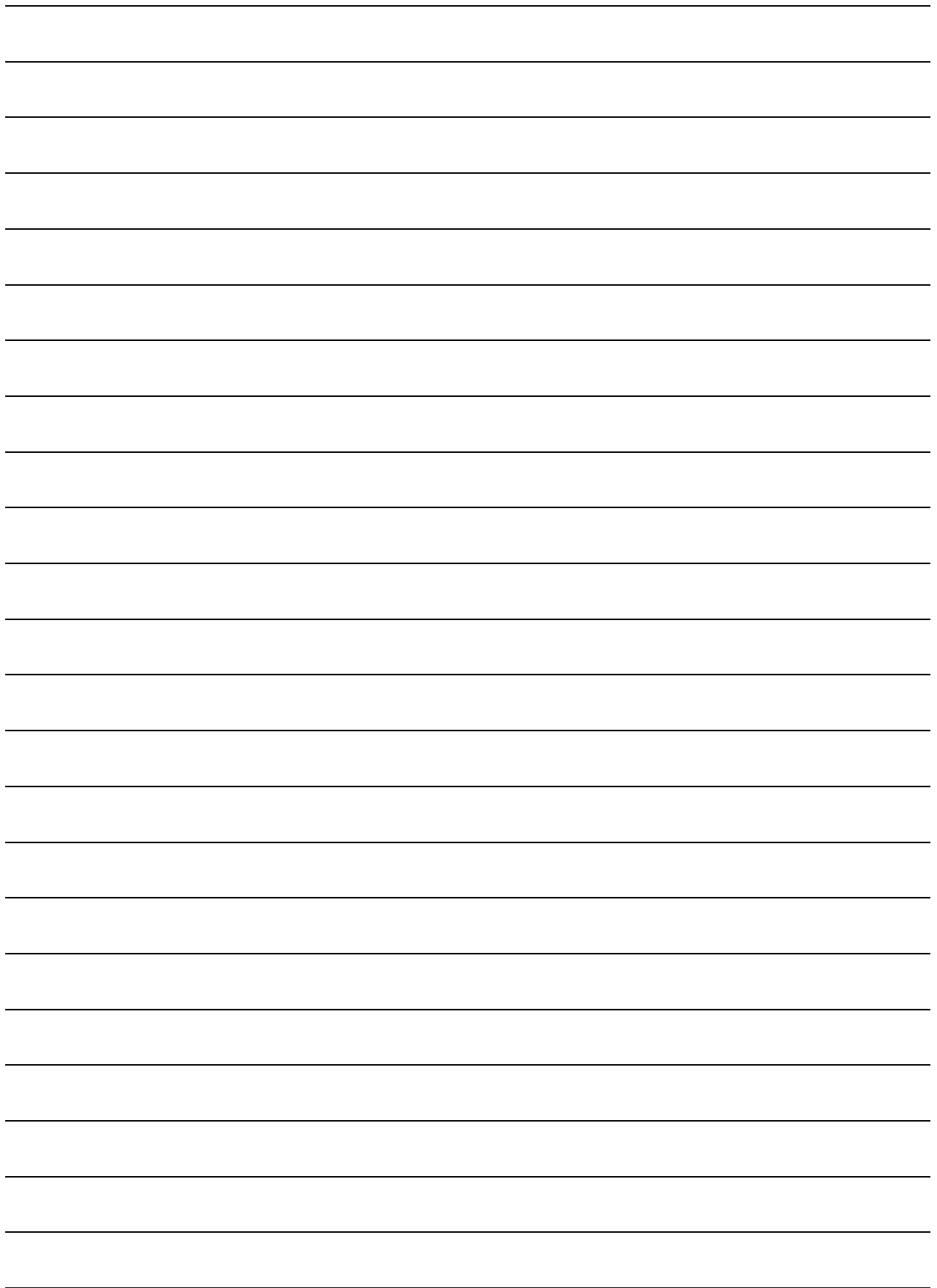


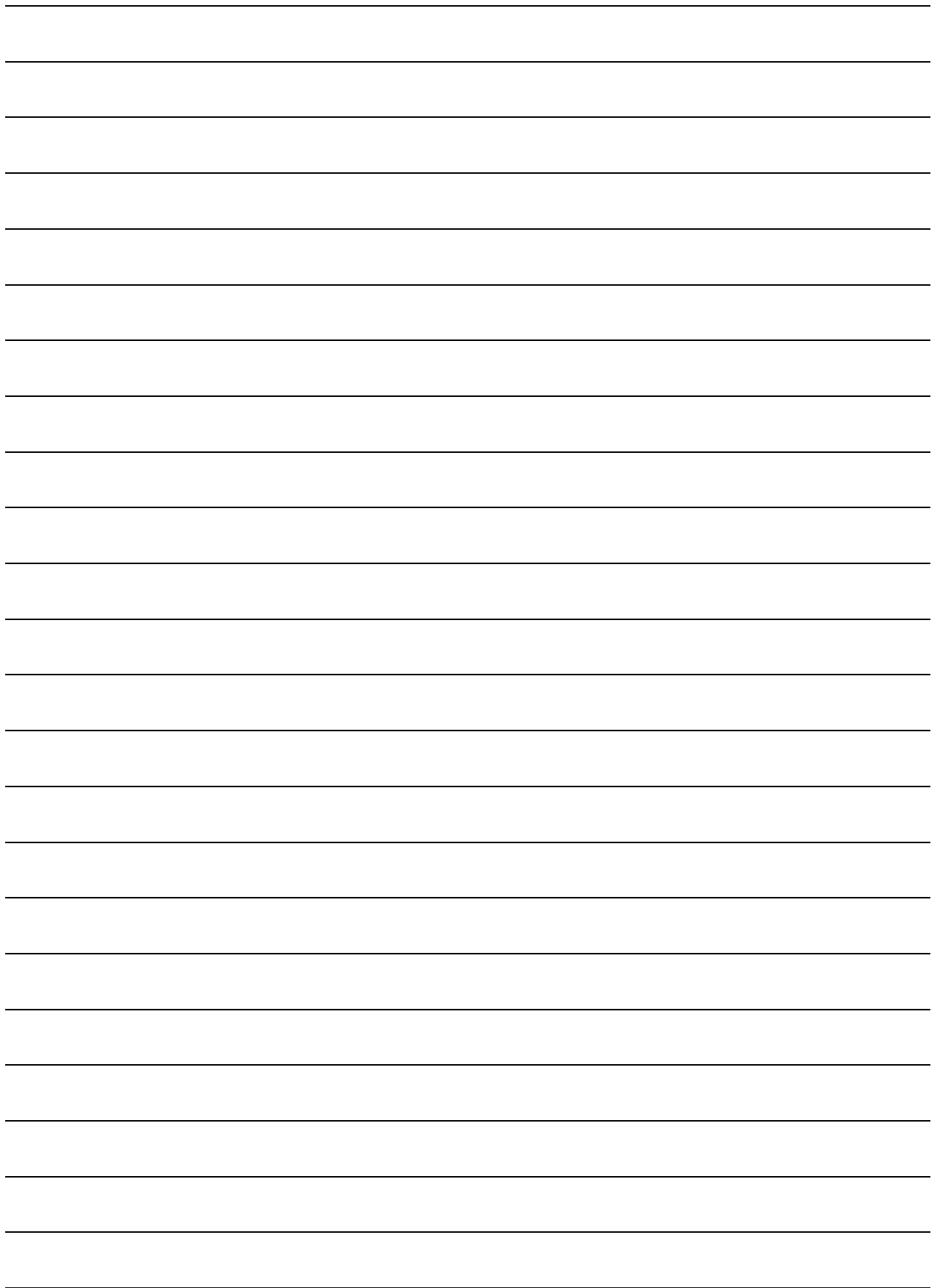


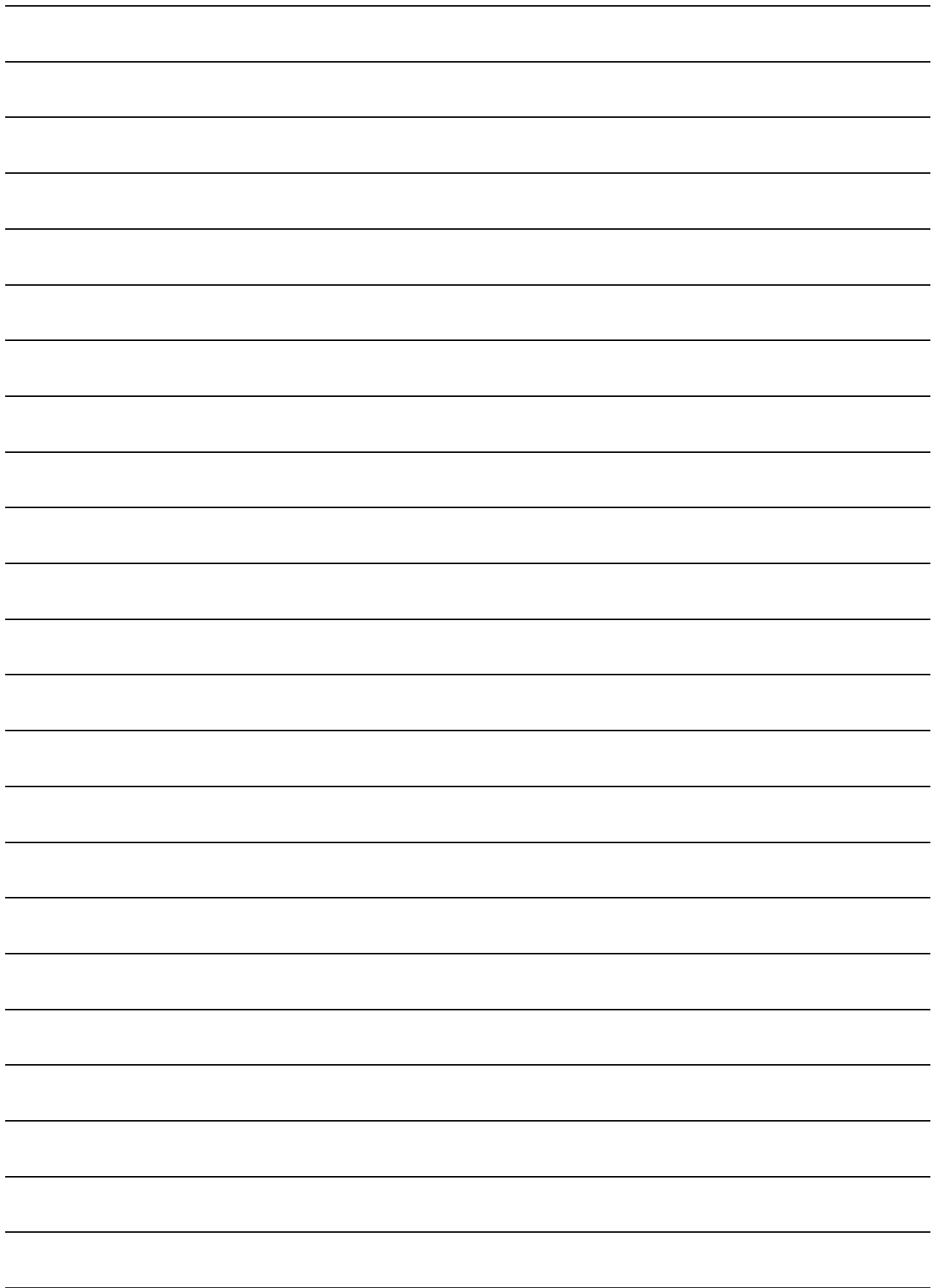


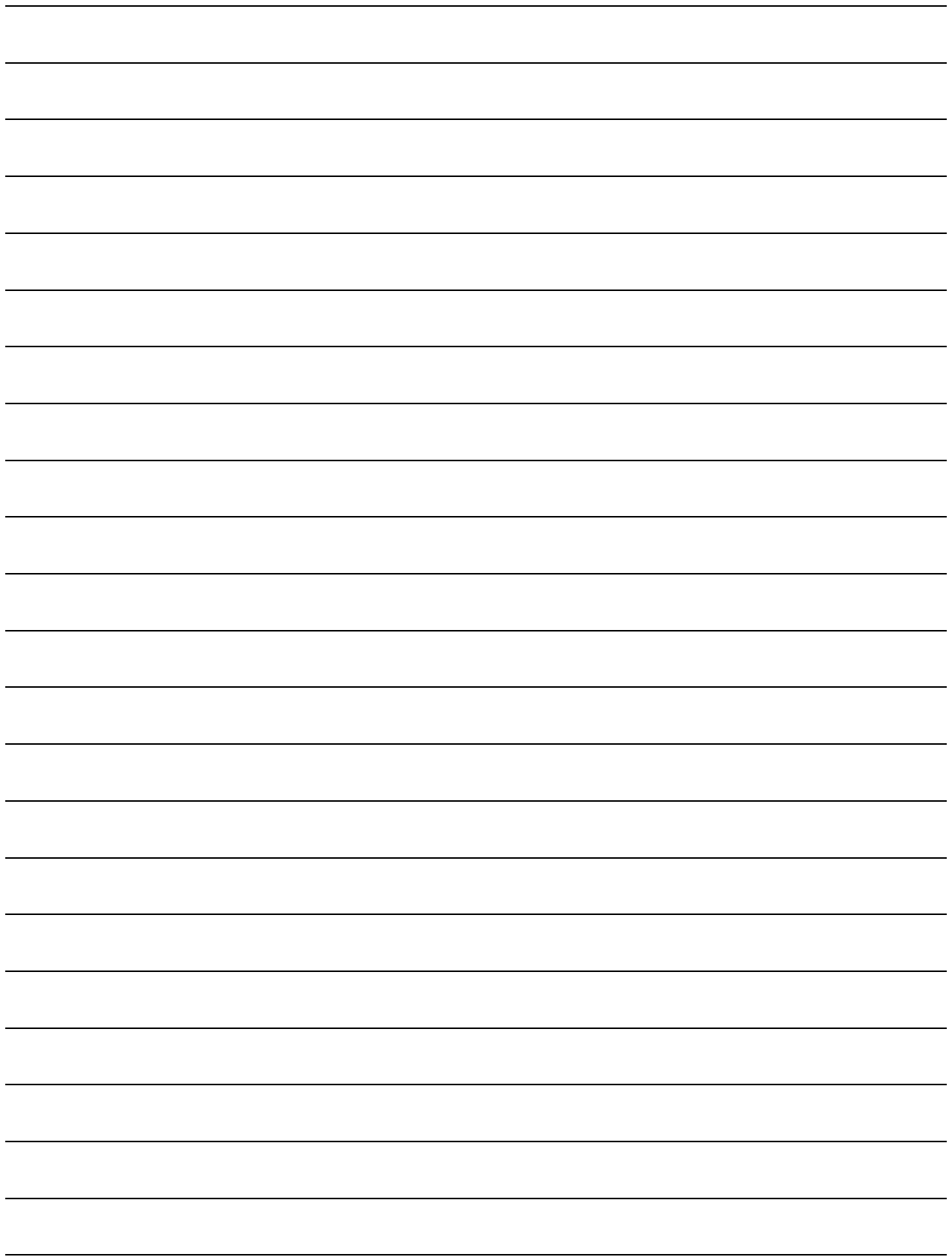


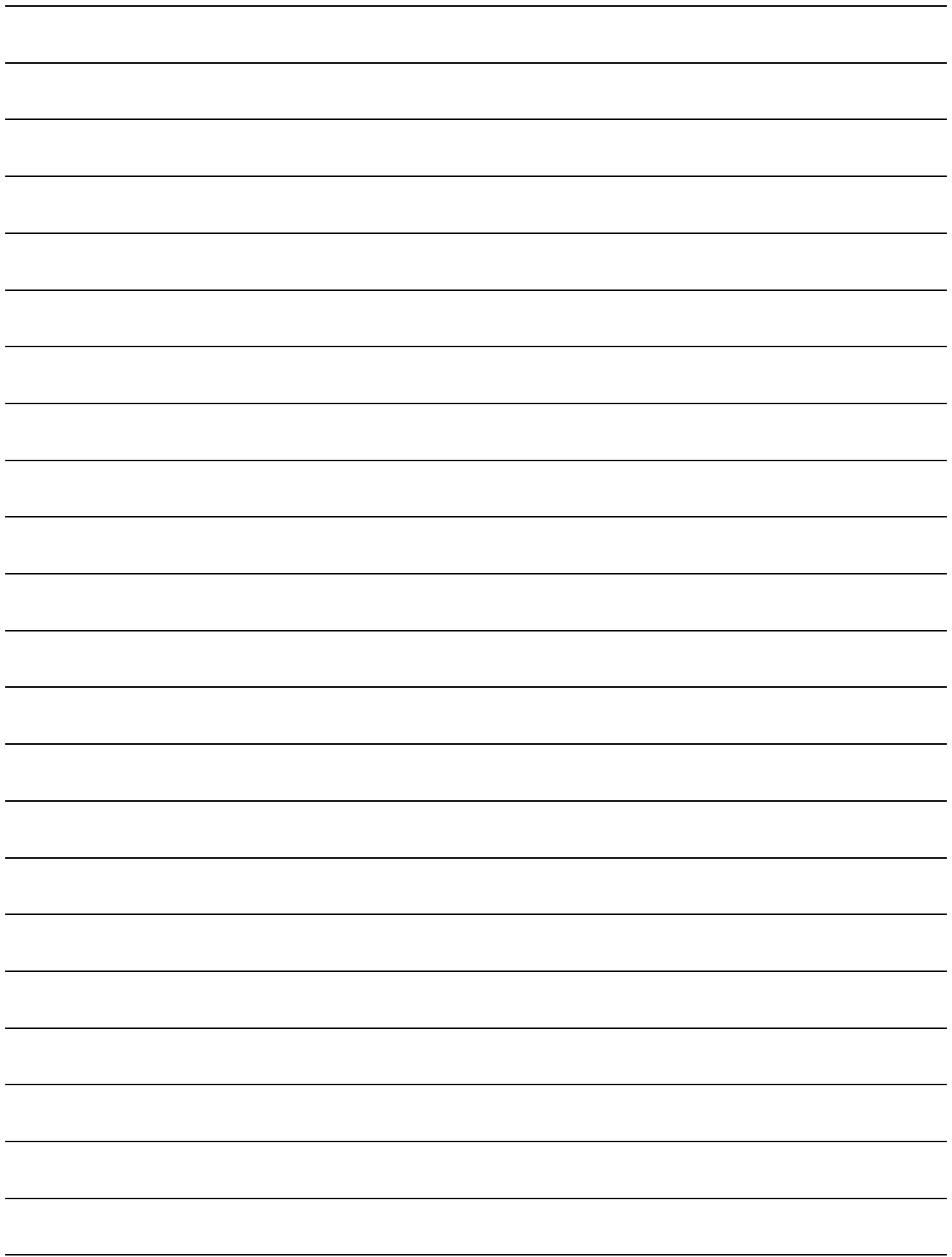


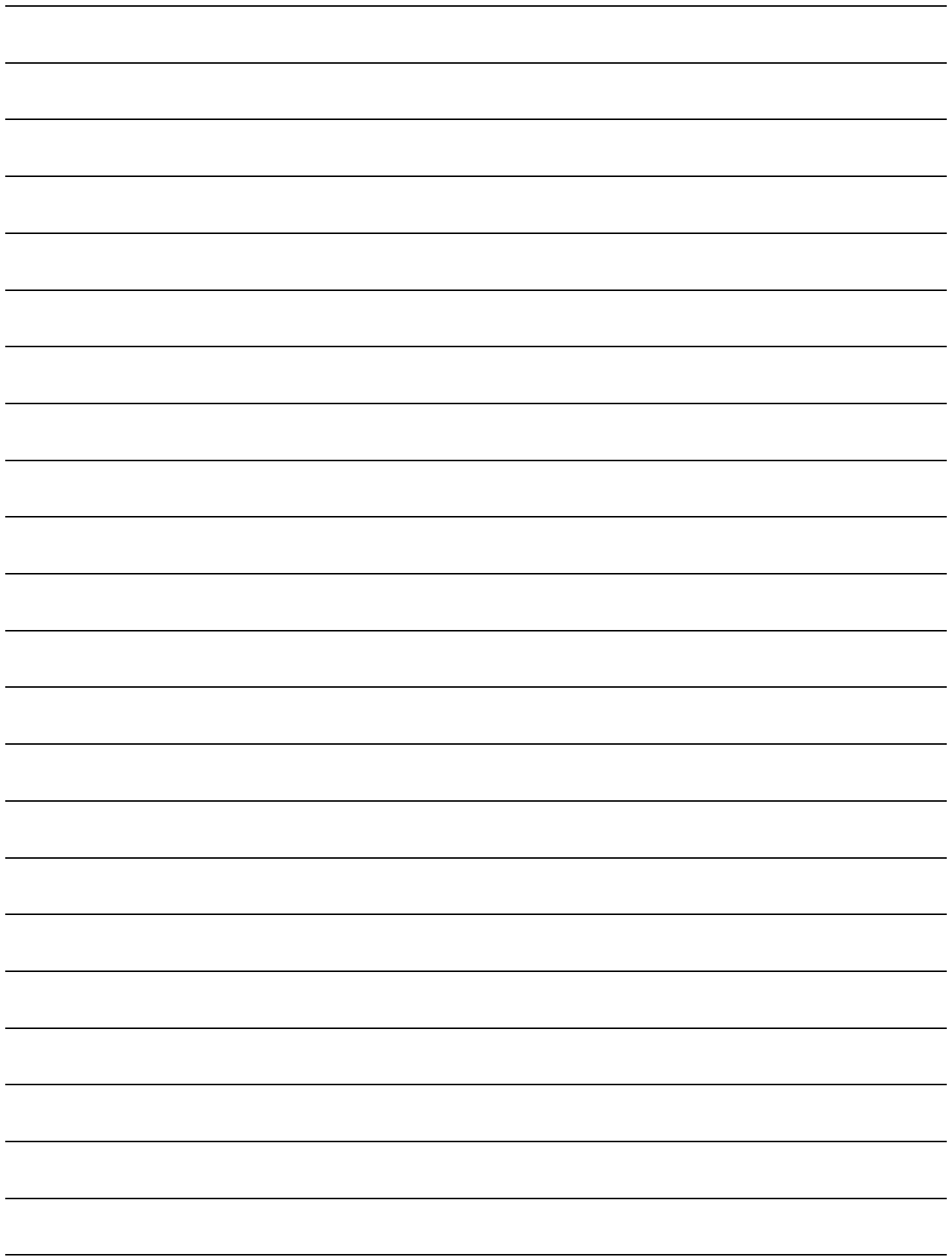


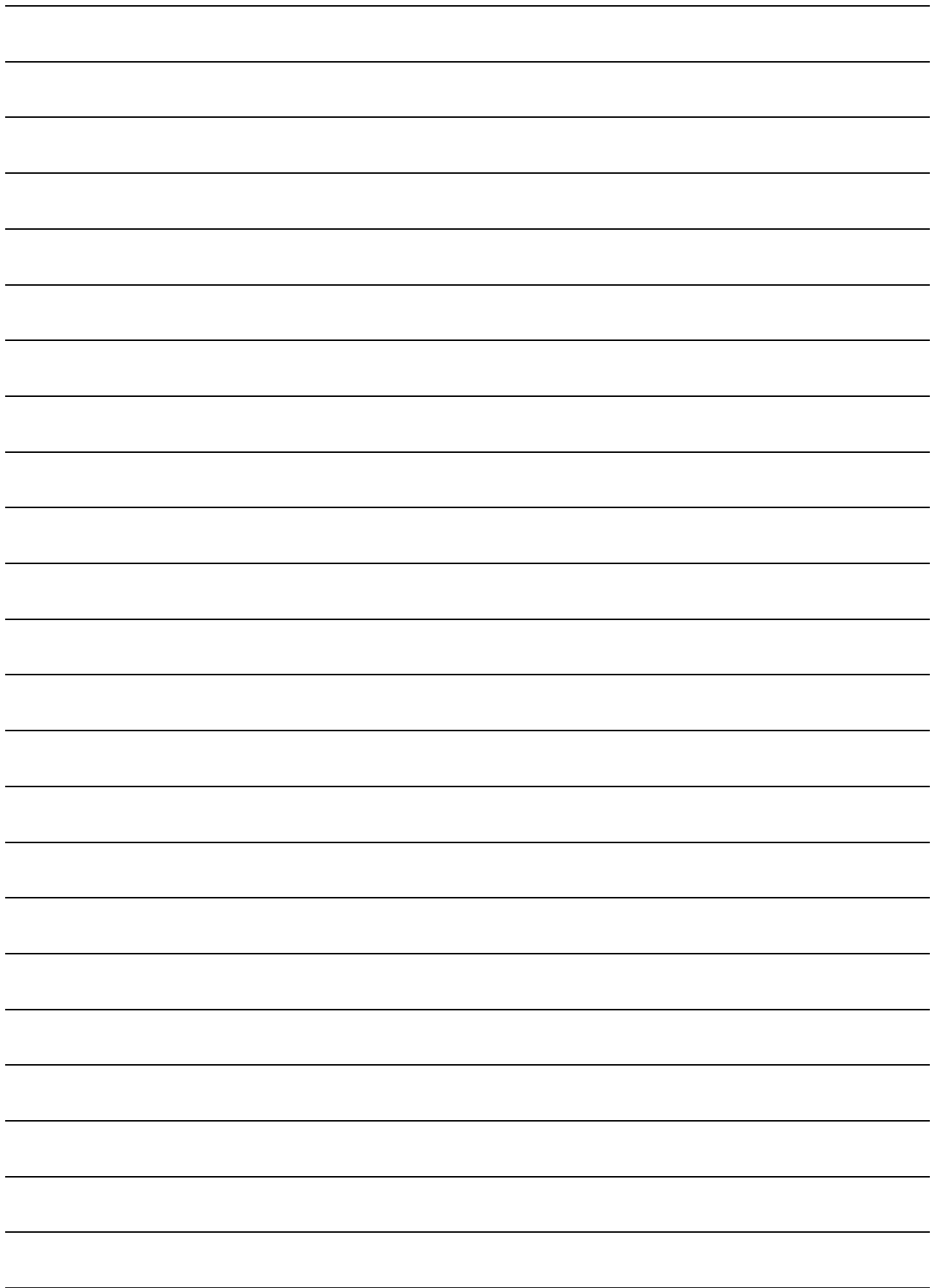


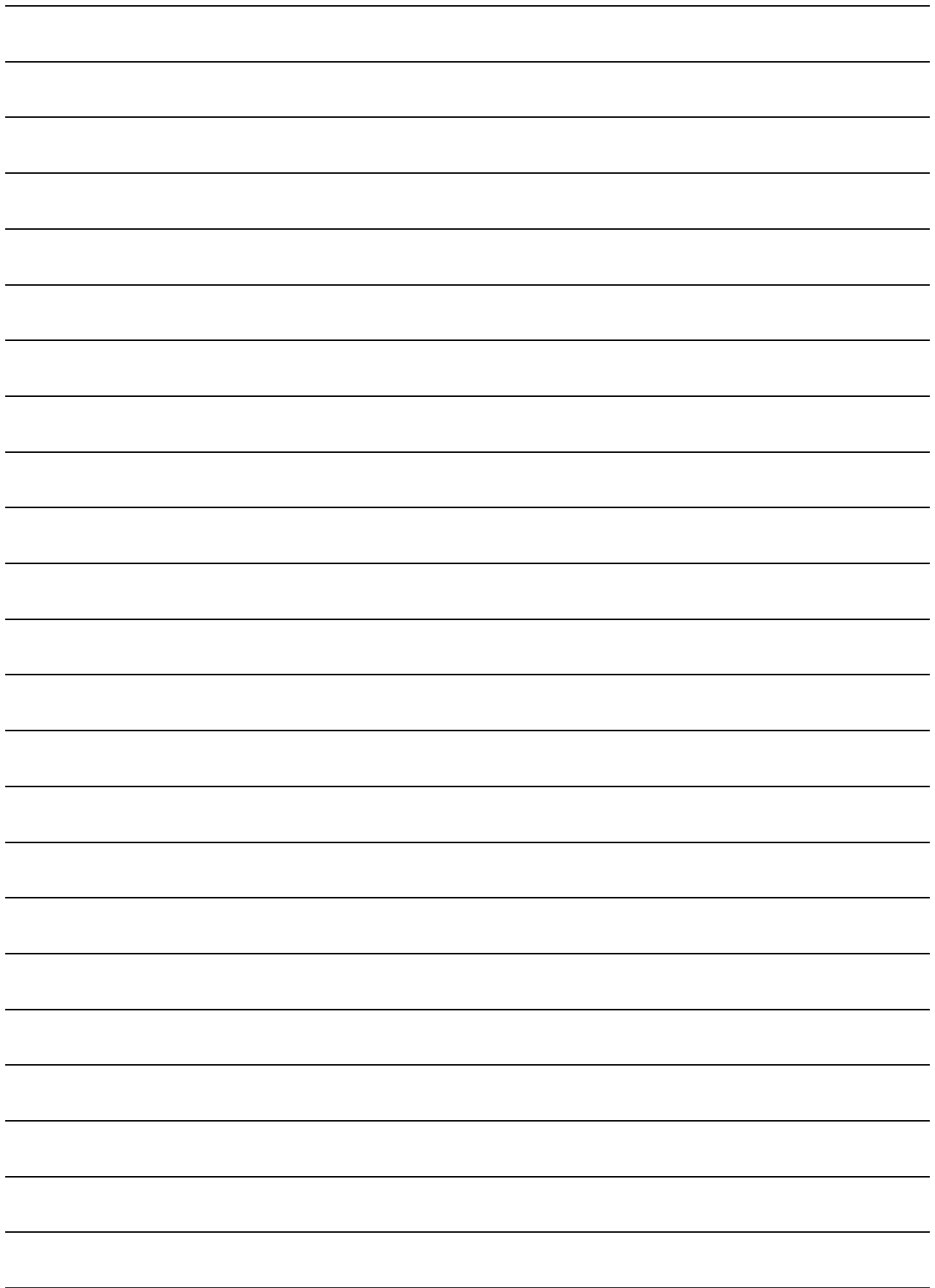


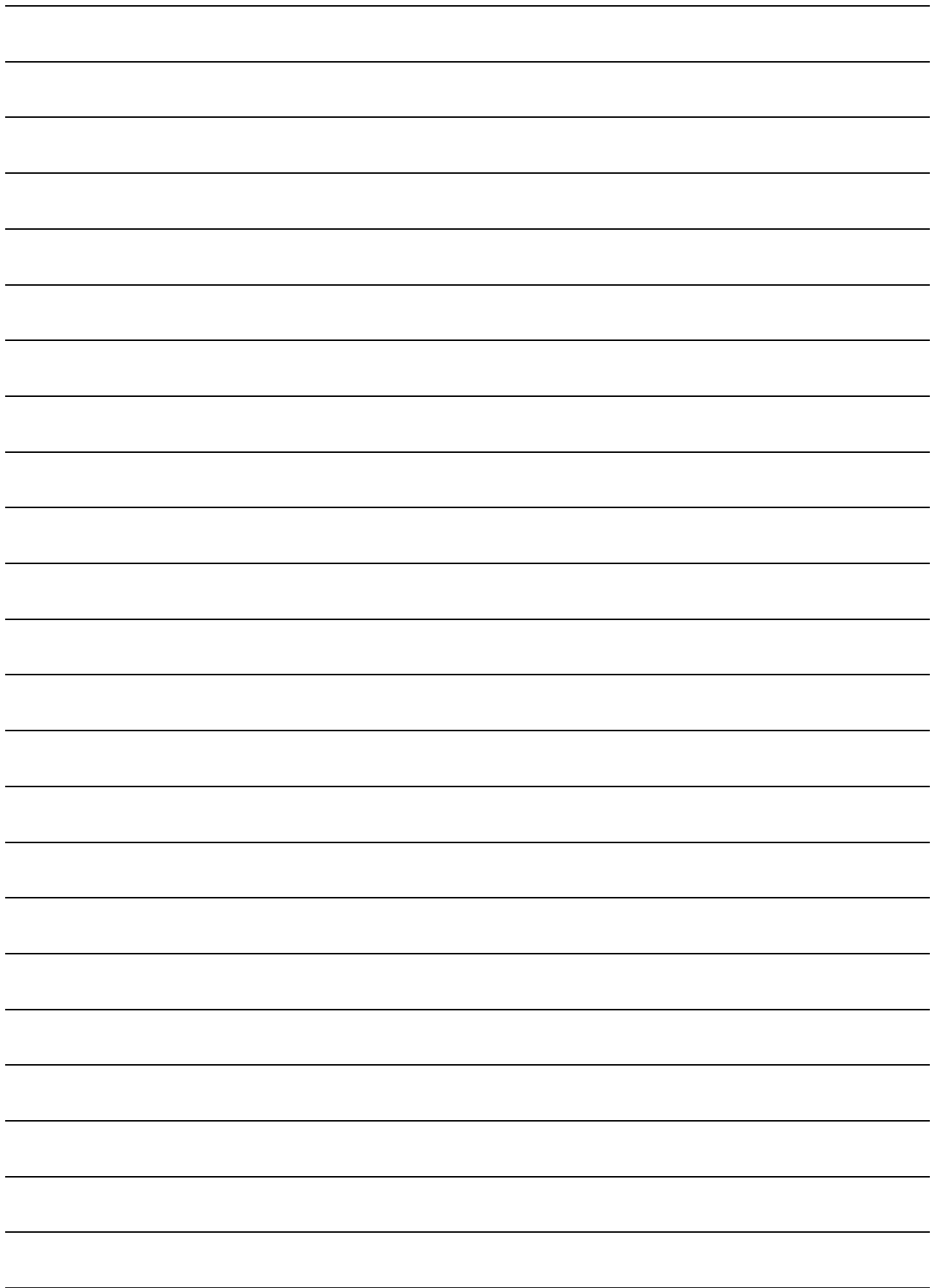


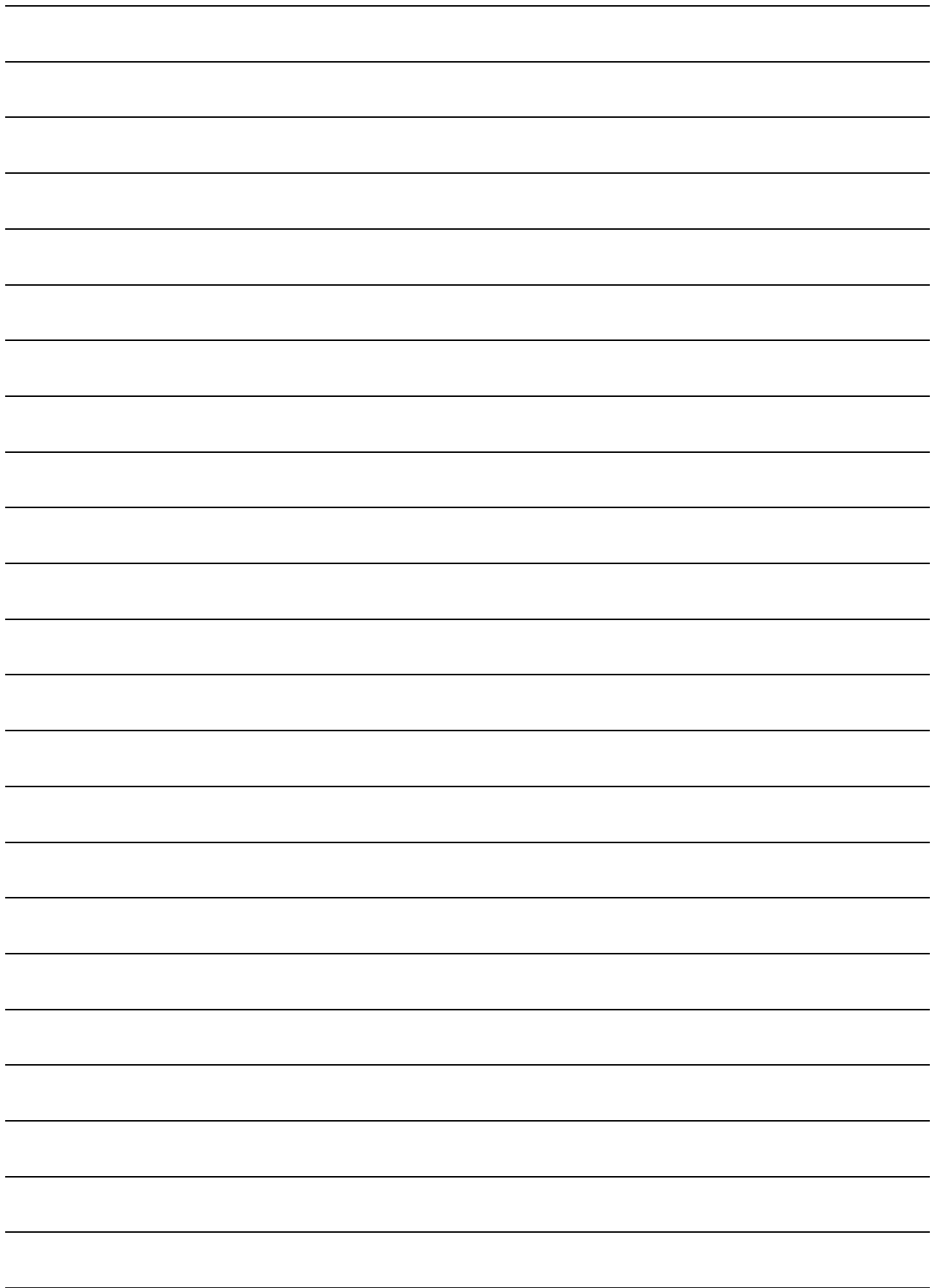








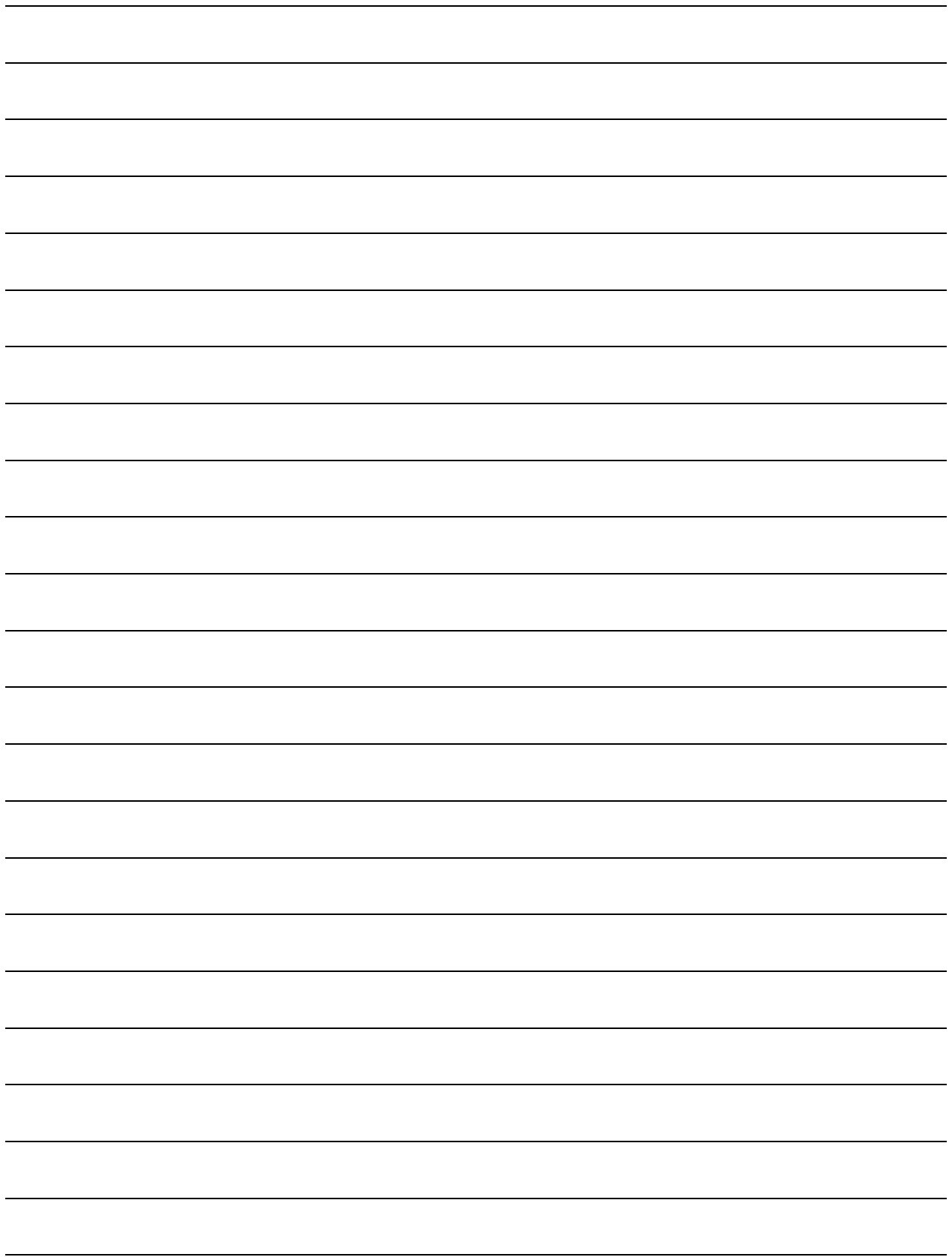


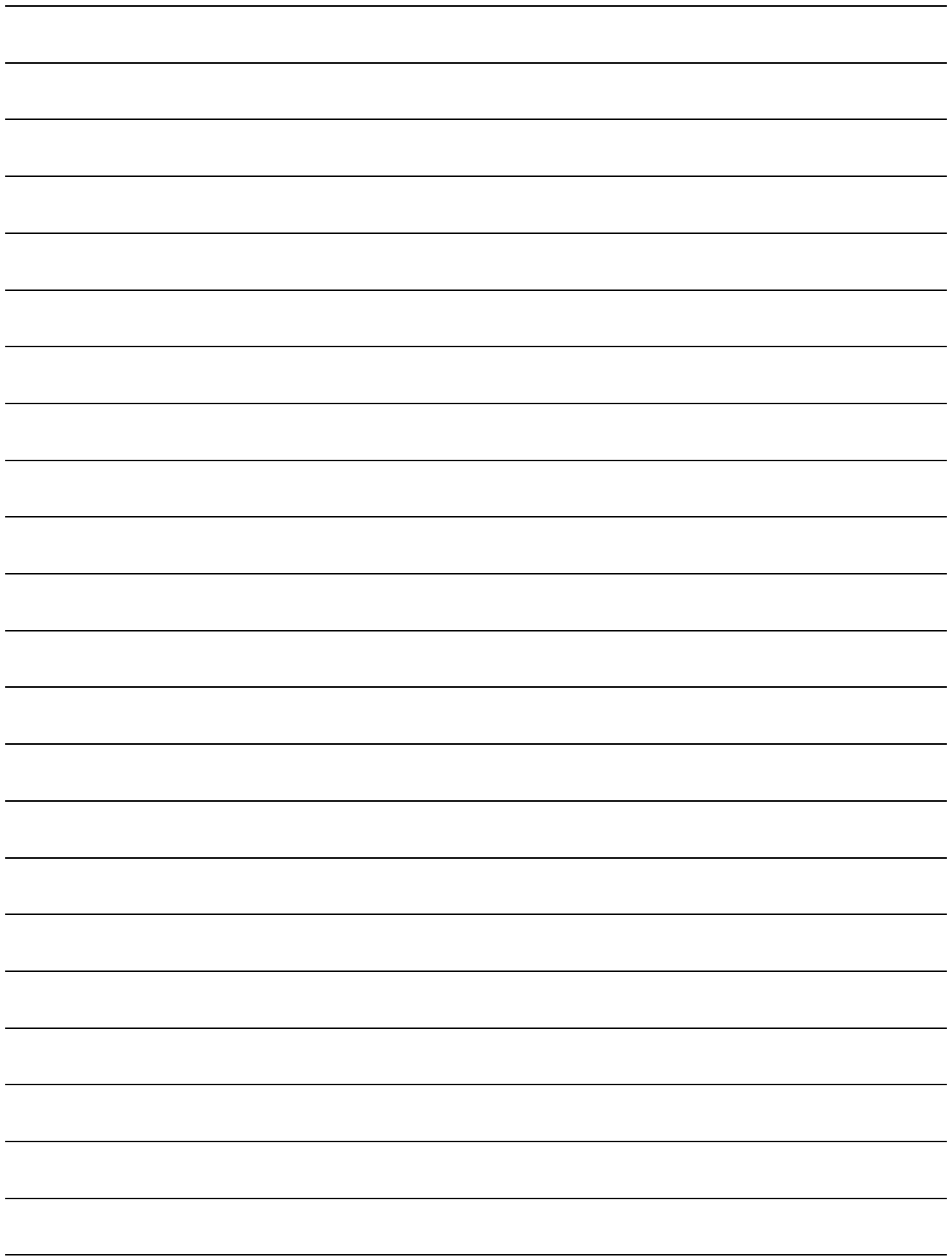


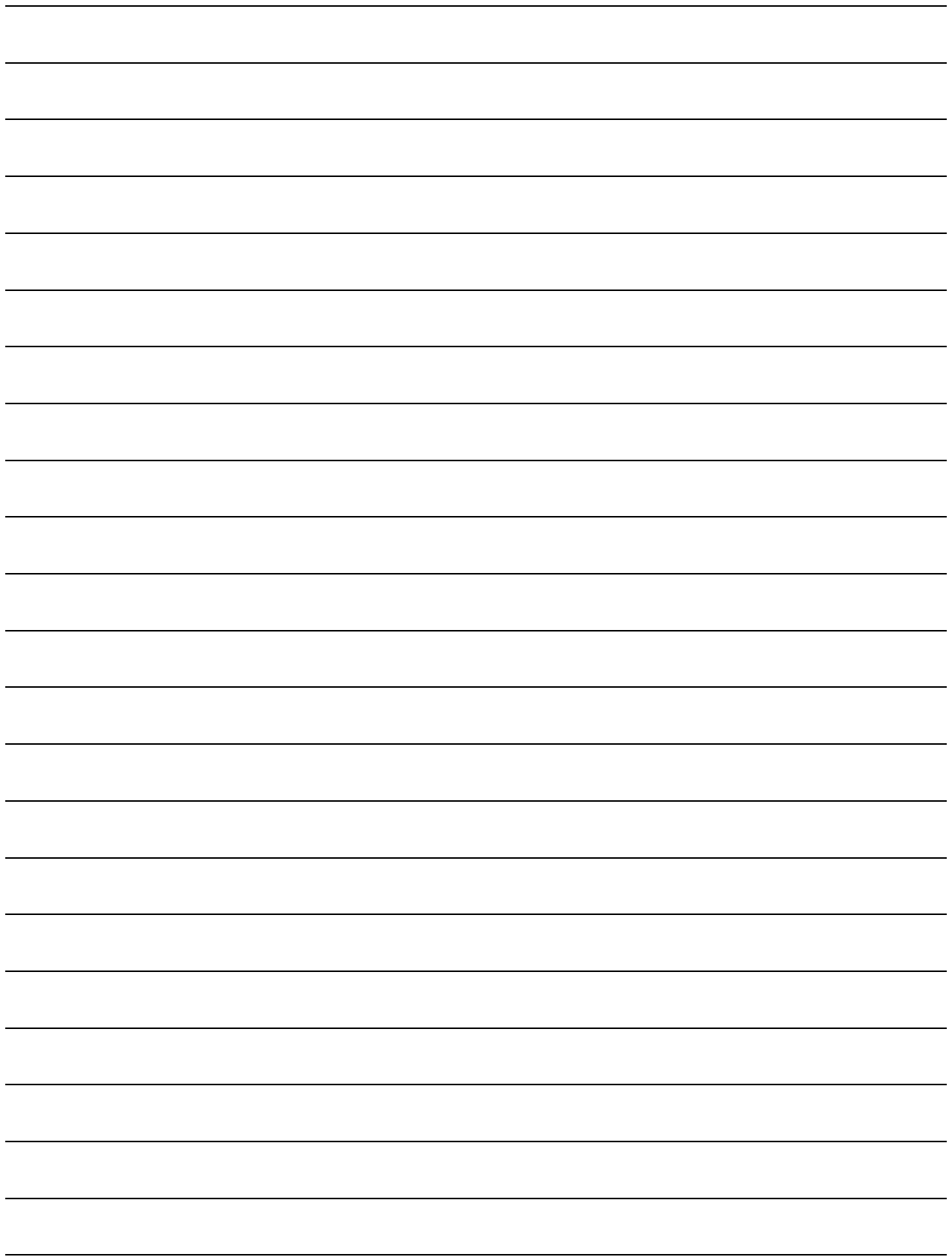
Describe your childhood in 4 words

Describe your childhood caretakers (parent(s)) in 4 words

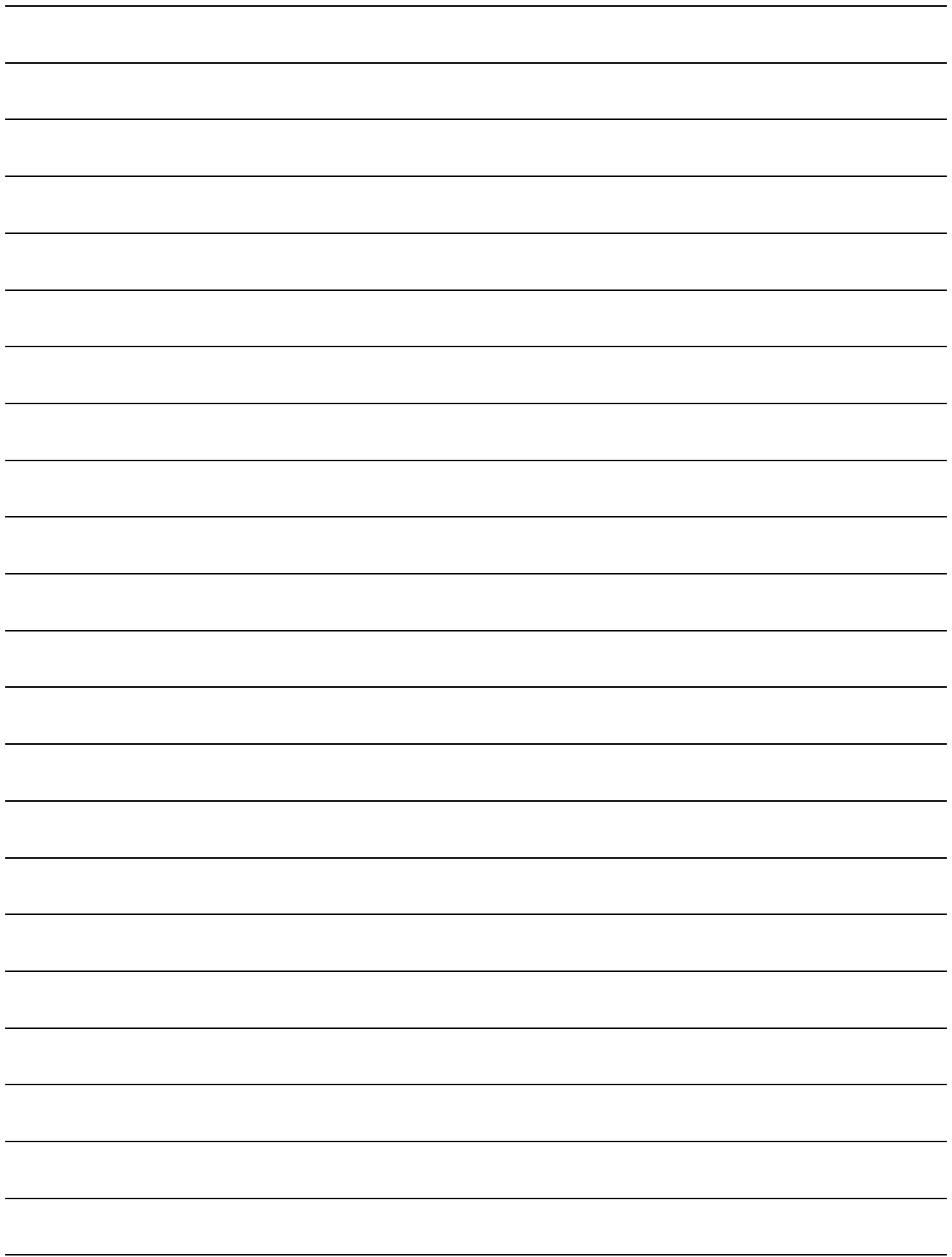
What effects of your upbringing are you struggling with today?

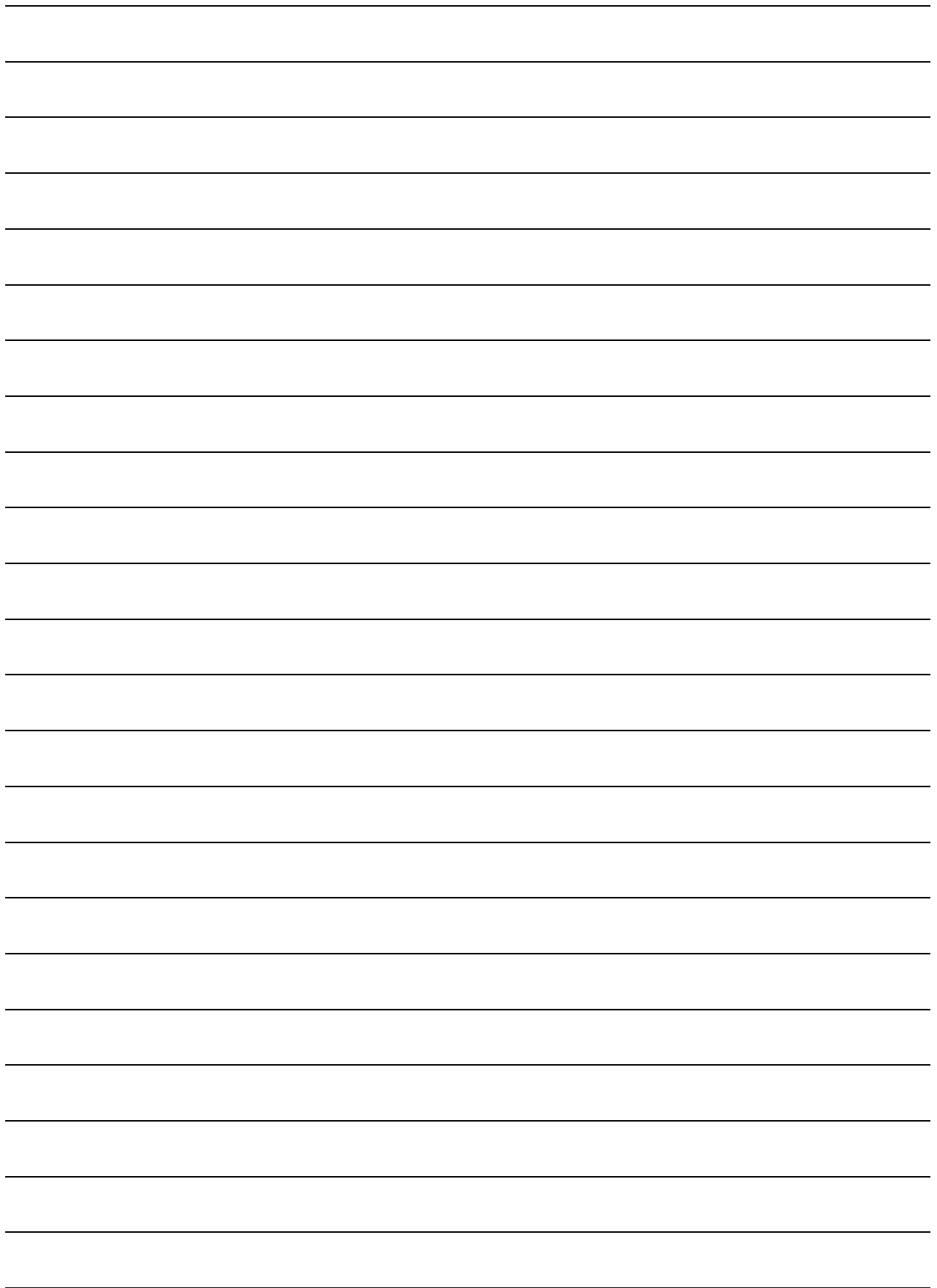


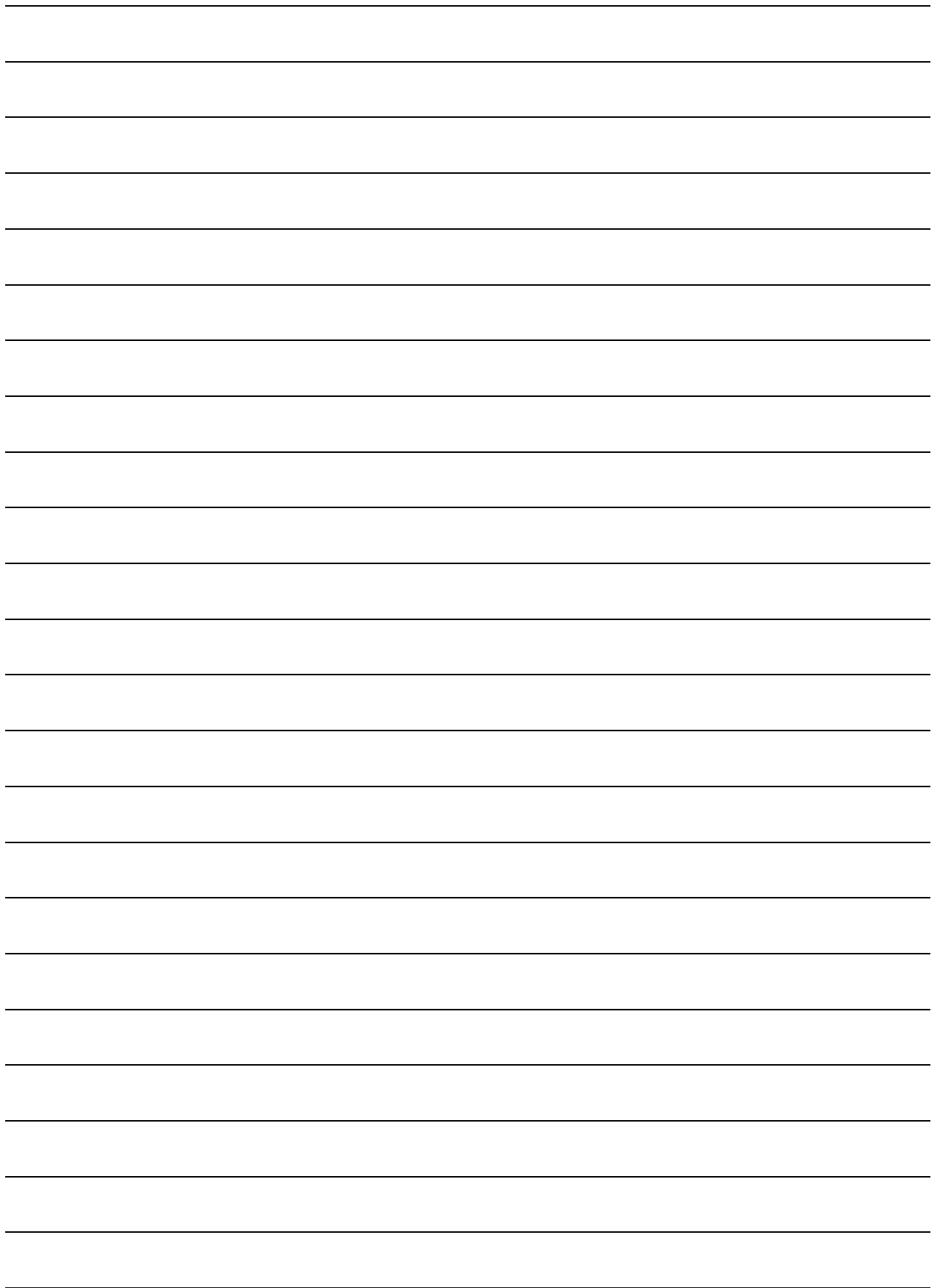


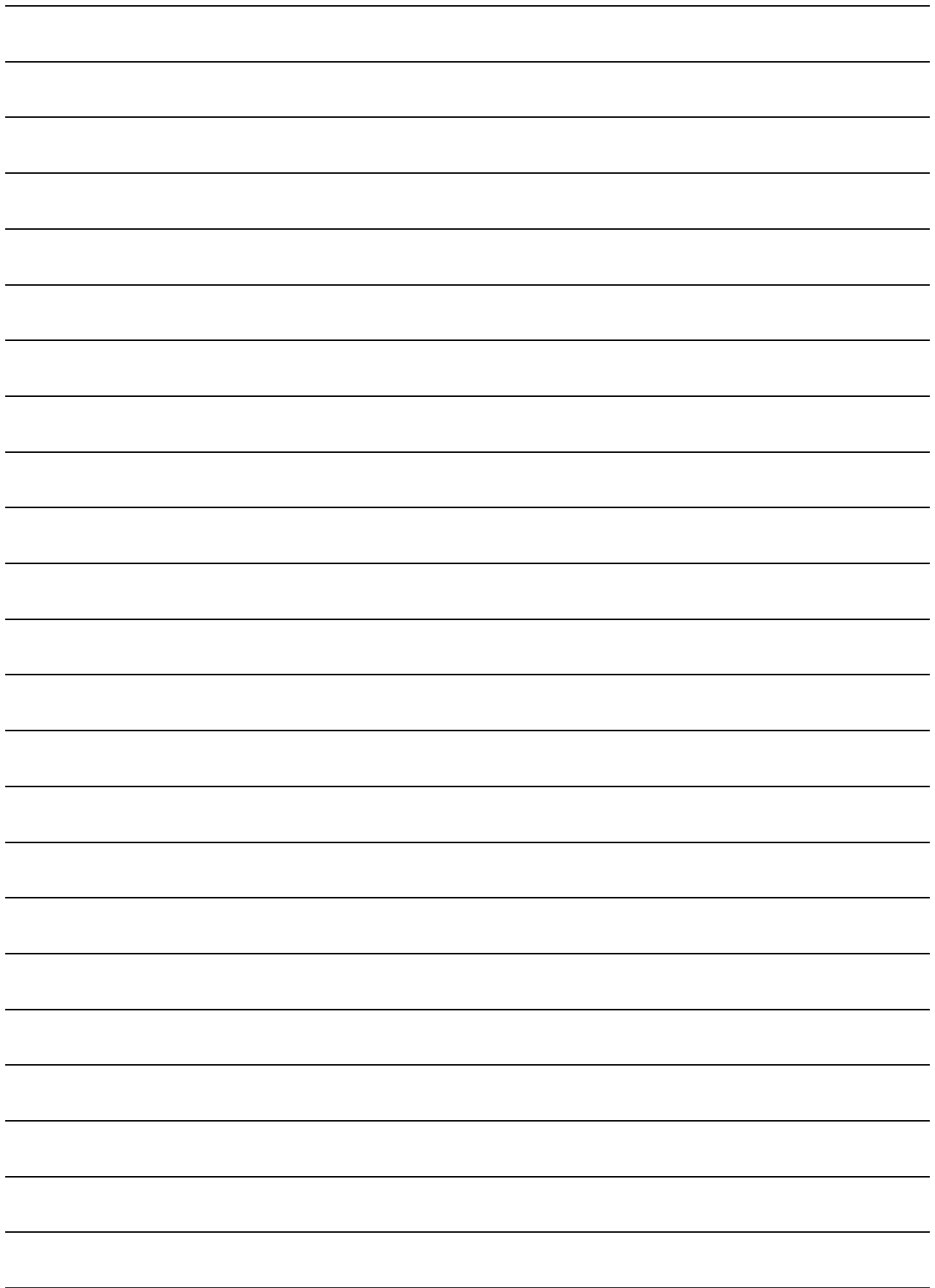


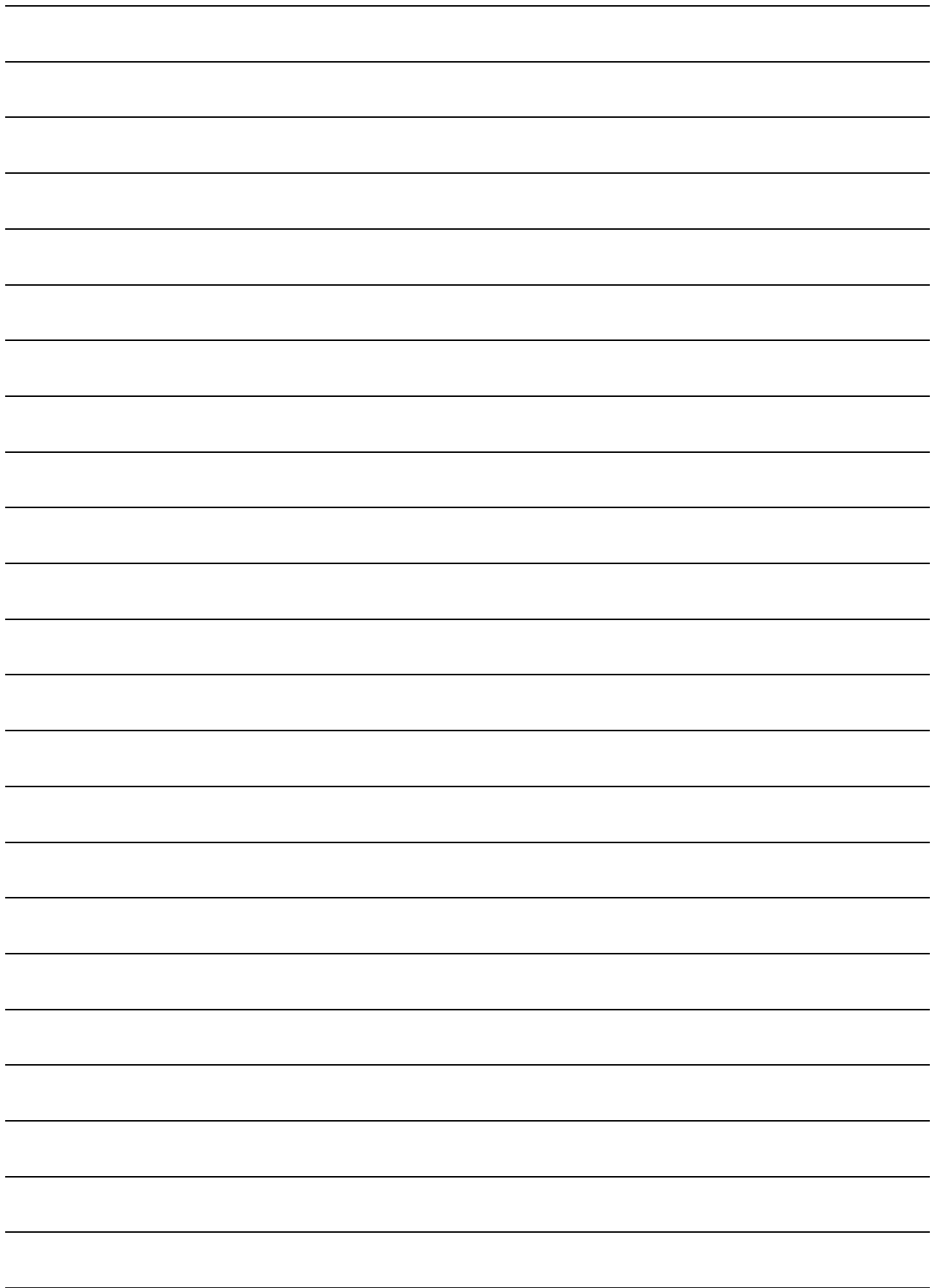


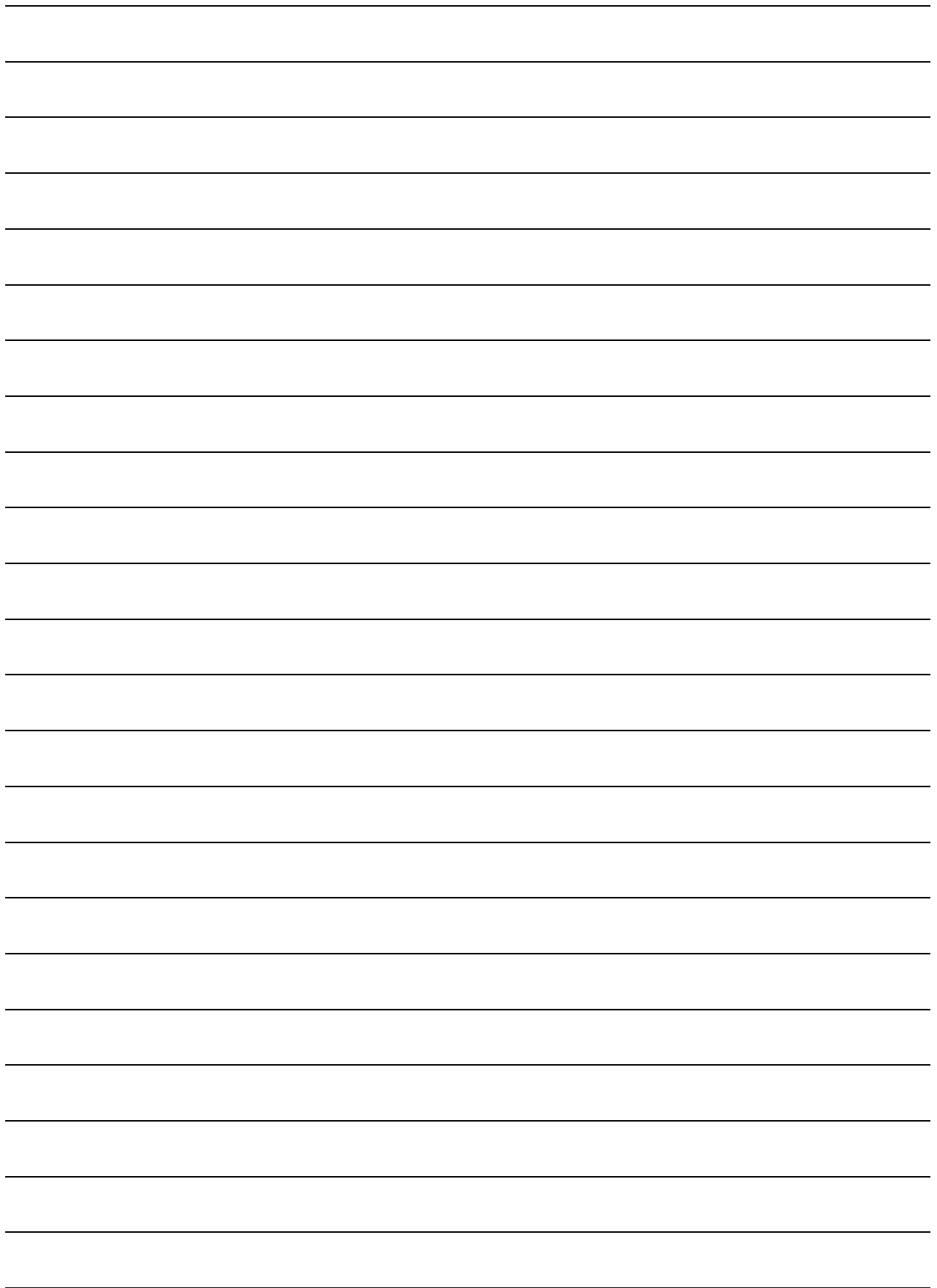


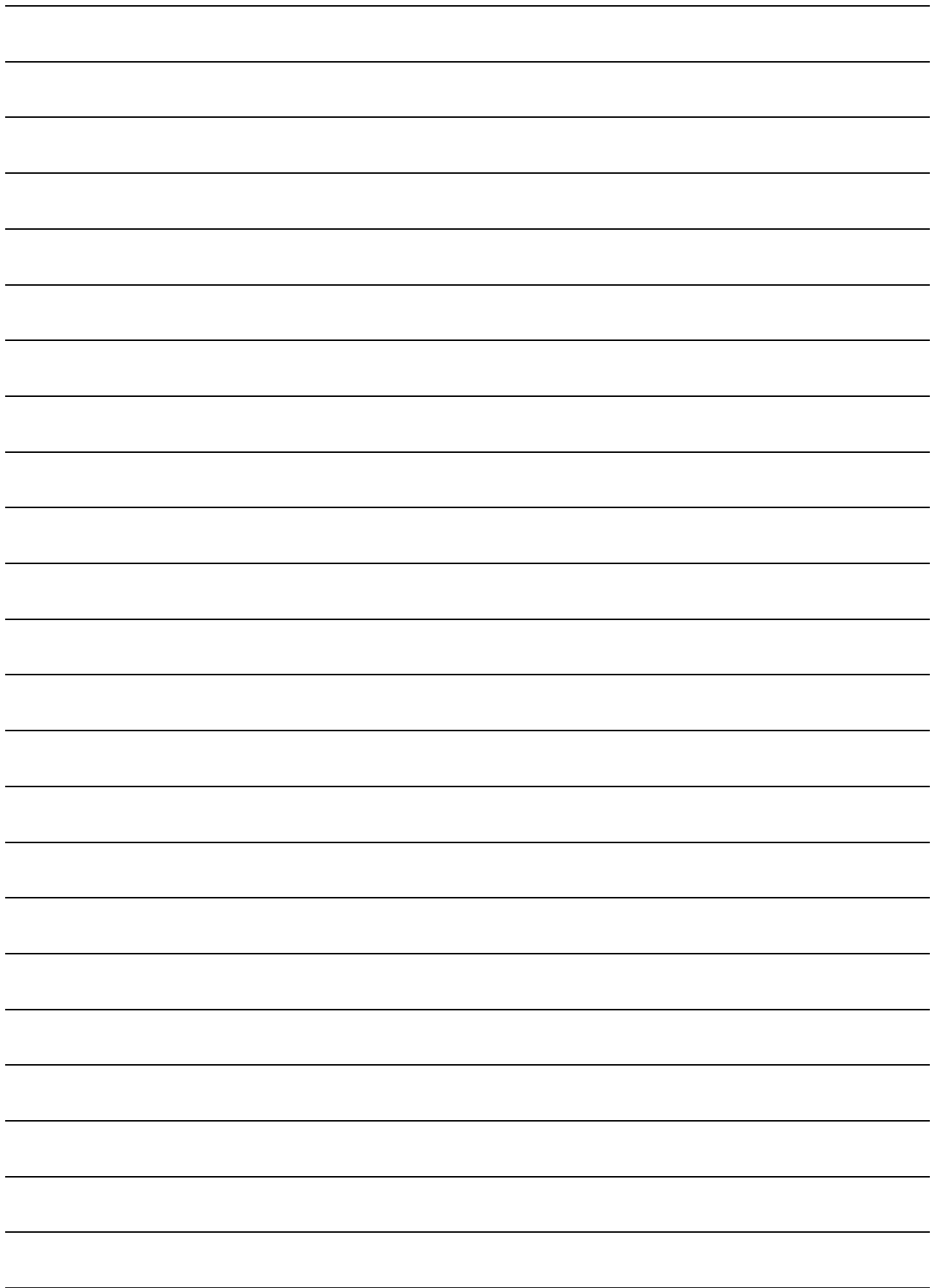


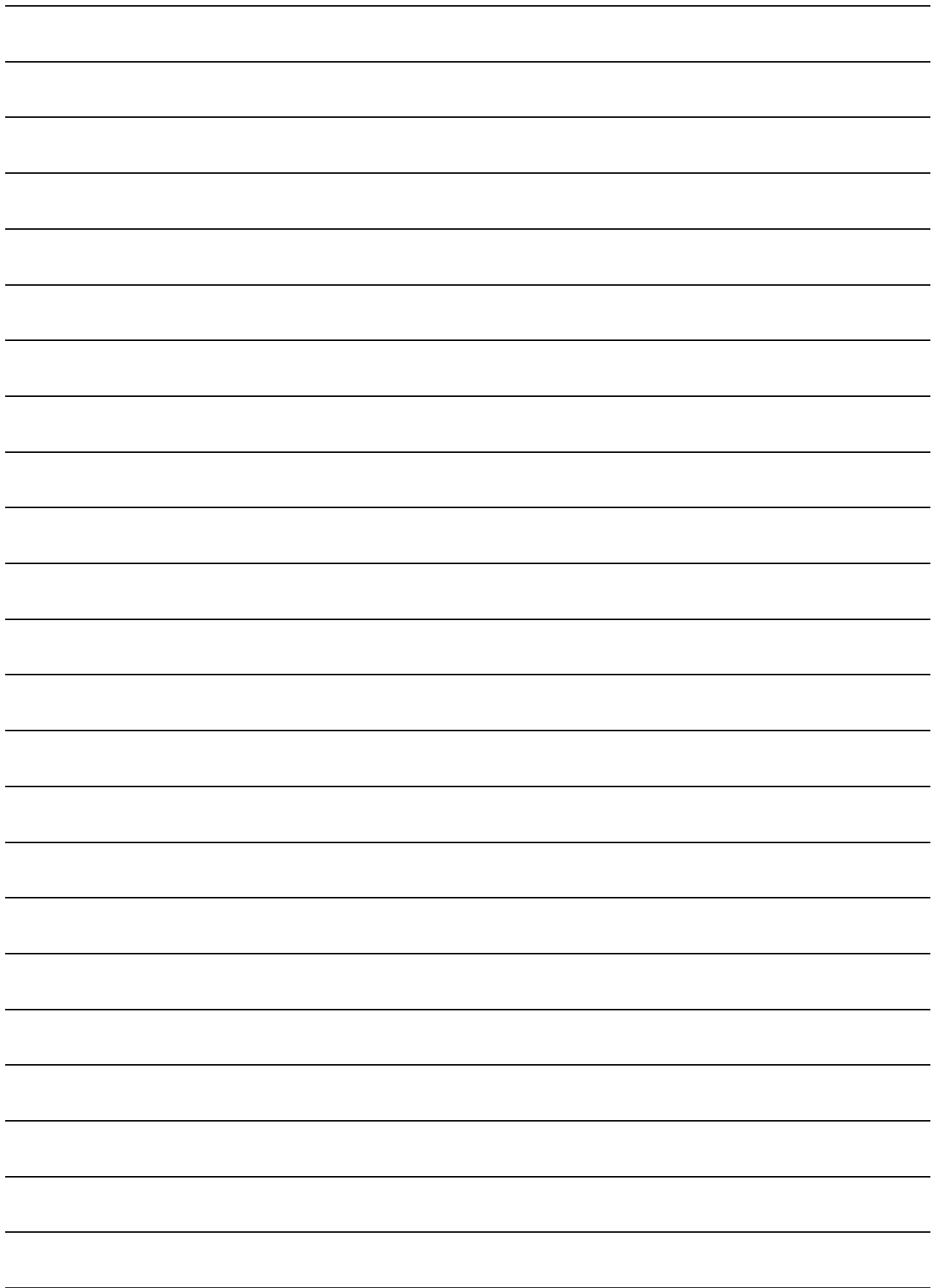


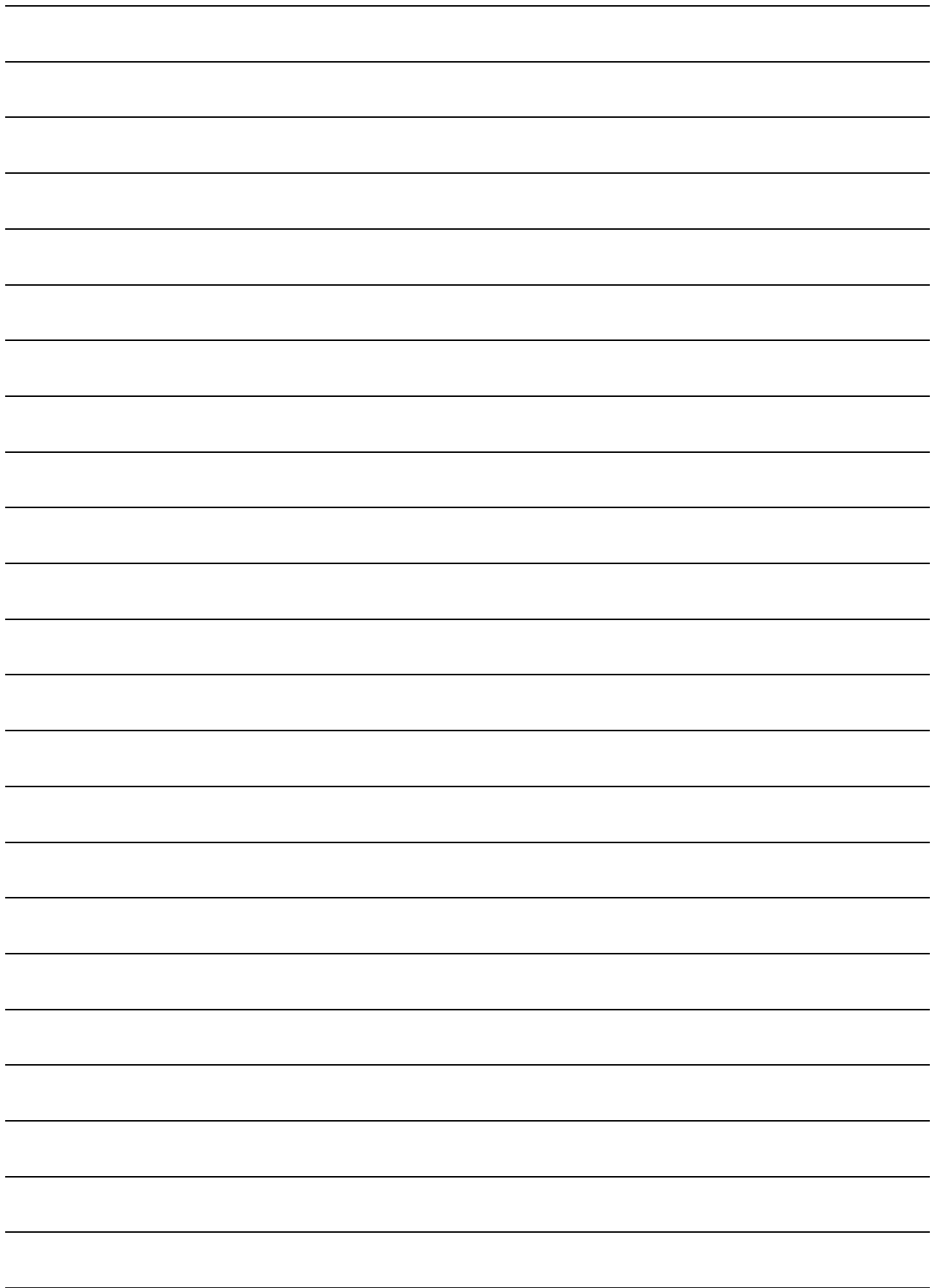


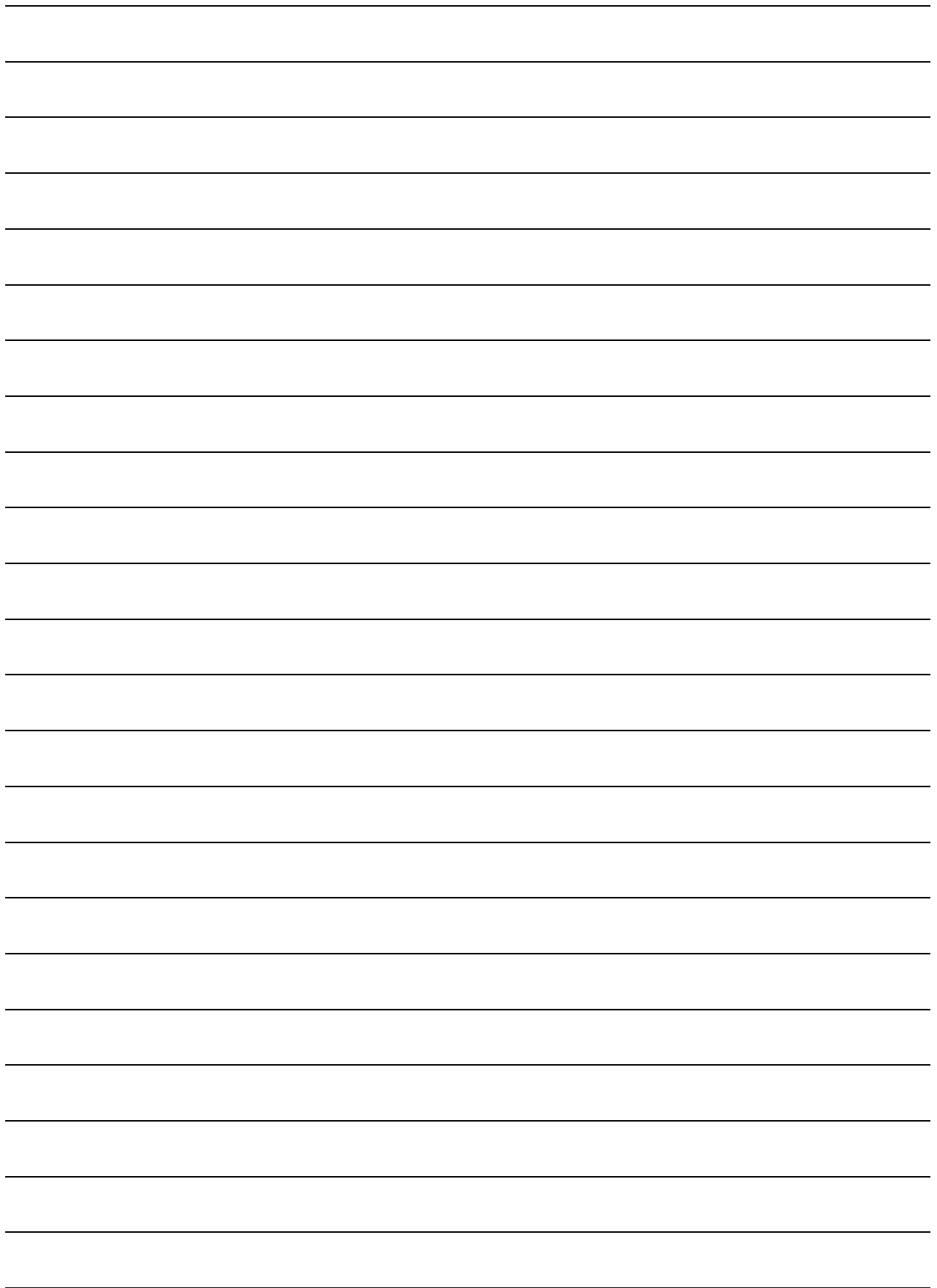


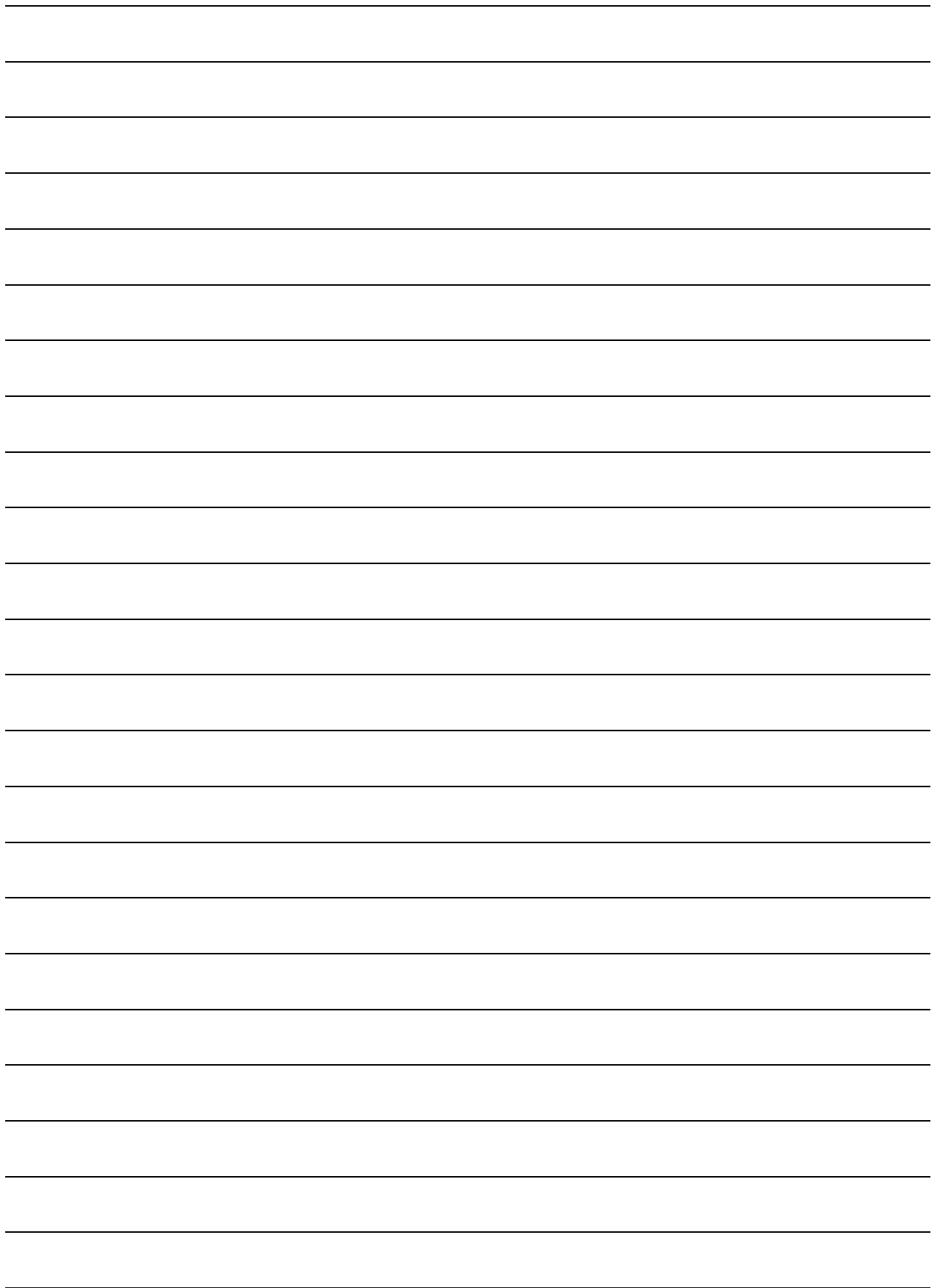


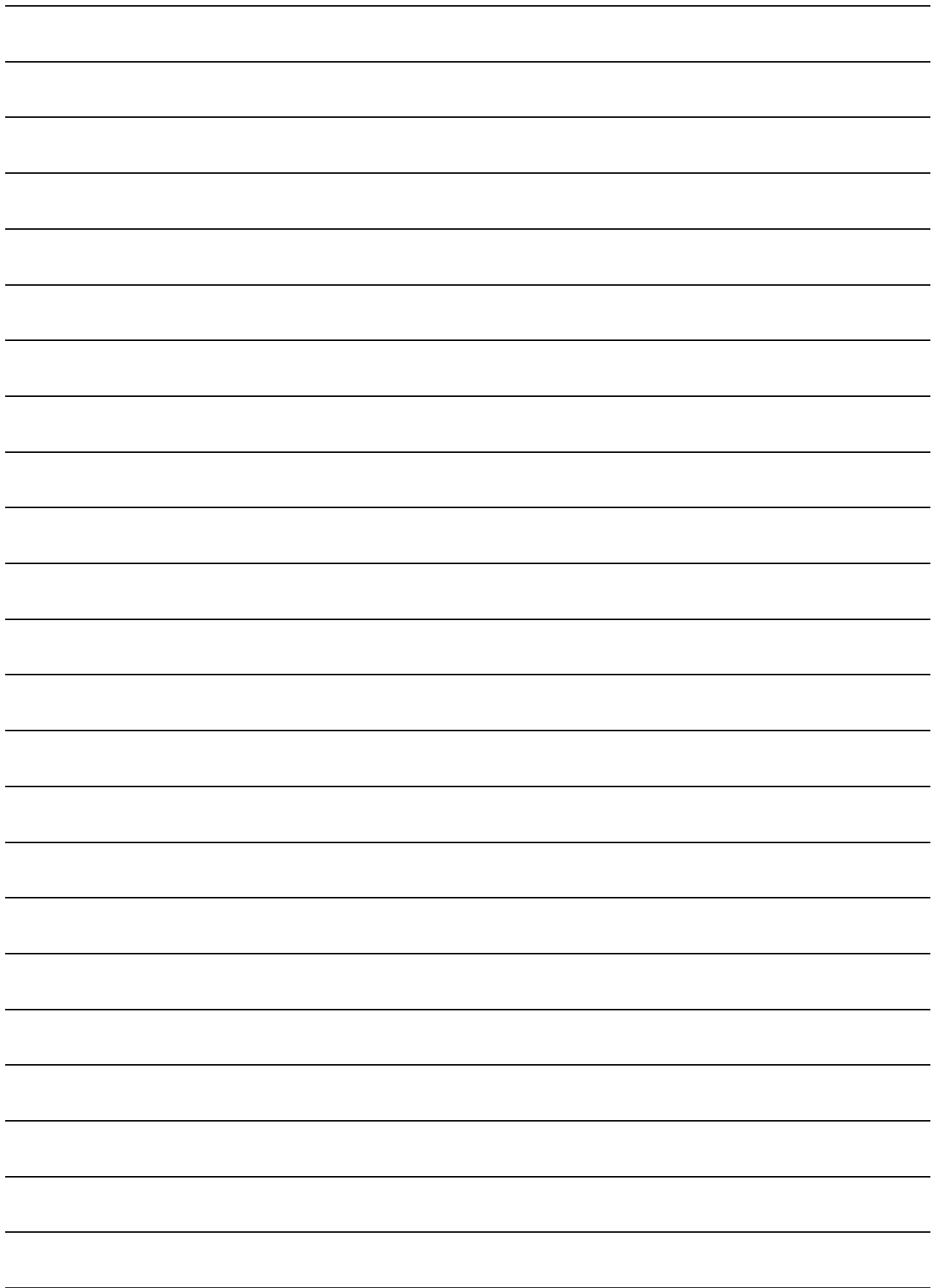


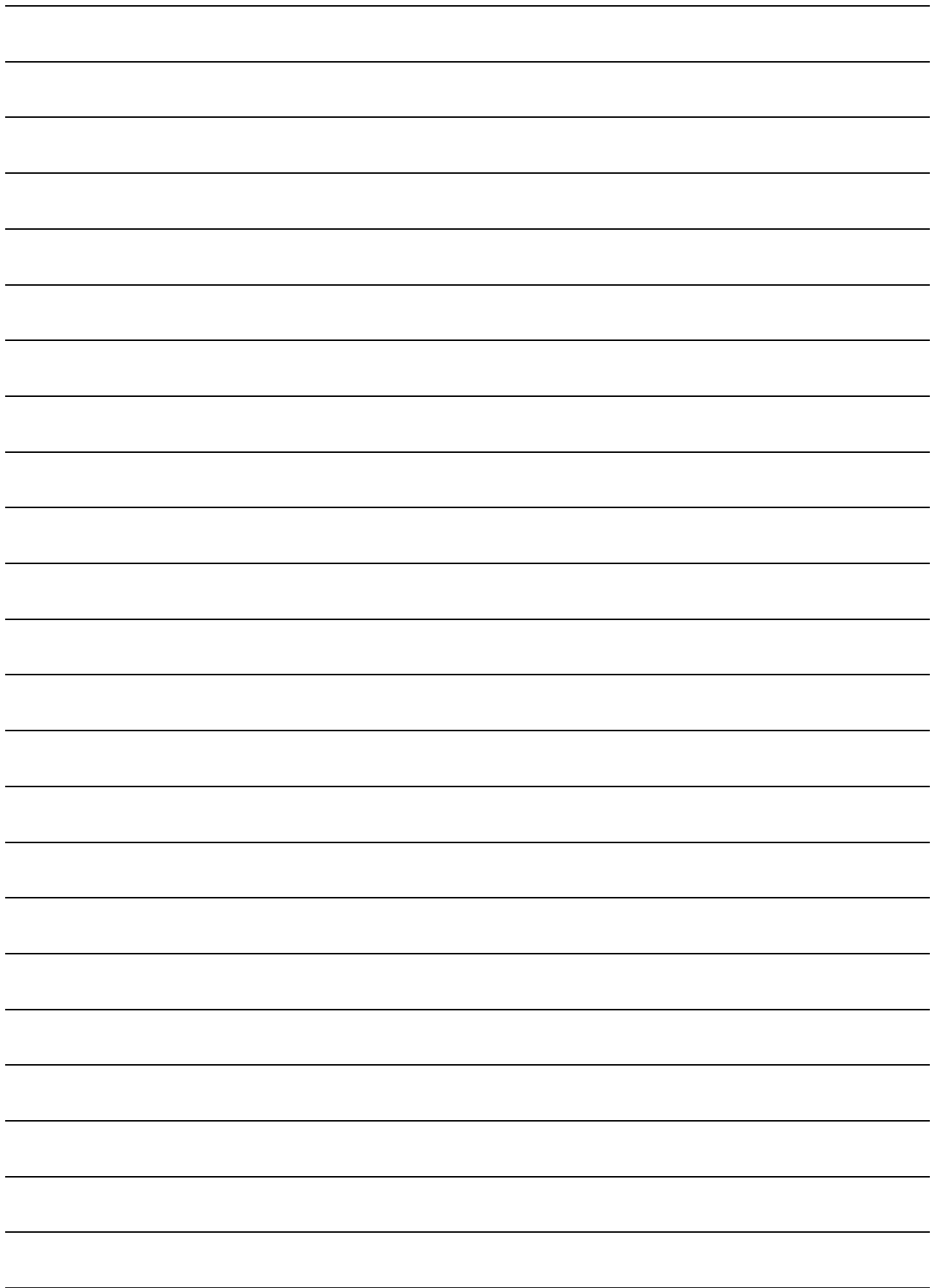


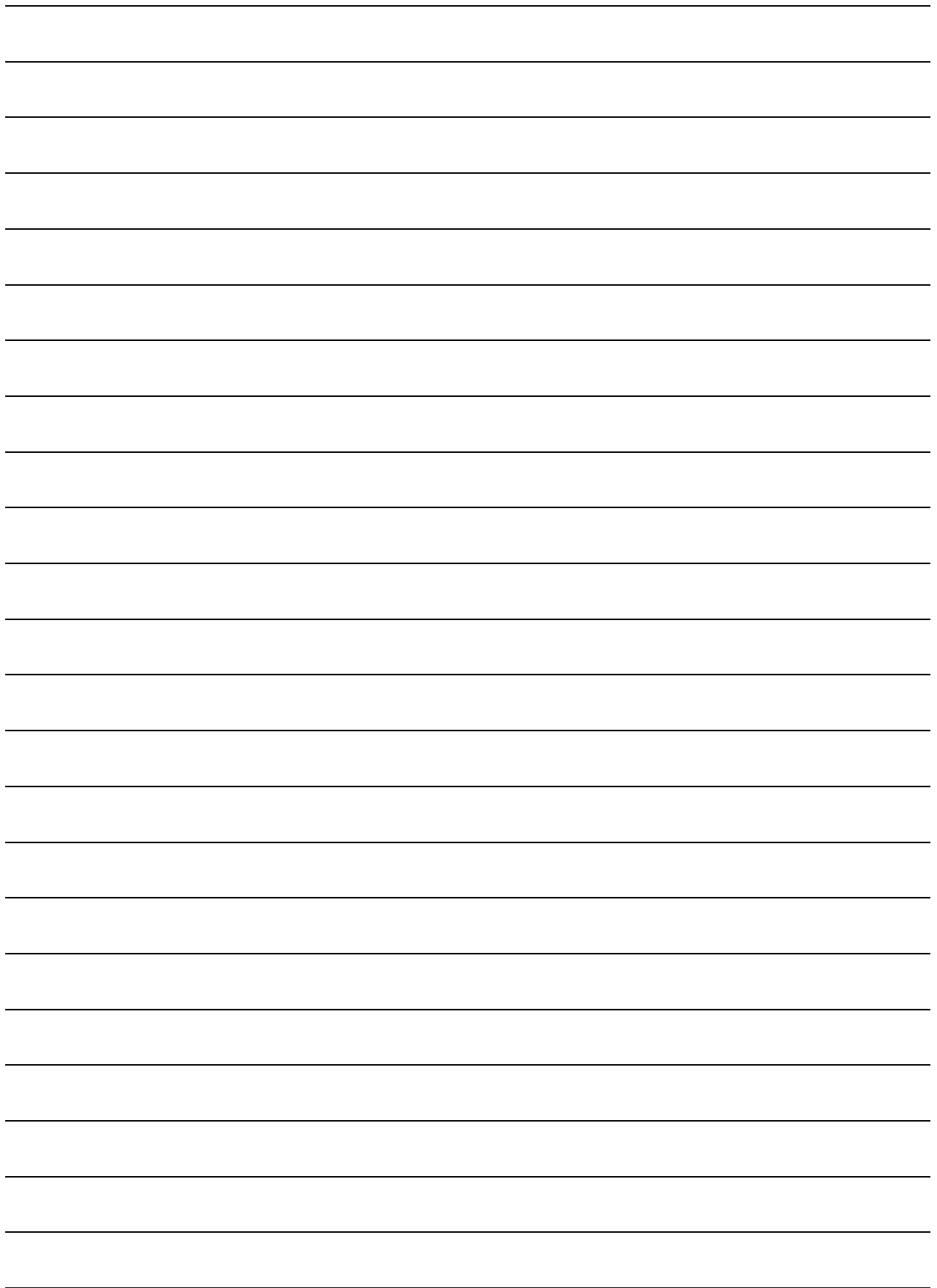


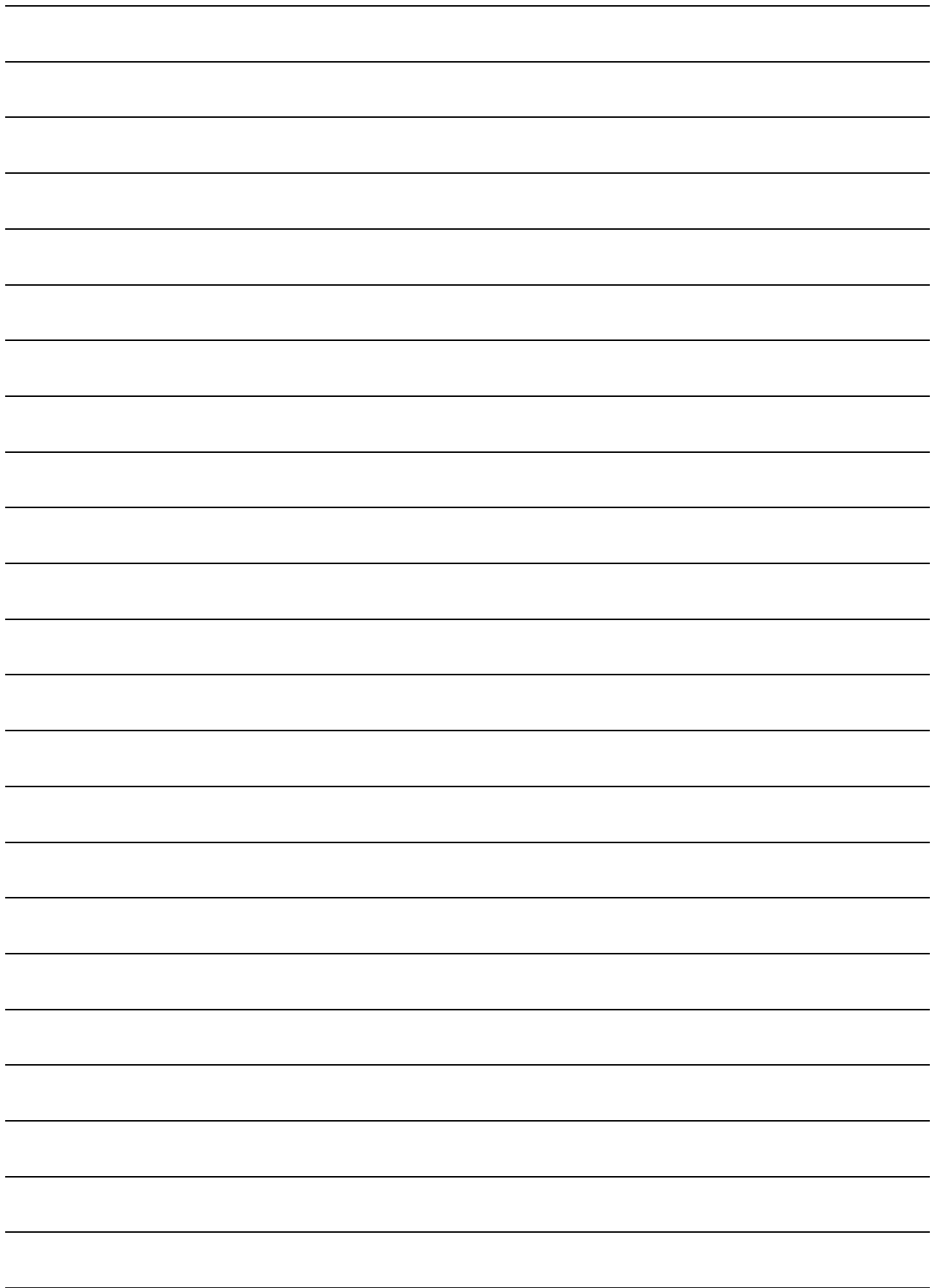


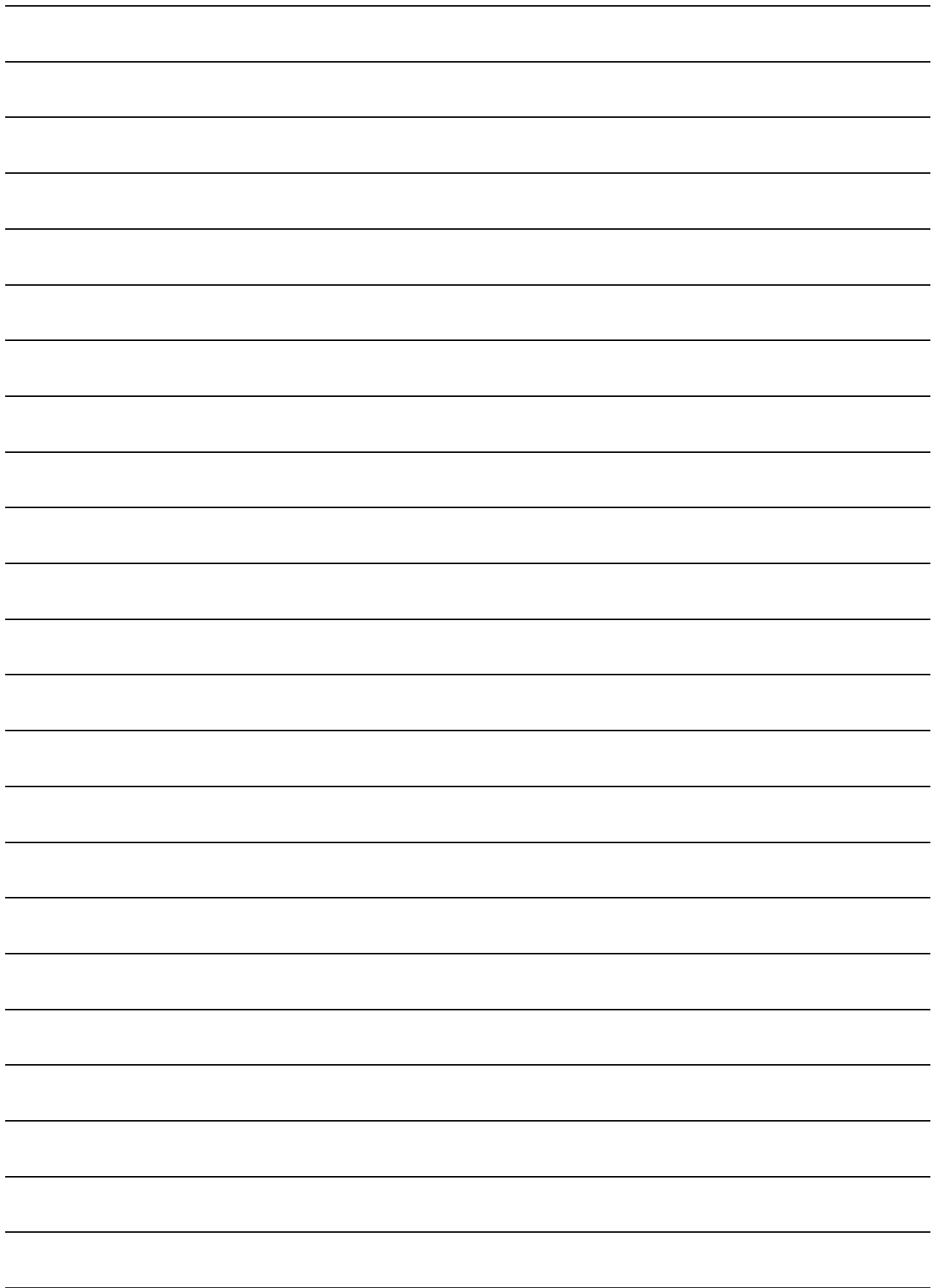


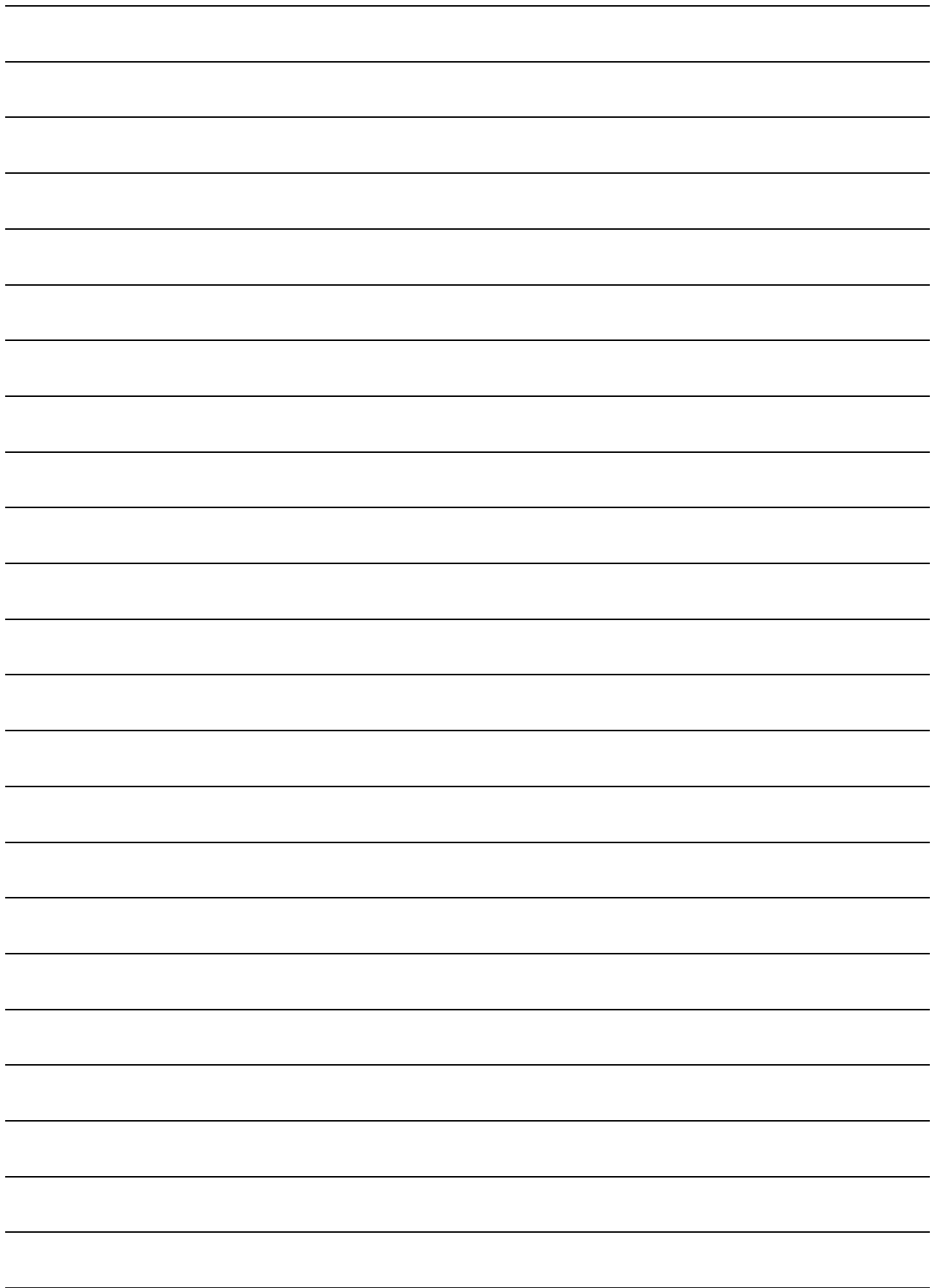


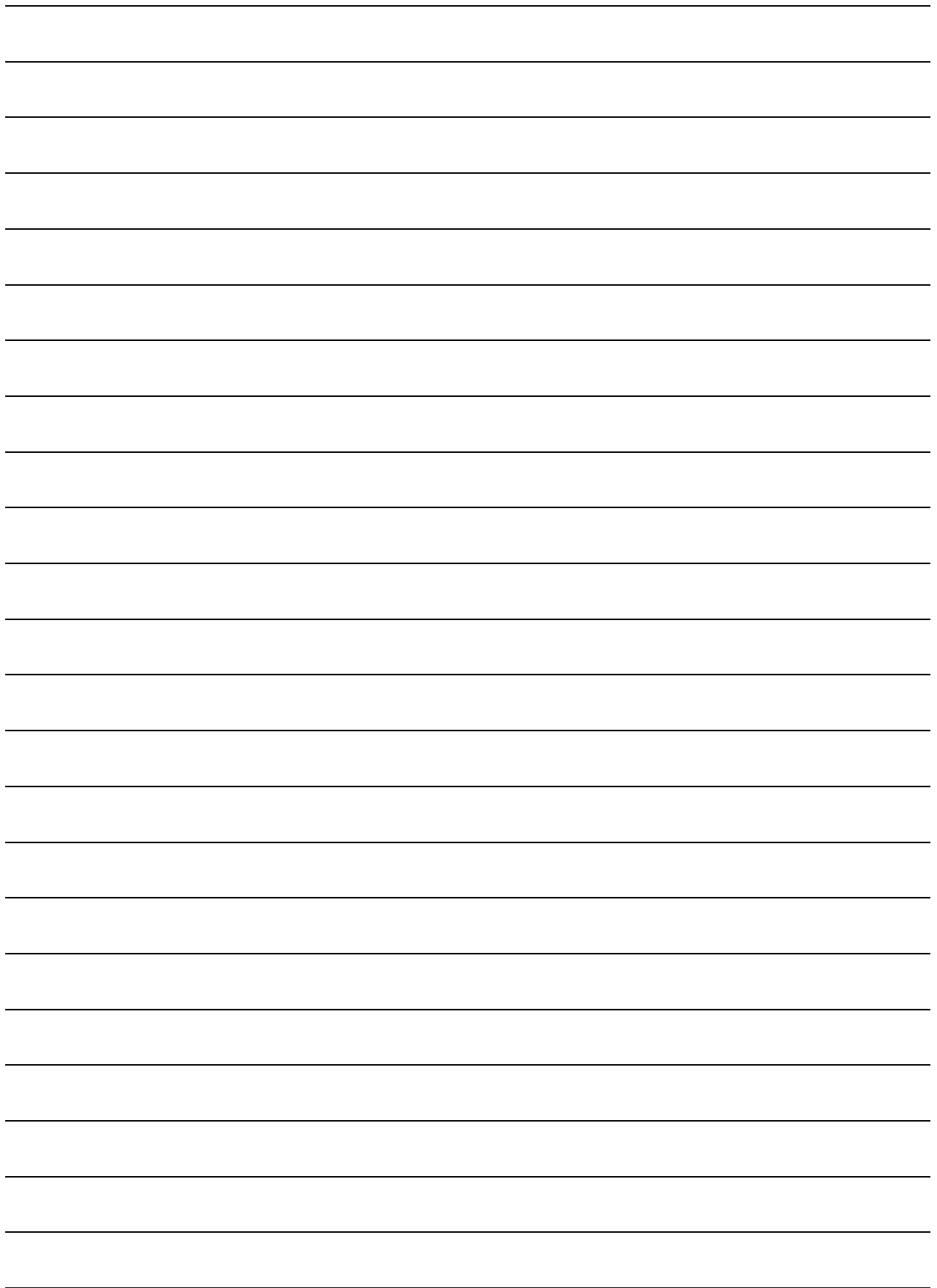


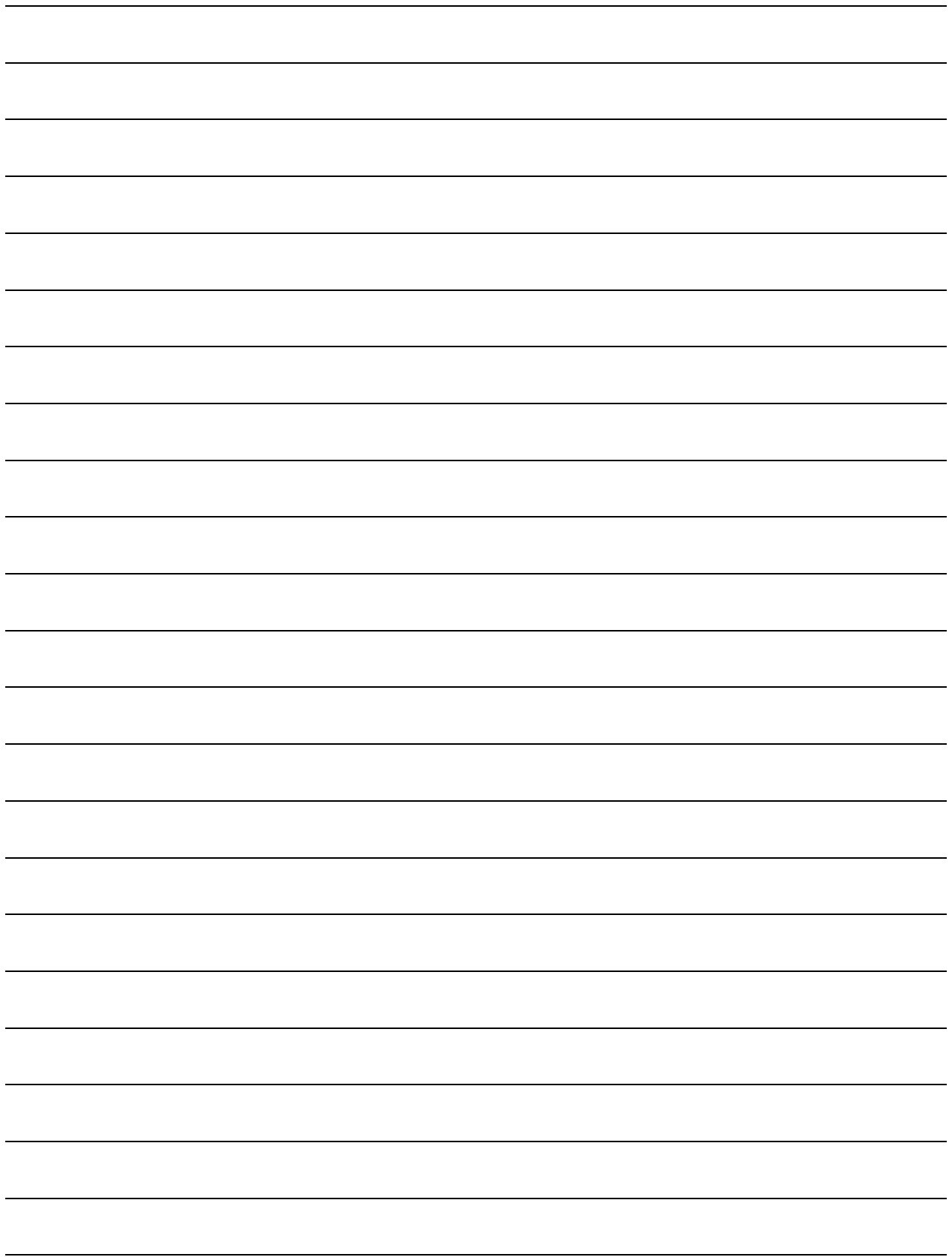


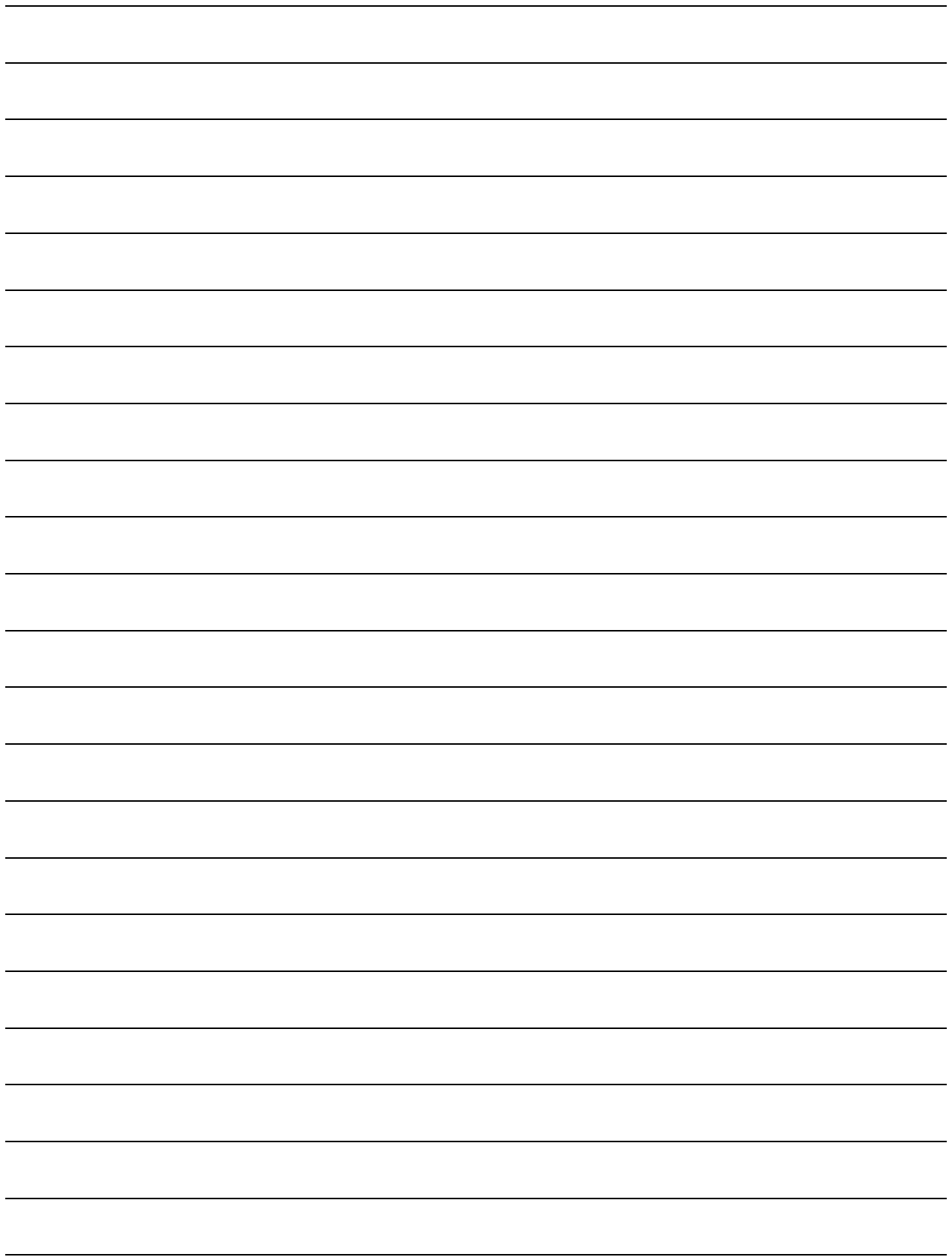




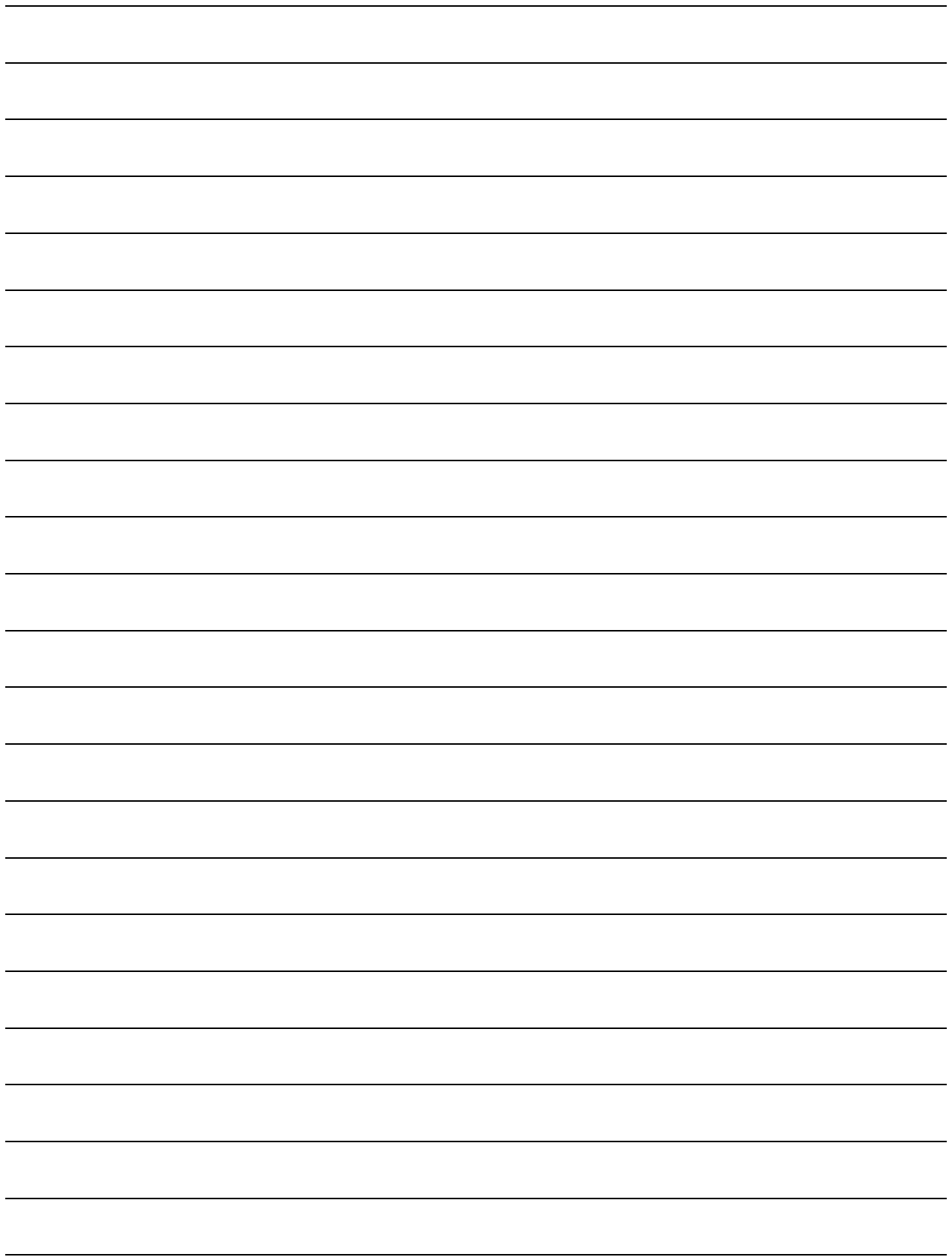


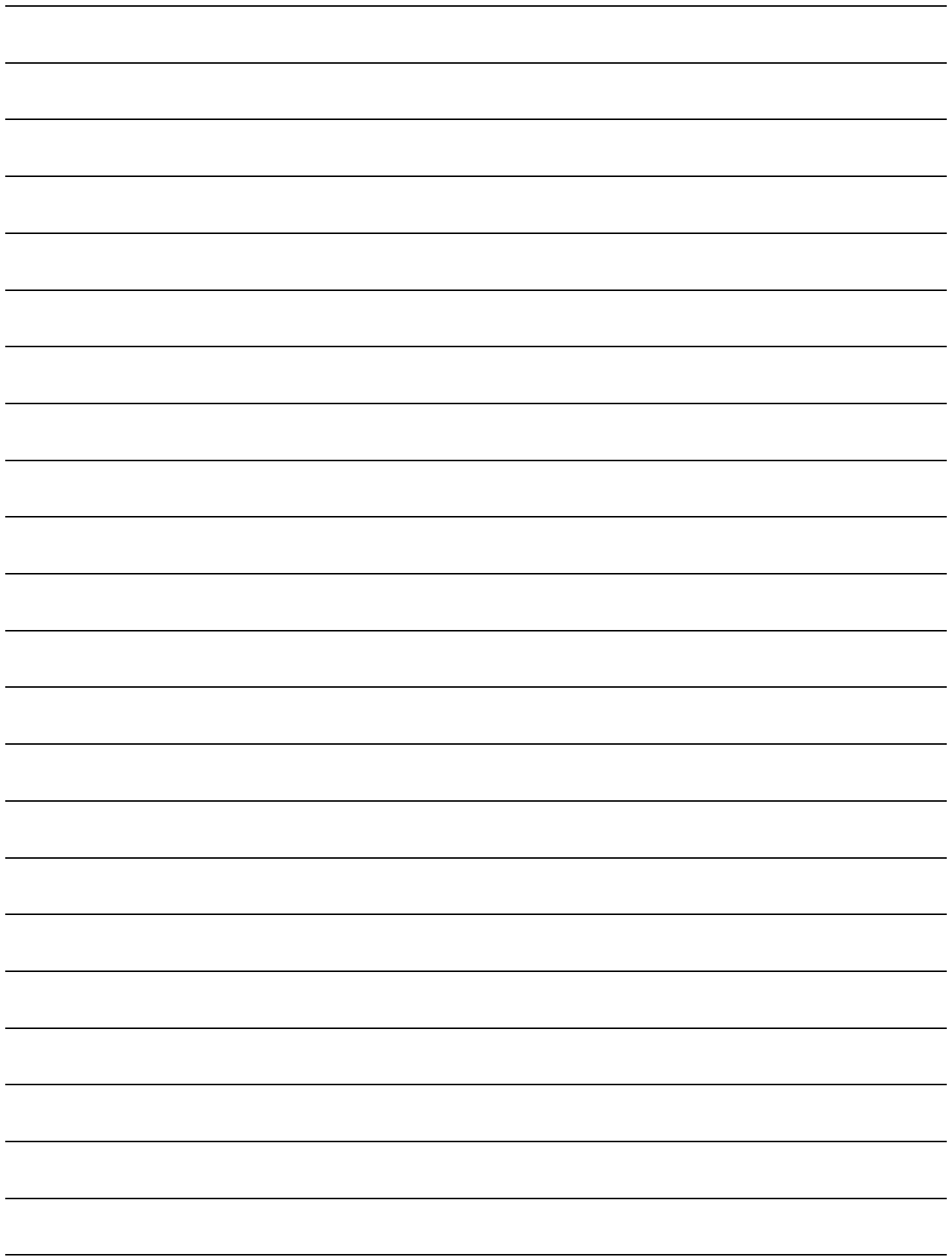


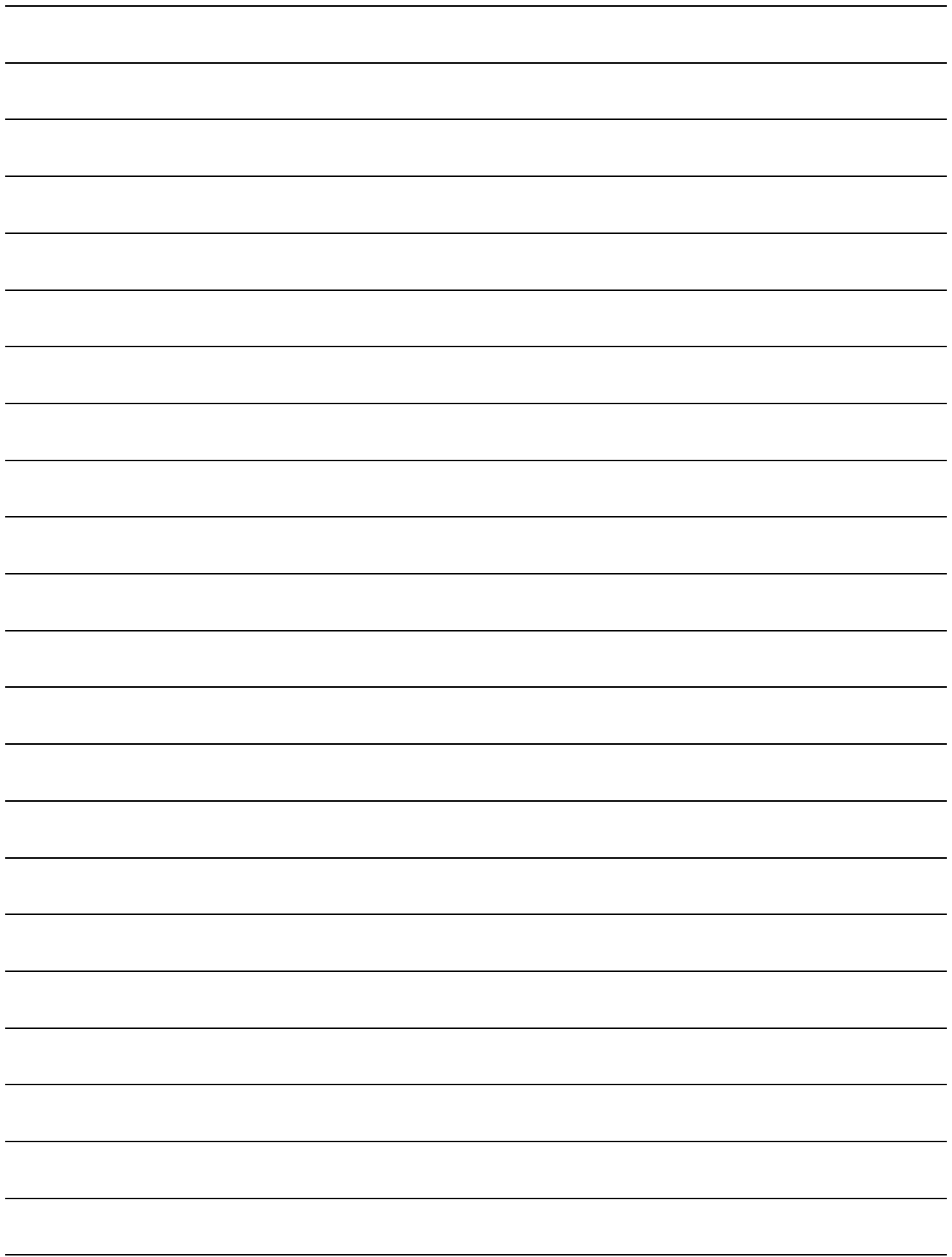


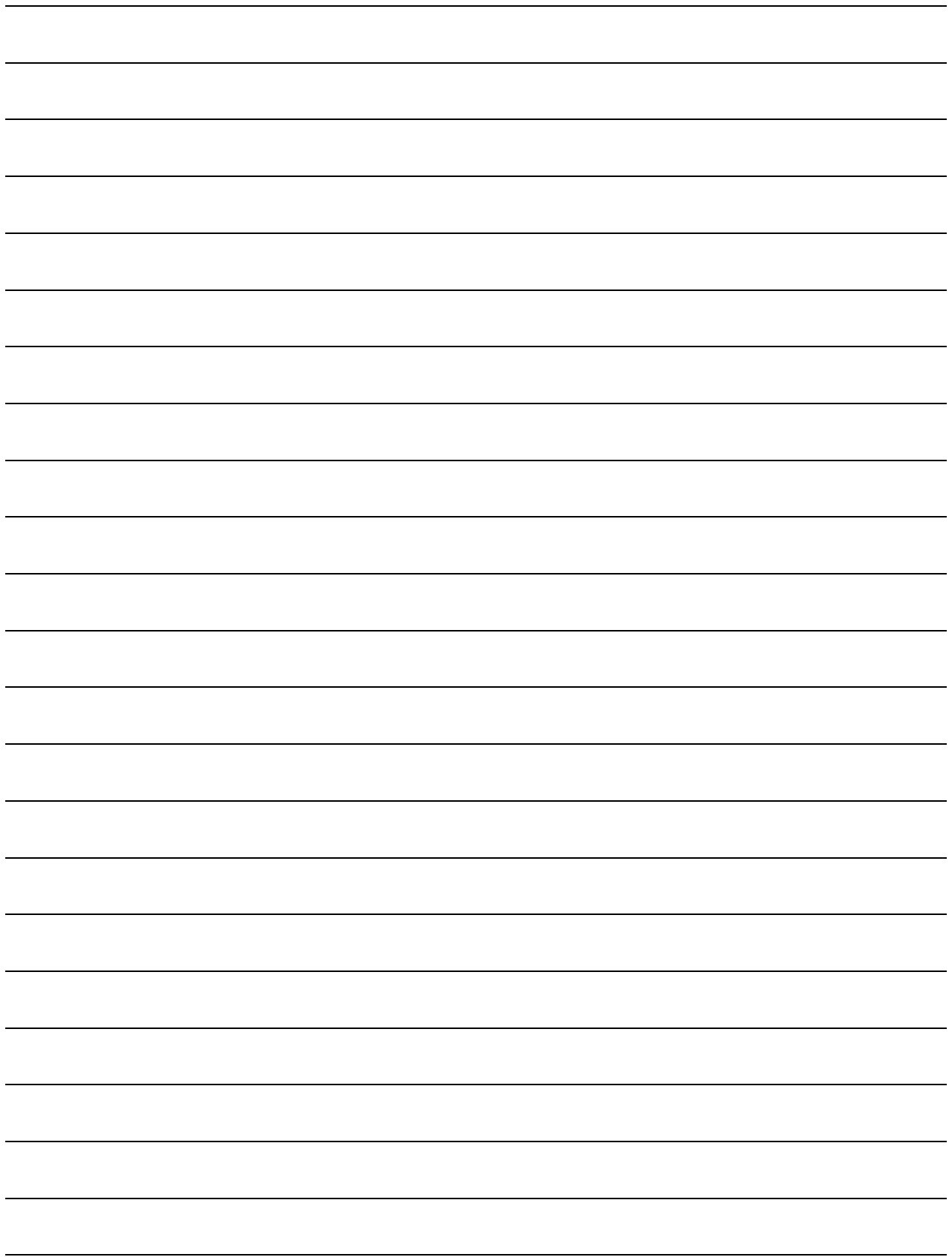


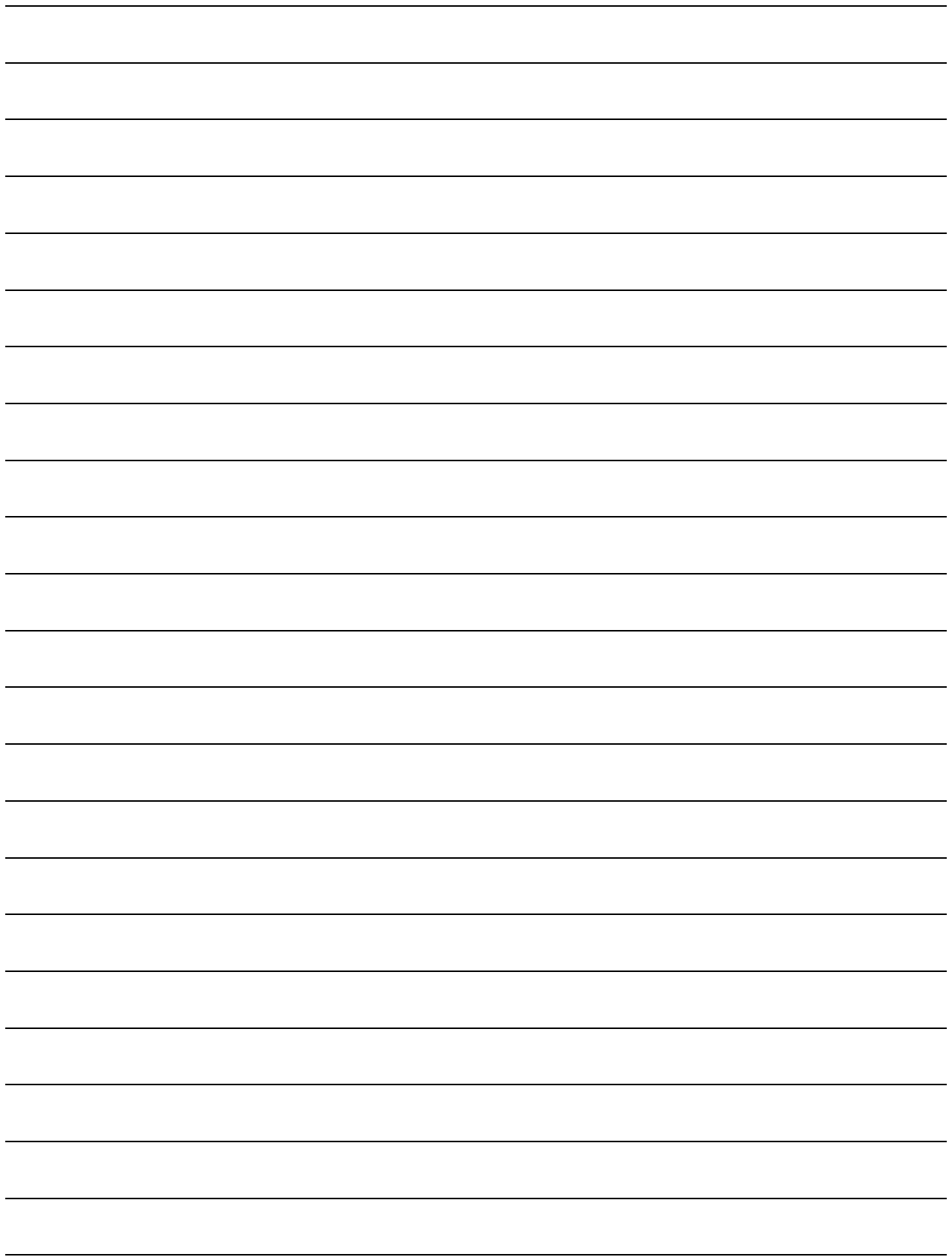




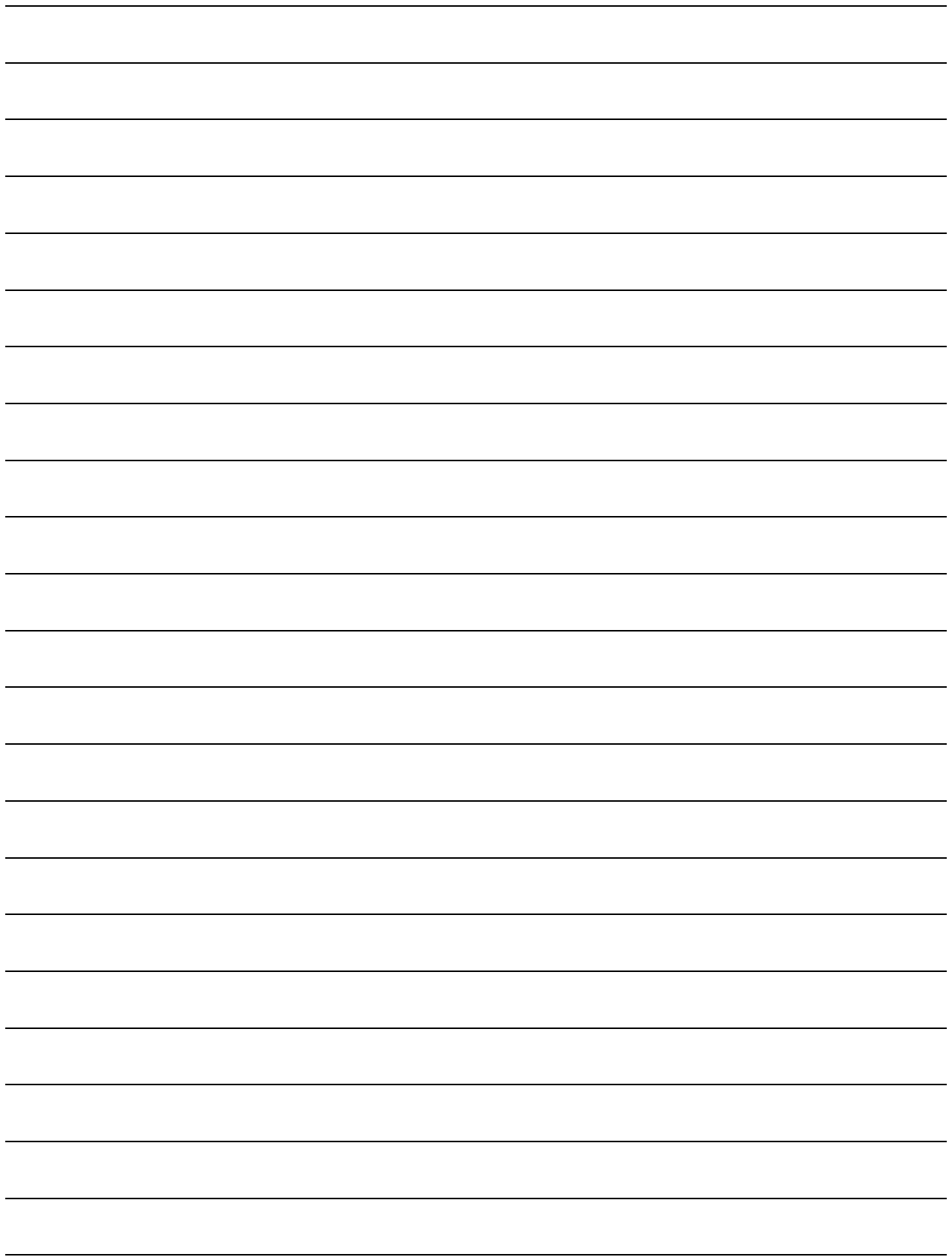


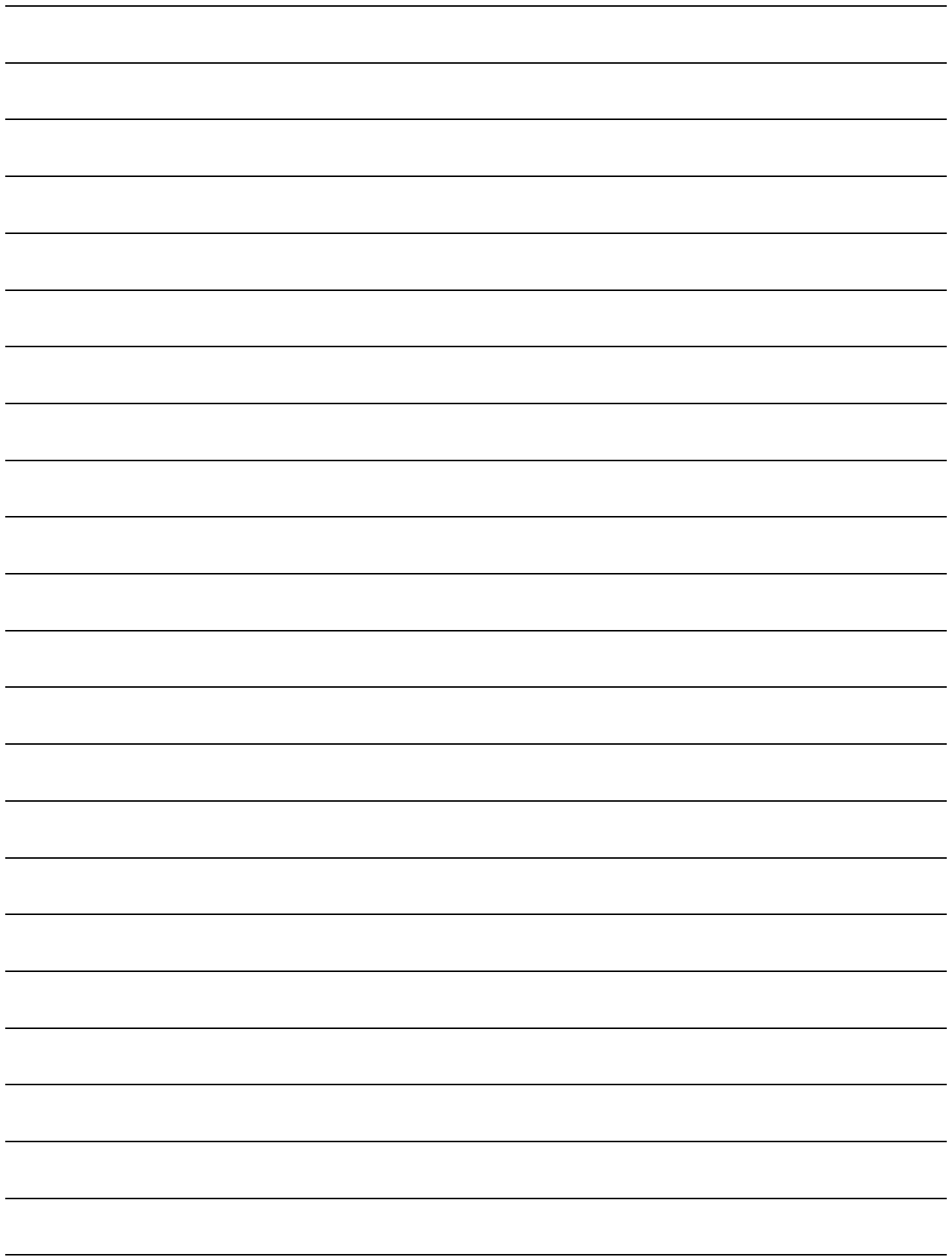


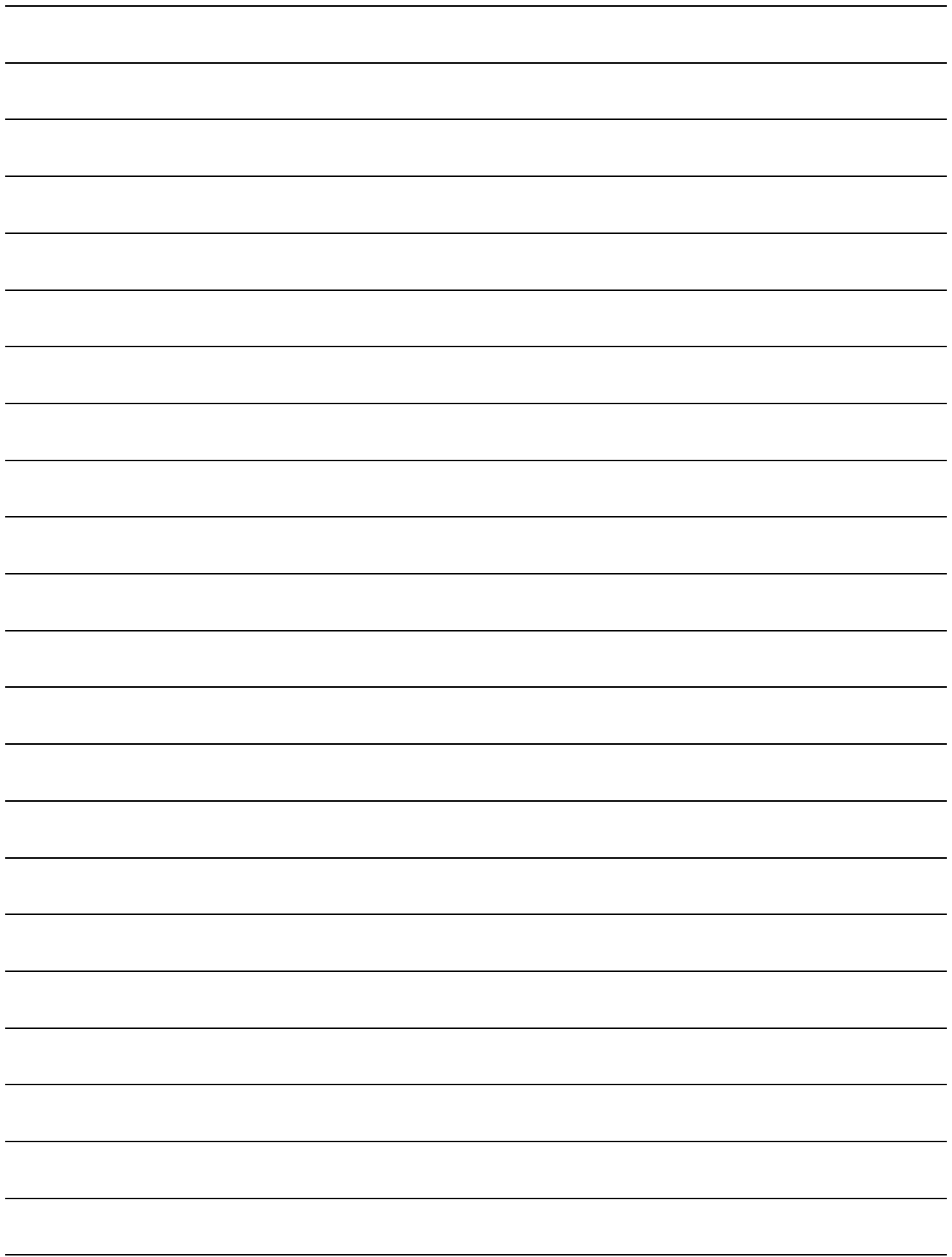


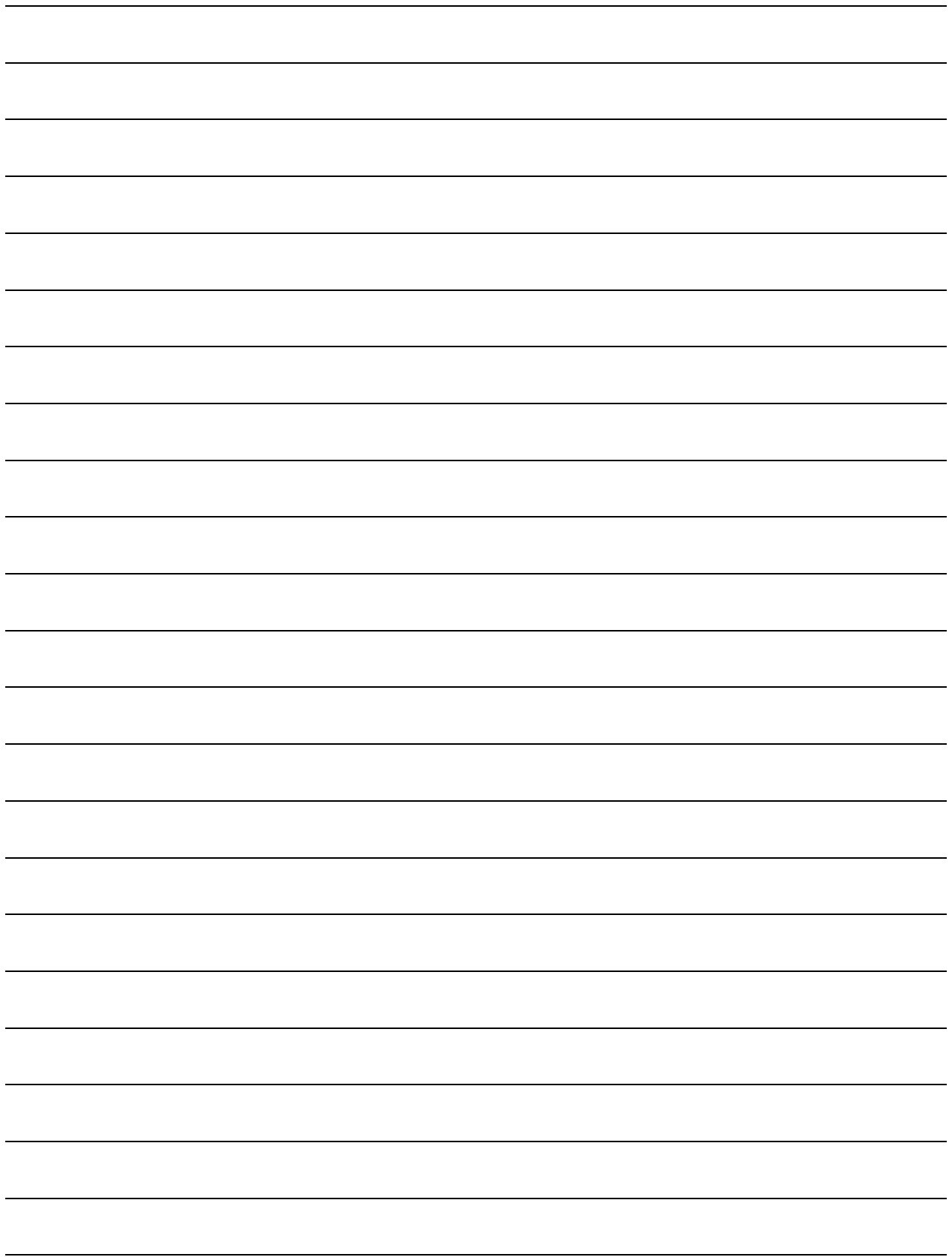


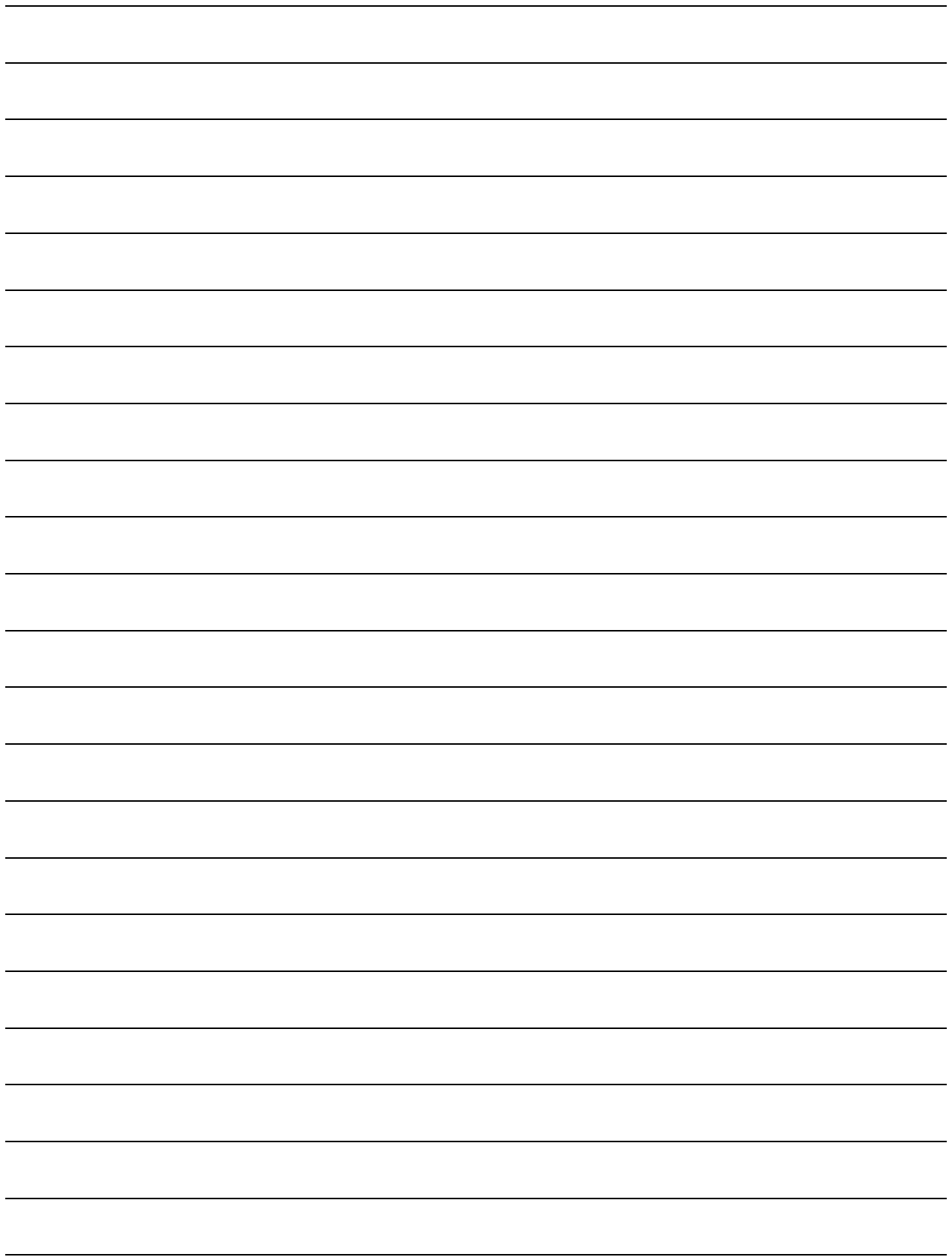




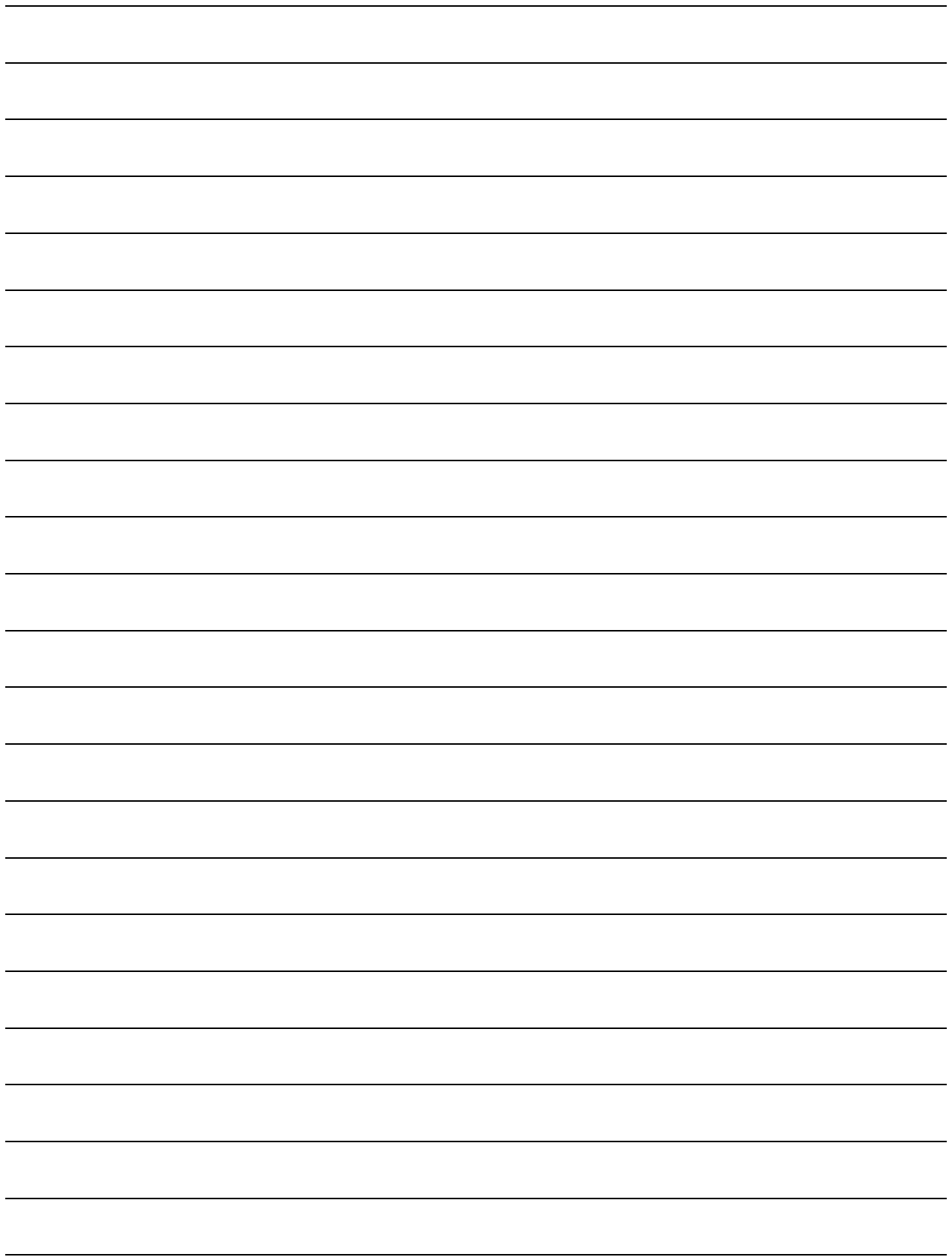


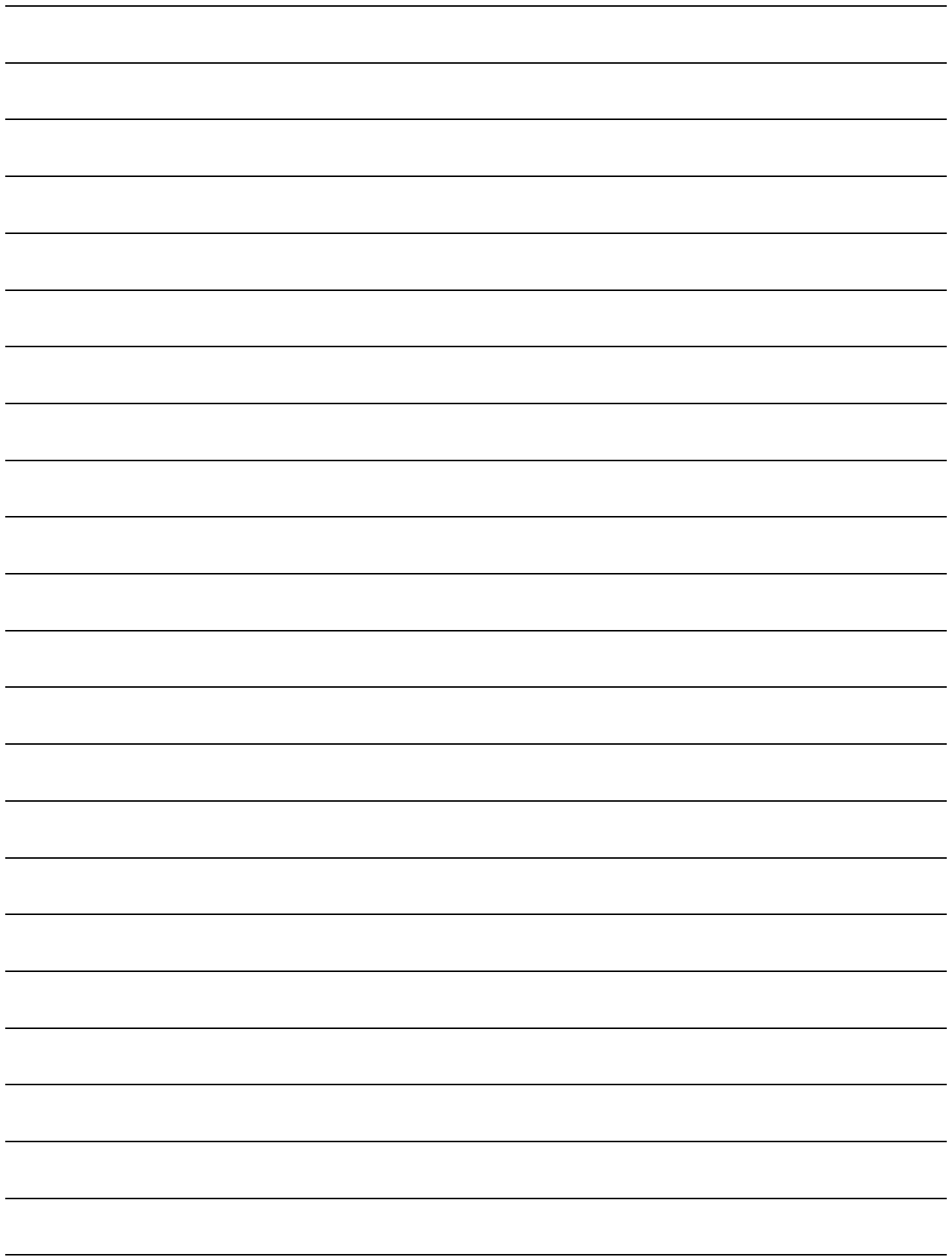


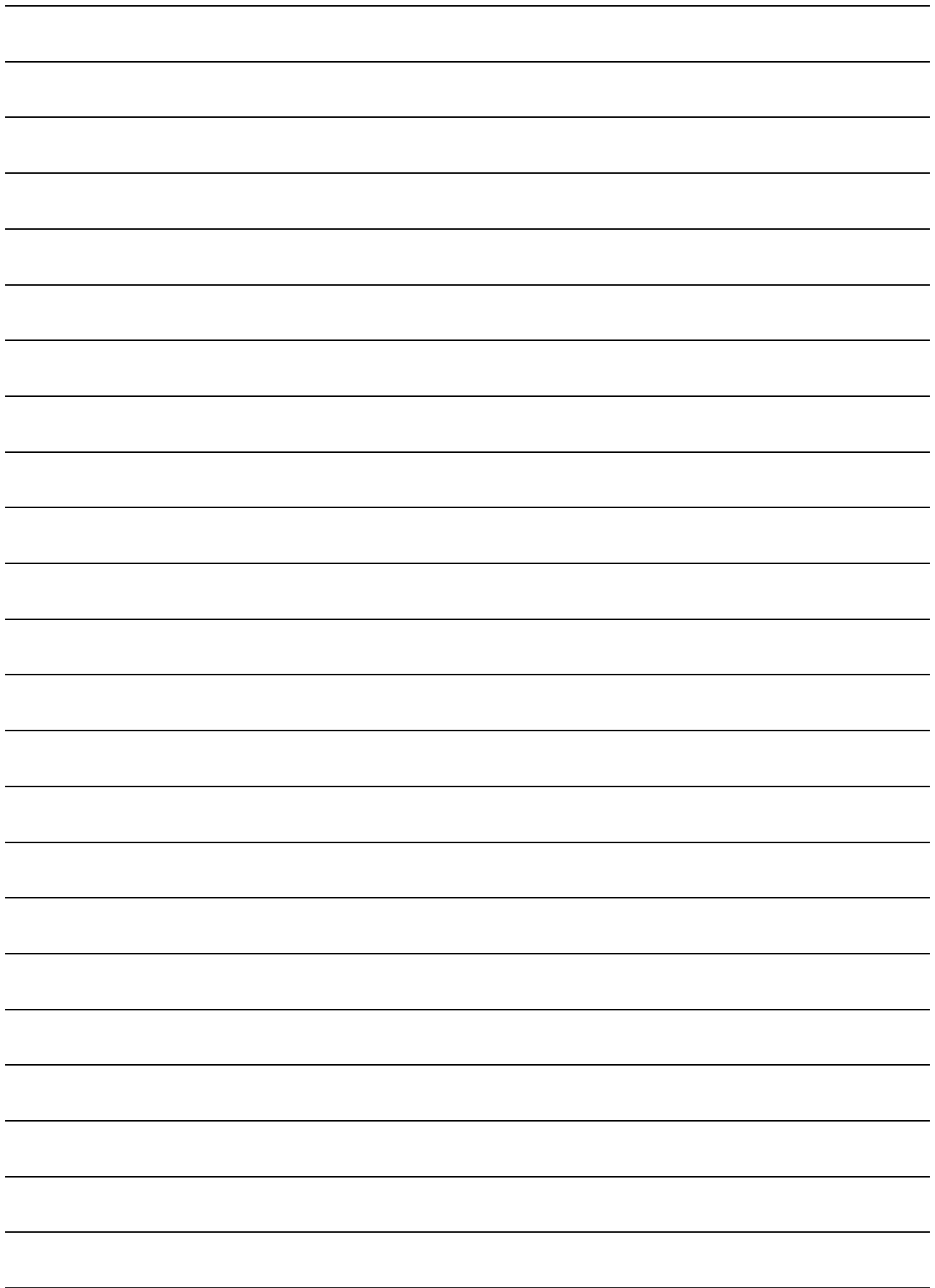


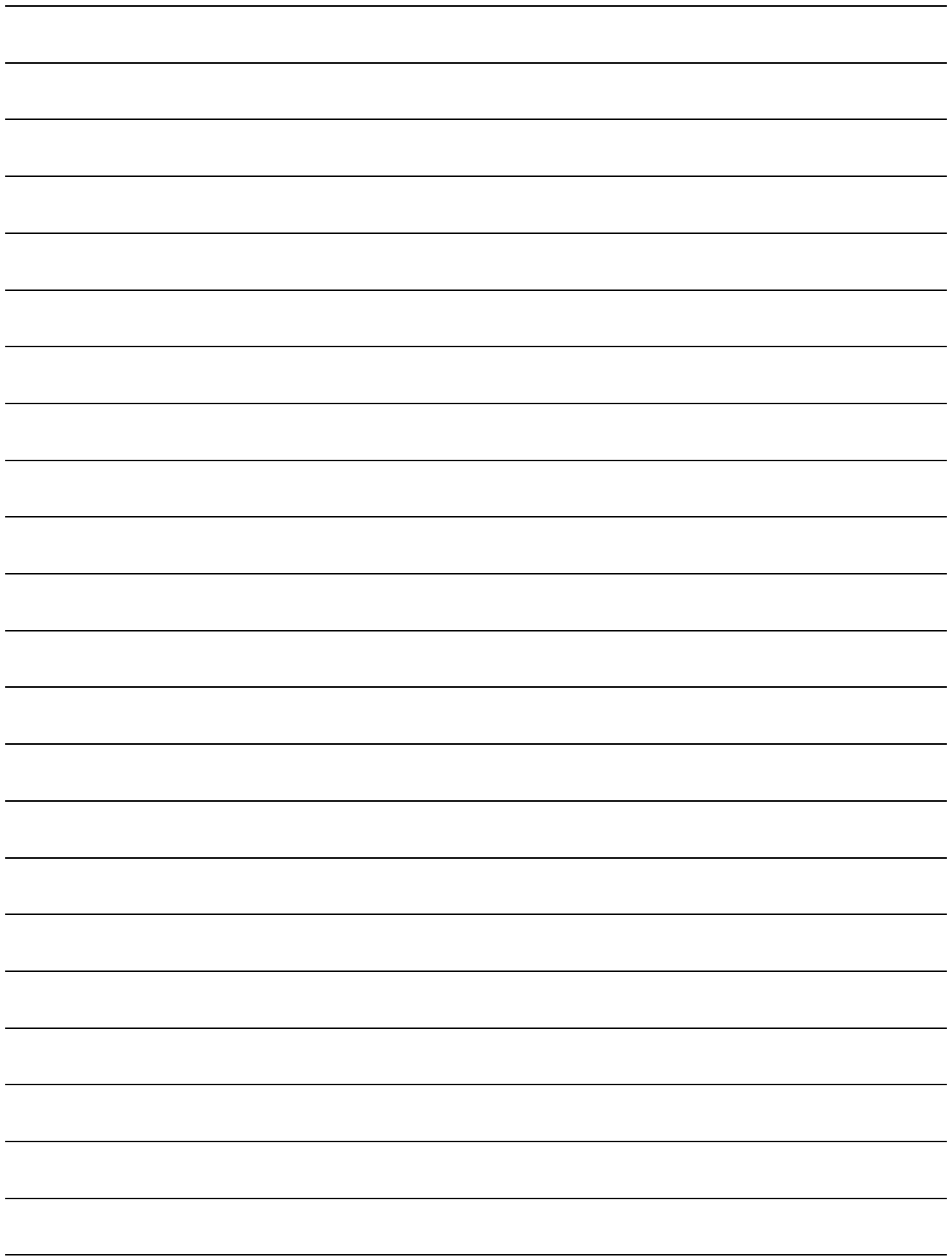


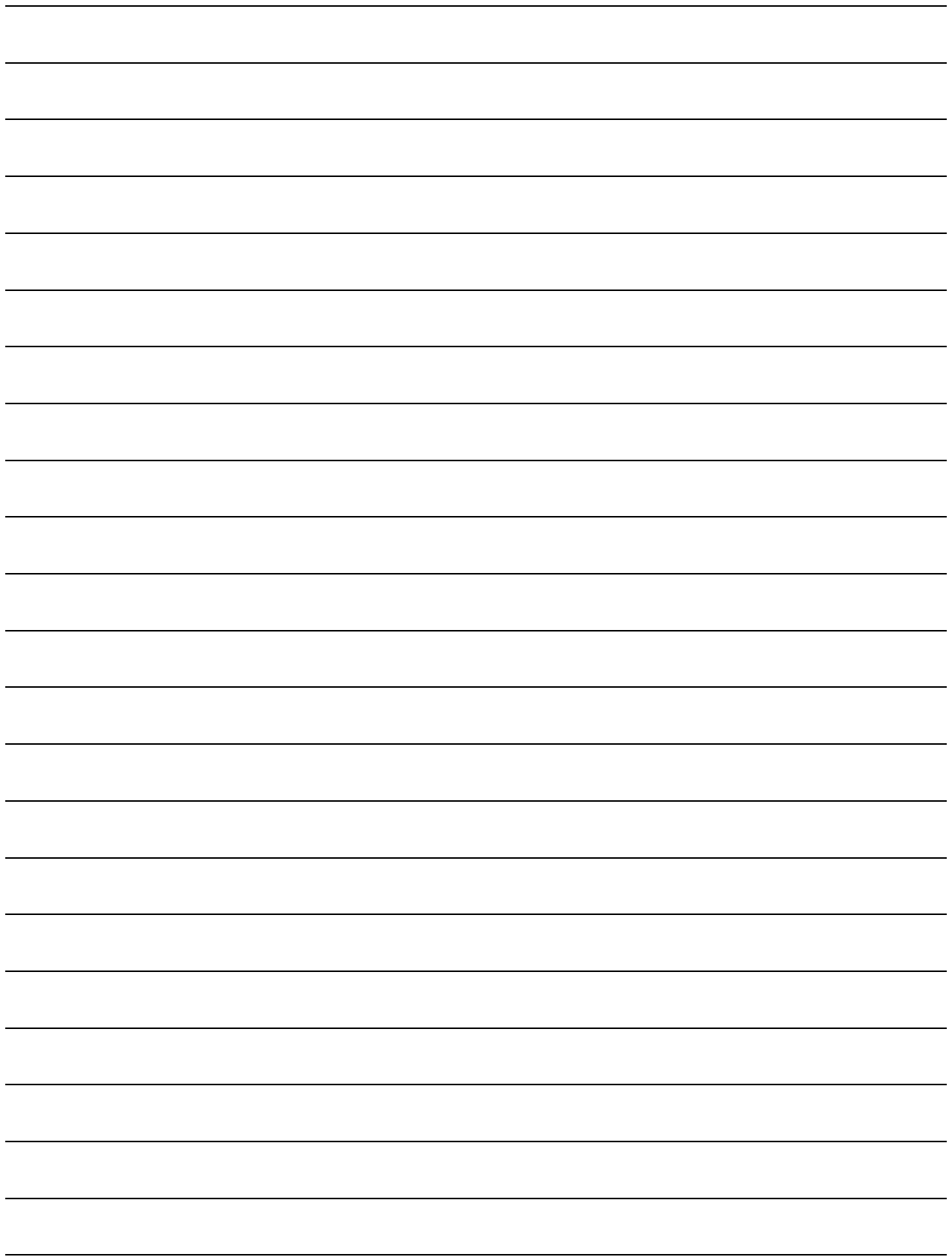


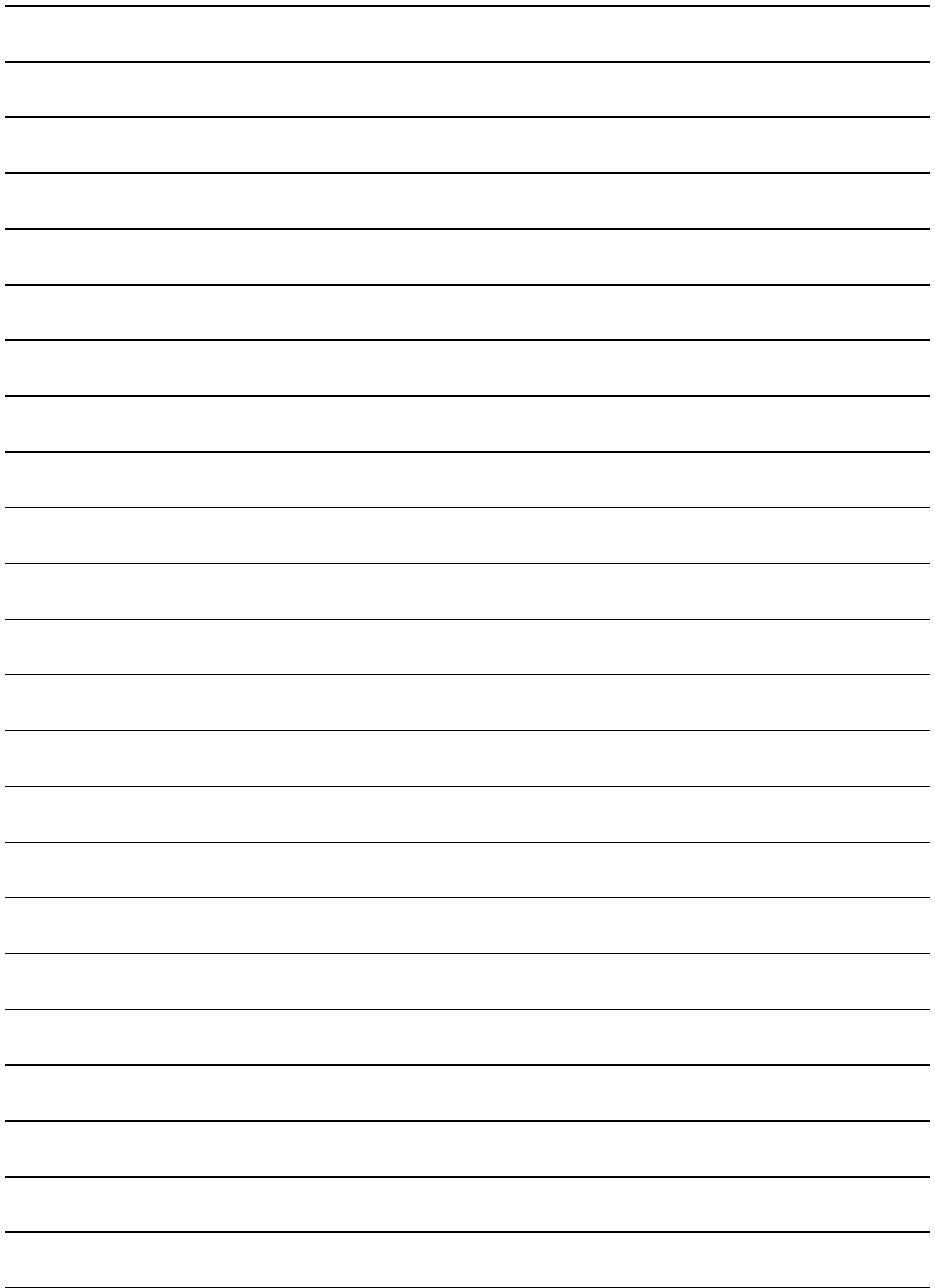


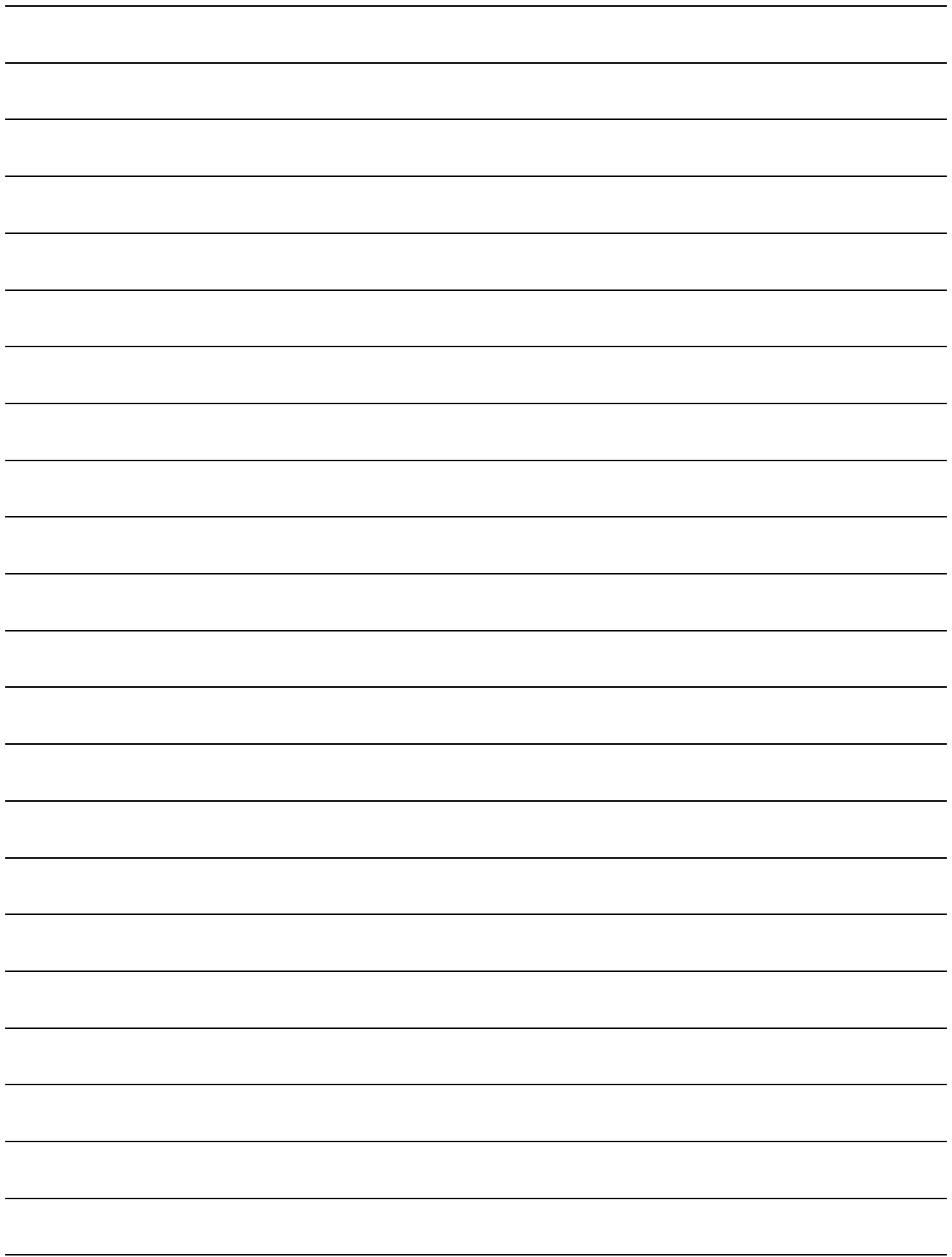


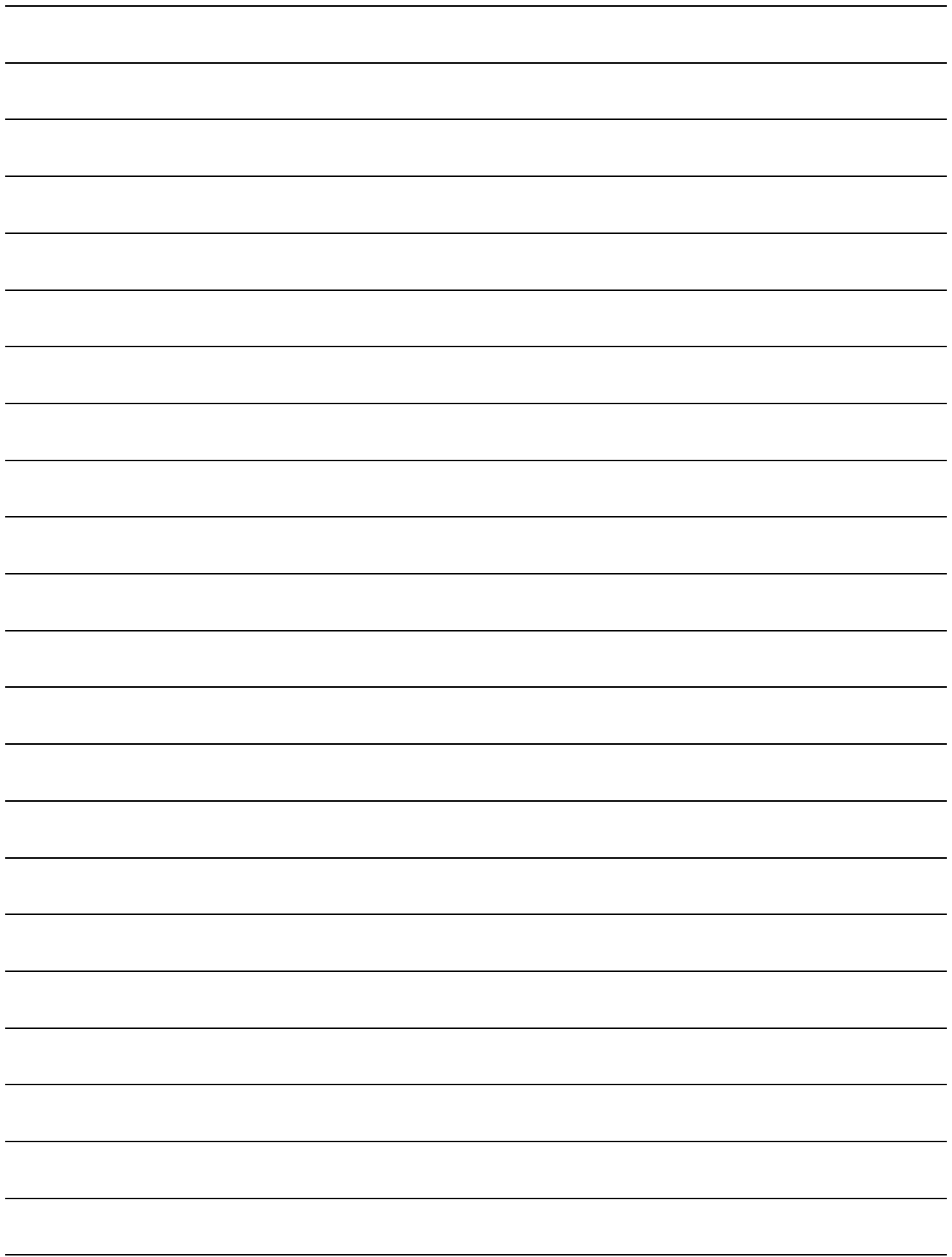


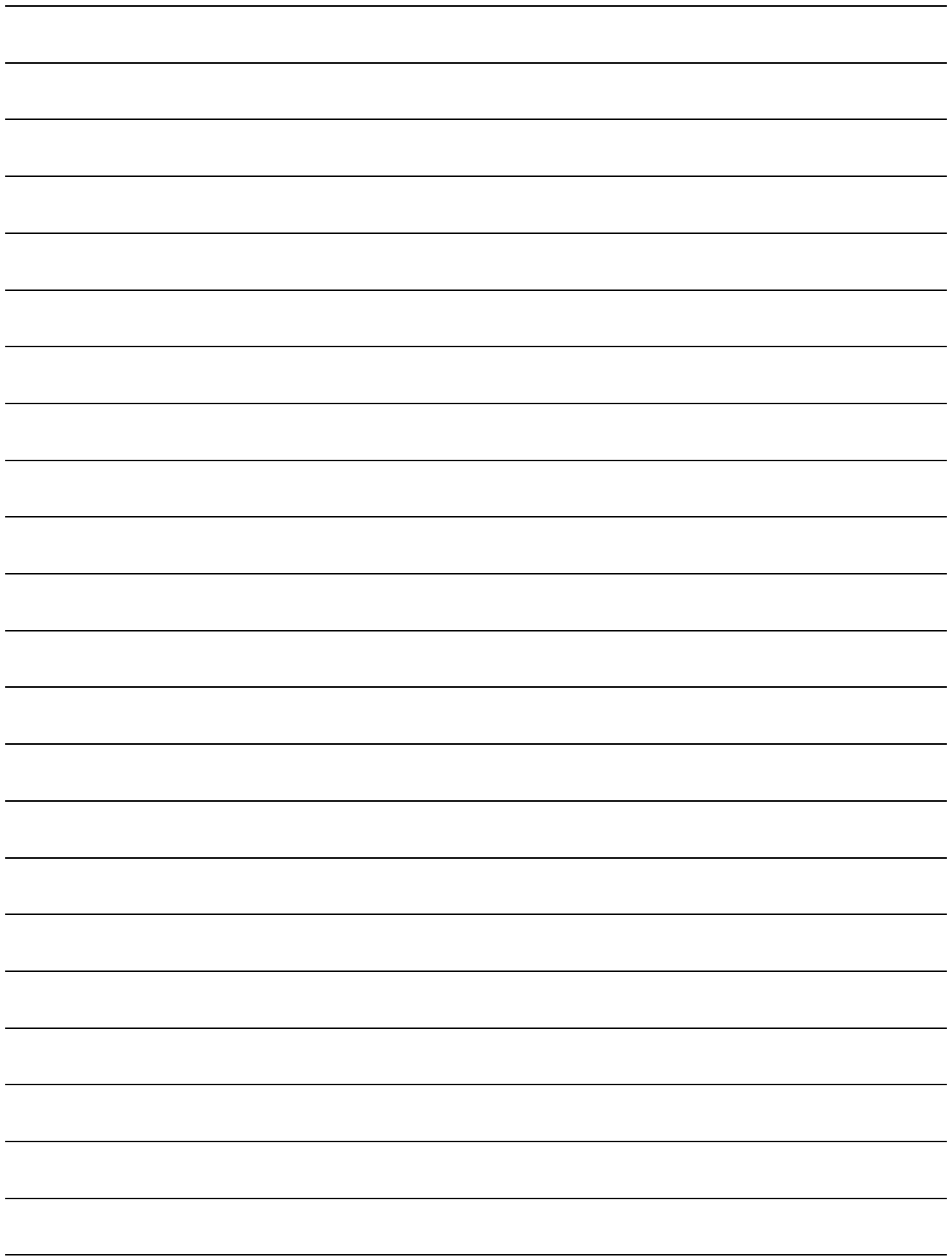










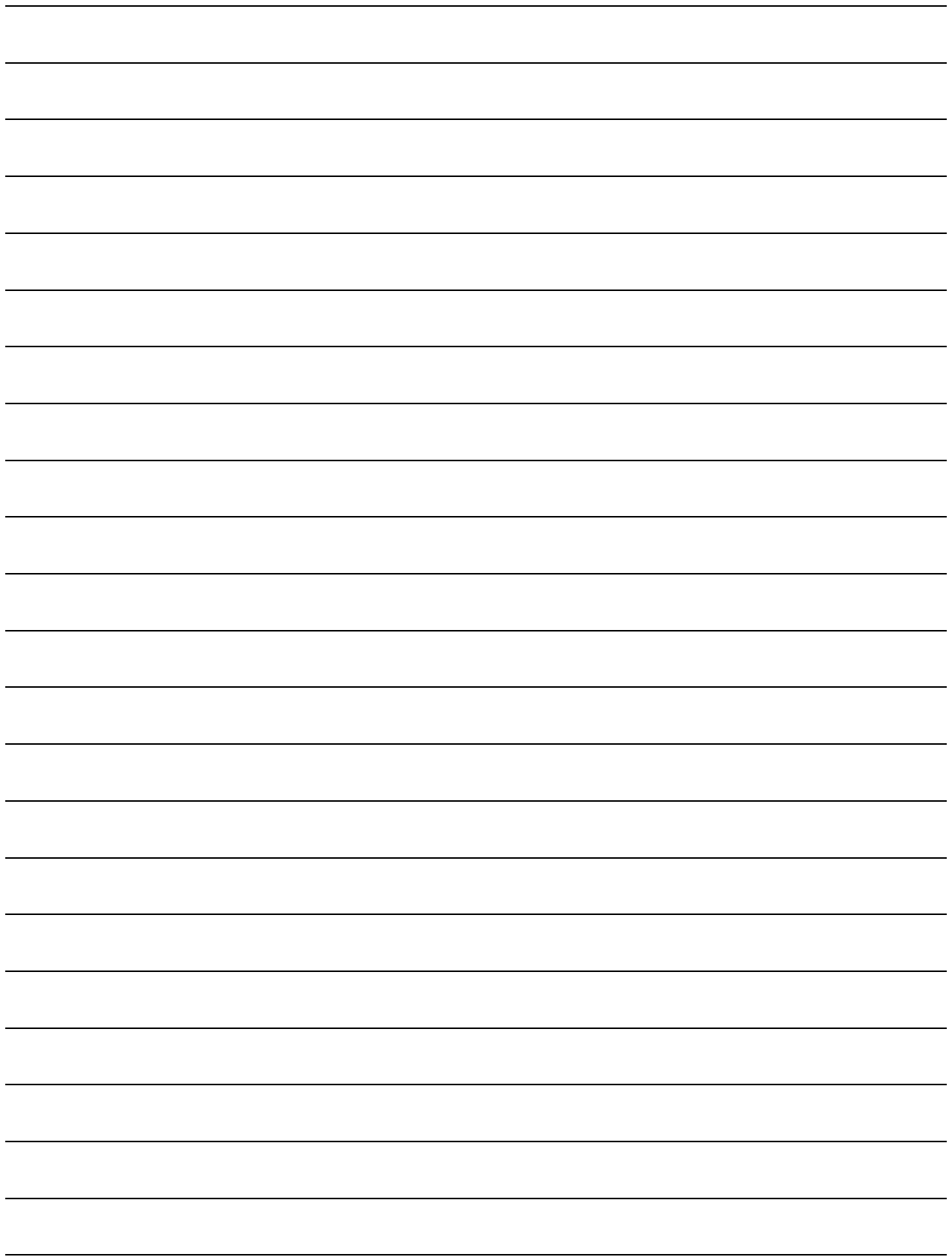


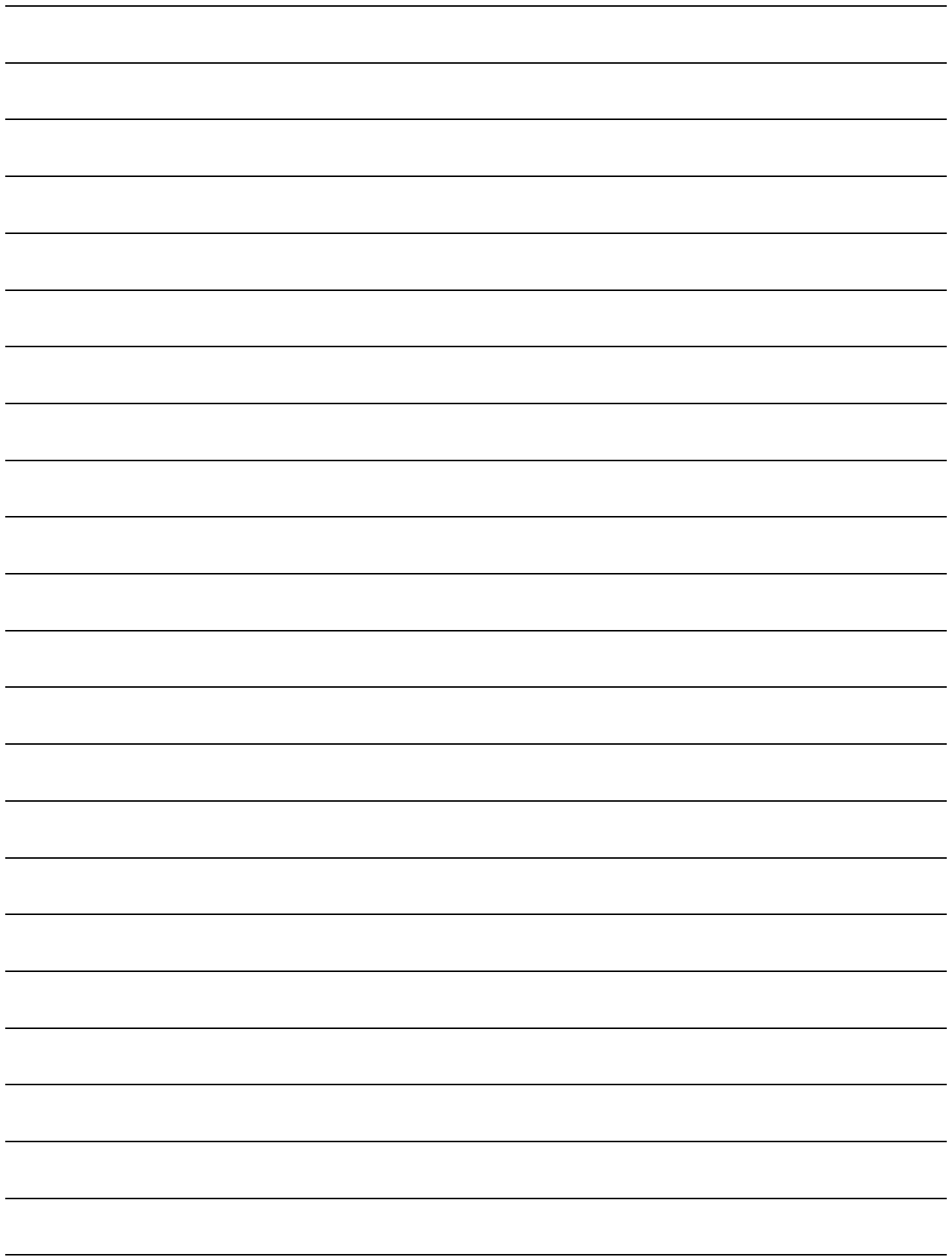
Relationships

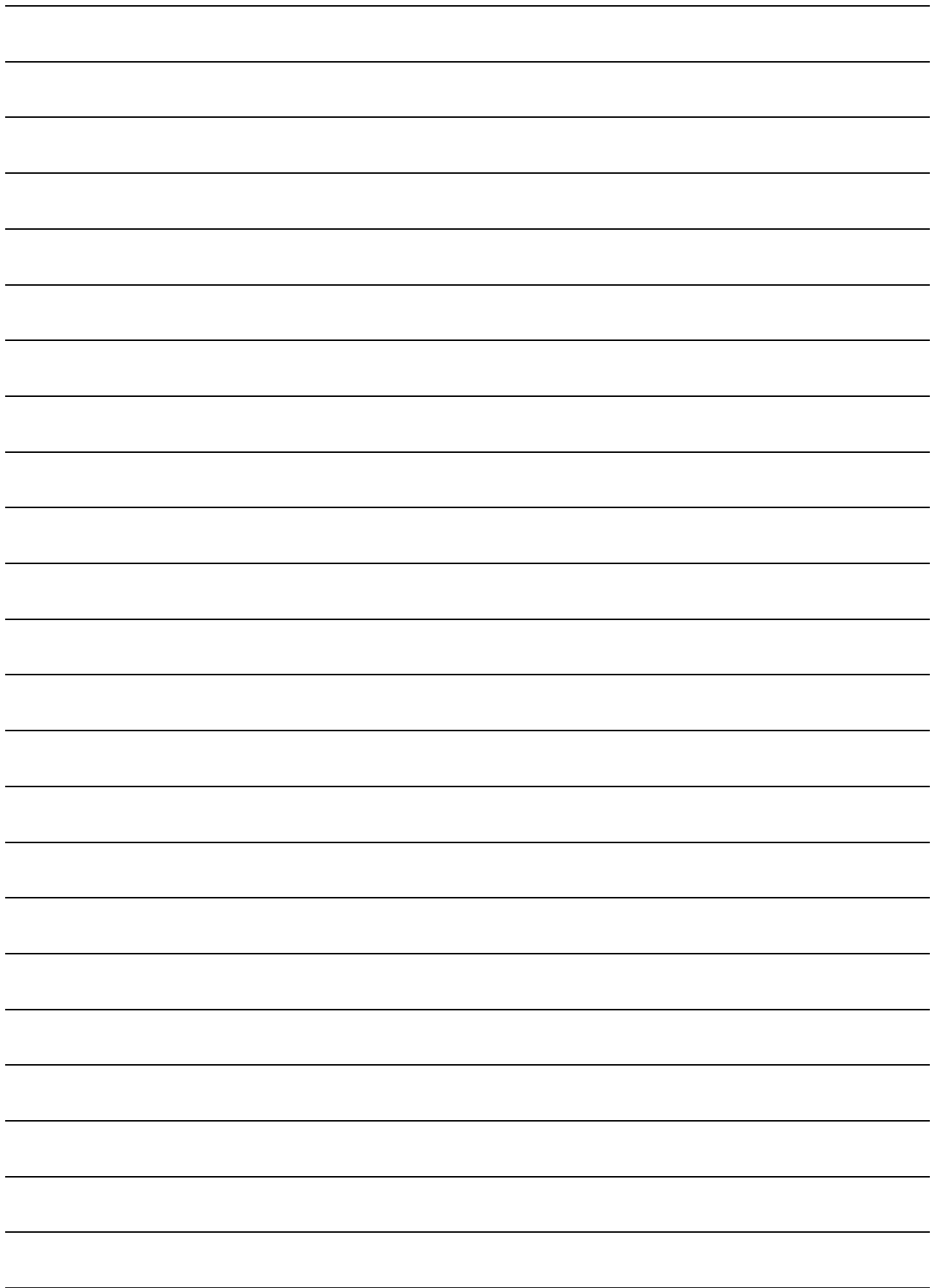
Are your romantic relationships dysfunctional?

Do they always end badly? Do they make you unhappy? Do you attract emotionally unavailable partners? Do they cause you pain and sadness? Do you often say, he/she will leave me eventually? Are you attracting abusive partners? Do they lack caring and support? Are you stuck in an unhappy relationship and can't get yourself out?





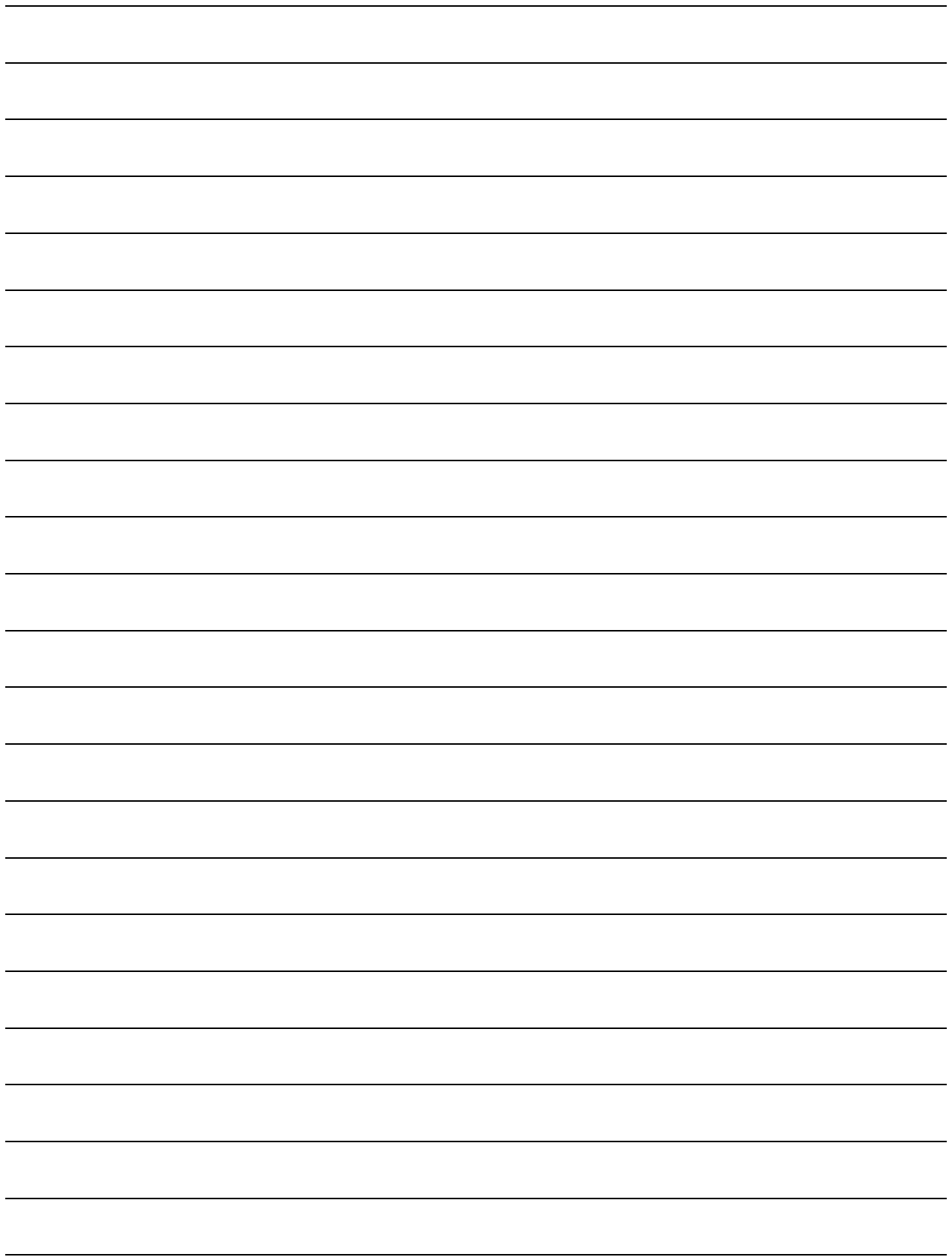


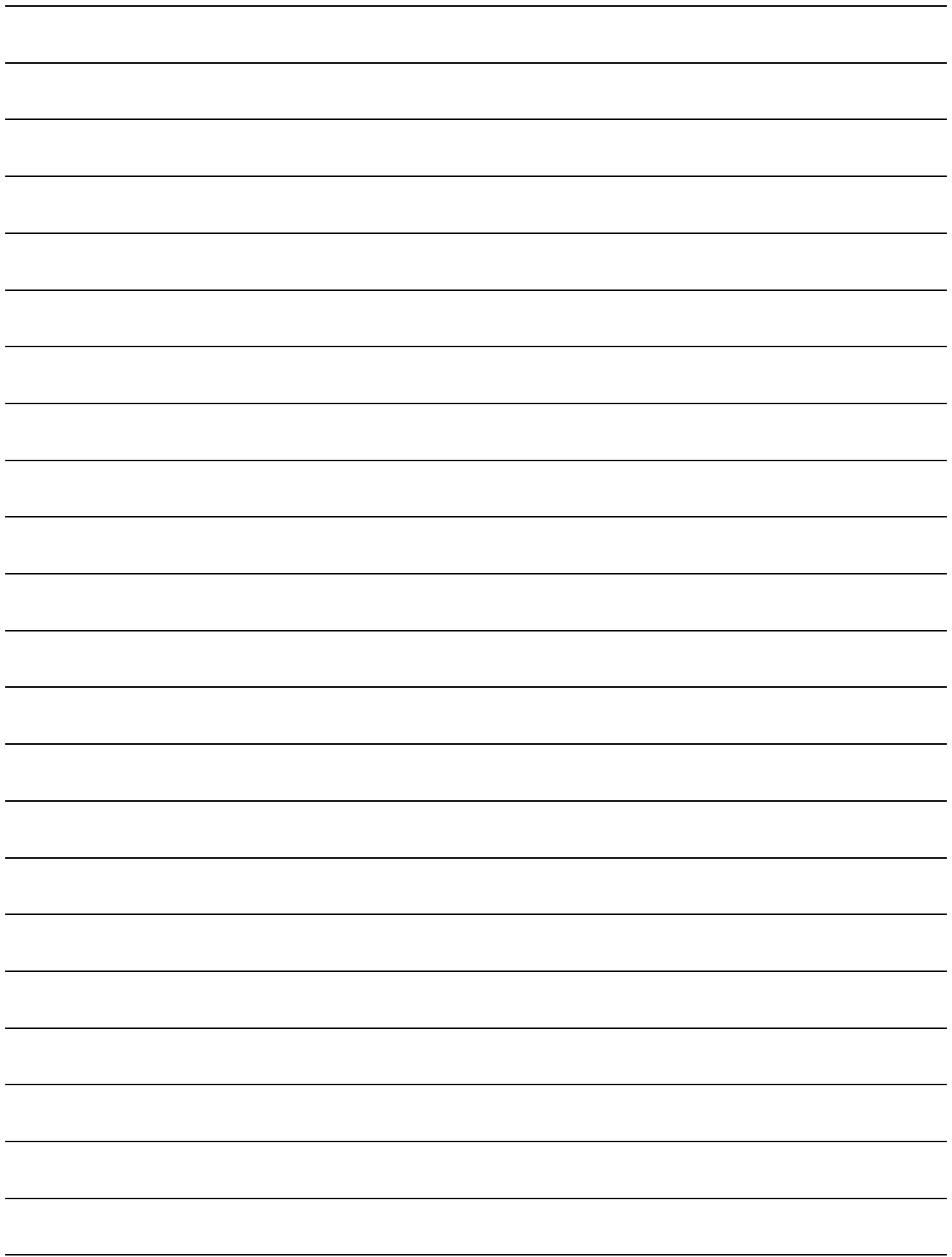


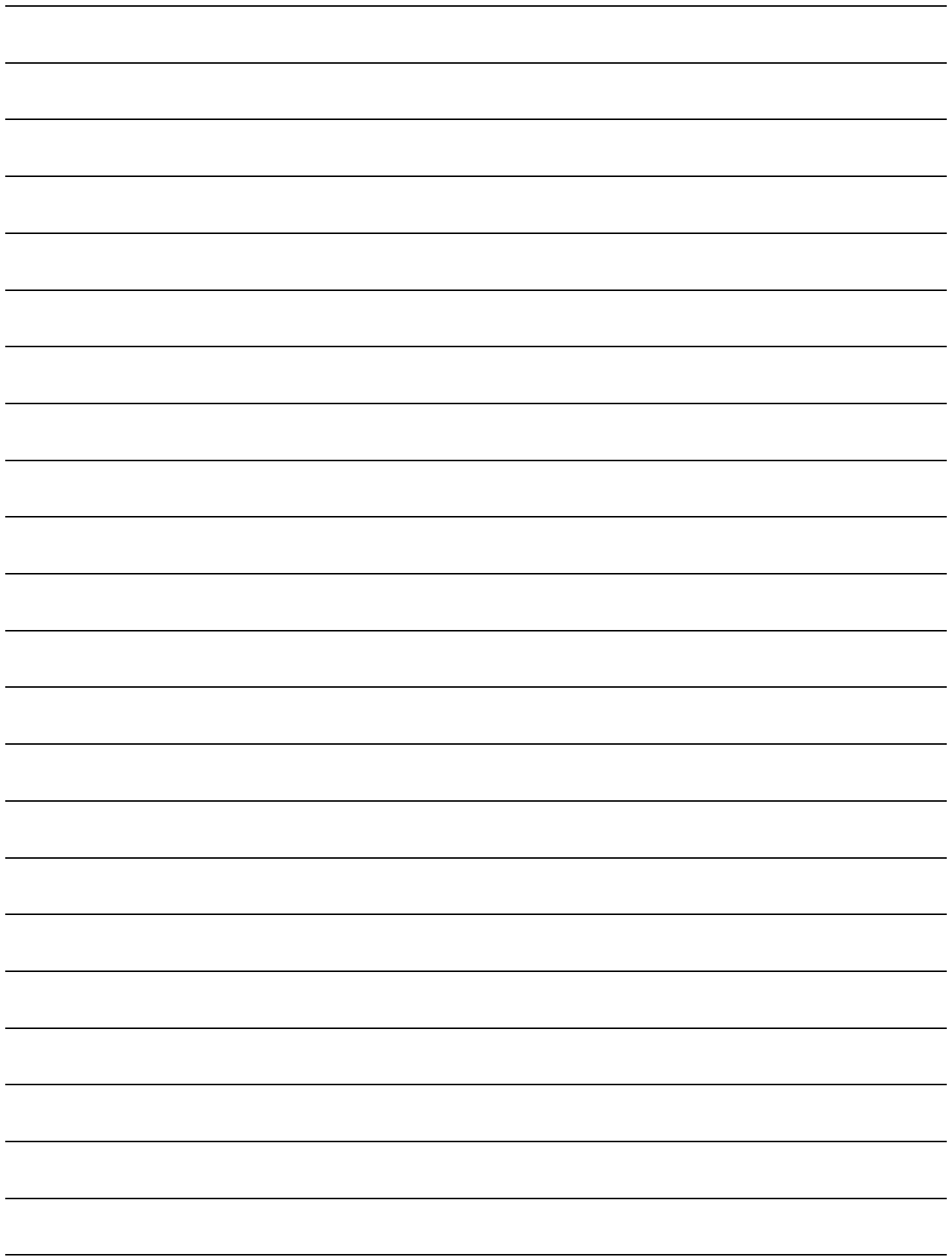
Negative Self Talk

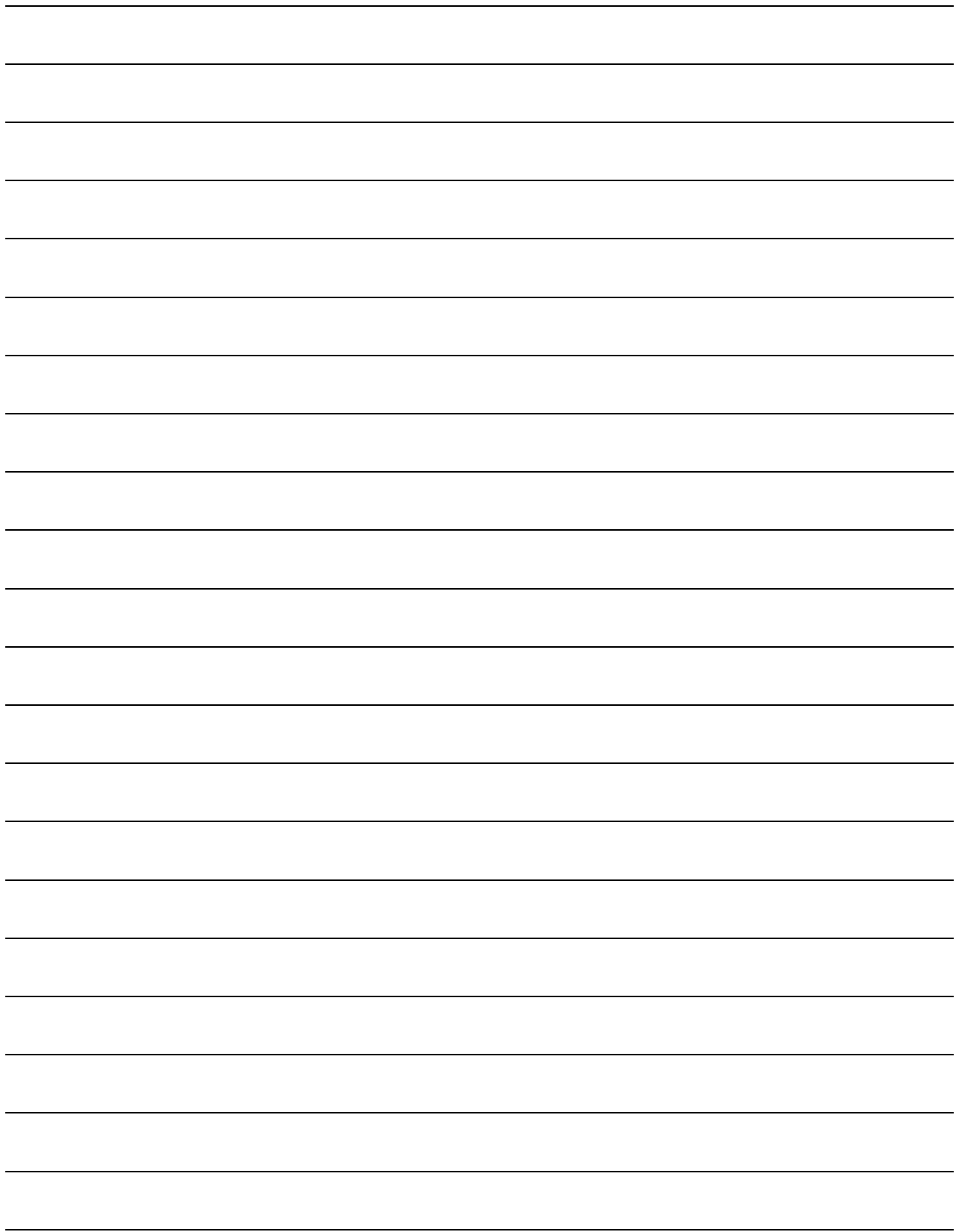
In the first column describe lines of your negative self talk. In the next column list the rewards and payoffs of this negative self talk? How does it serve you? Think, be detailed and specific. In the third column identify the beliefs and perceptions you have of yourself connected to this self talk.

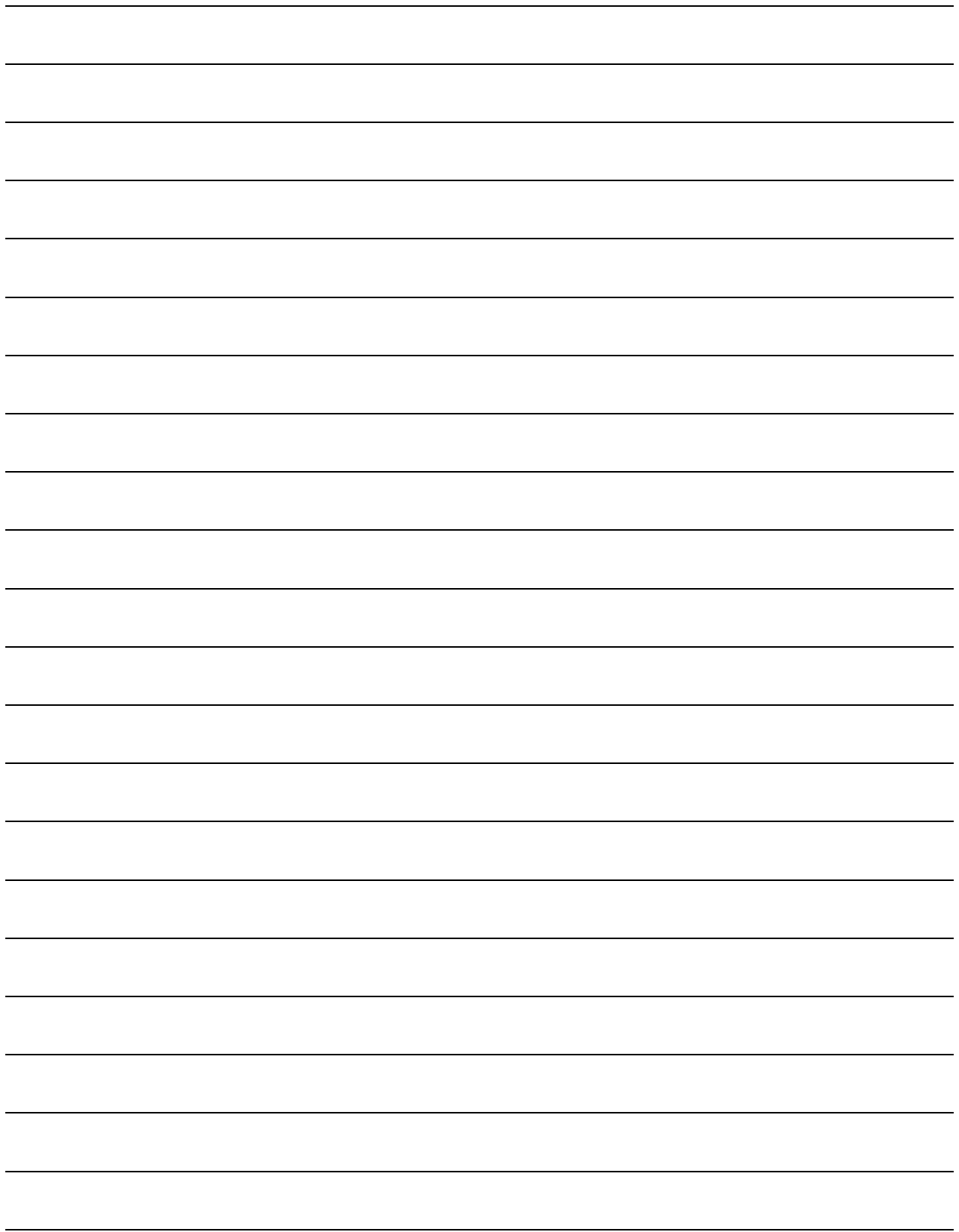
Negative Self Talk	Rewards and Payoffs	Beliefs and Perceptions	Where did this belief stem from
<p>“I will never be very successful”</p>	<p>I don't have to work hard. I have more time for fun. Reinforces my core beliefs and perceptions about myself.</p>	<p>I am incapable I am not driven I don't have what it takes, like other successful people</p>	<p>My father told me I was a loser and always will be.</p>
<p>“I can't do anything right”</p>	<p>Reinforces my core beliefs and perceptions about myself.</p>	<p>I am not capable I am not smart</p>	<p>My mother, who did everything for me, she would say I would get it wrong.</p>
<p>“I don't deserve to be happy”</p>	<p>Reinforces negative belief I have about myself. I am comfortable in this place of negativity, I know it well.</p>	<p>I am worthless I have little value I am not deserving</p>	<p>Not sure, possibly after my last break up, which would be my third in 3 years.</p>

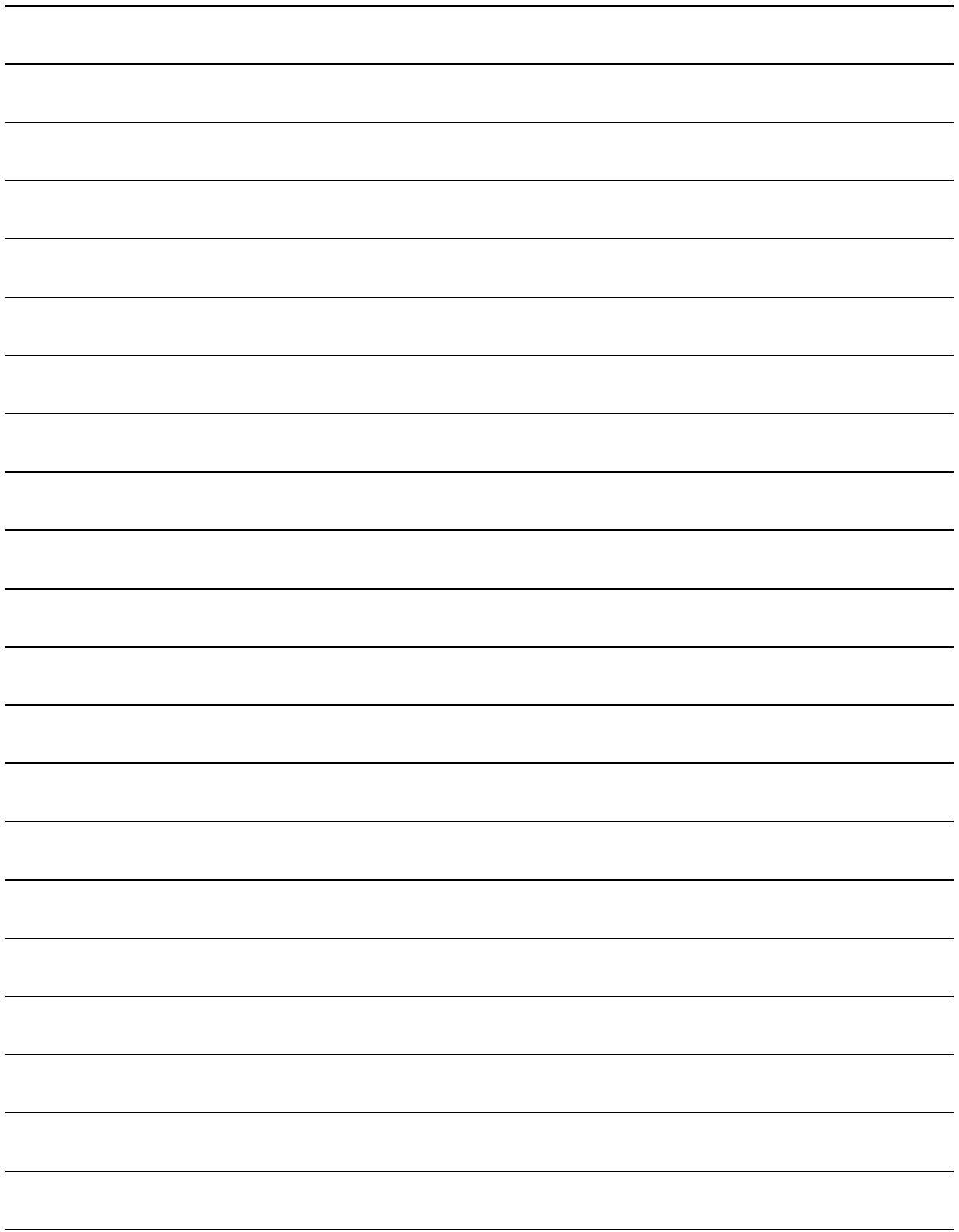


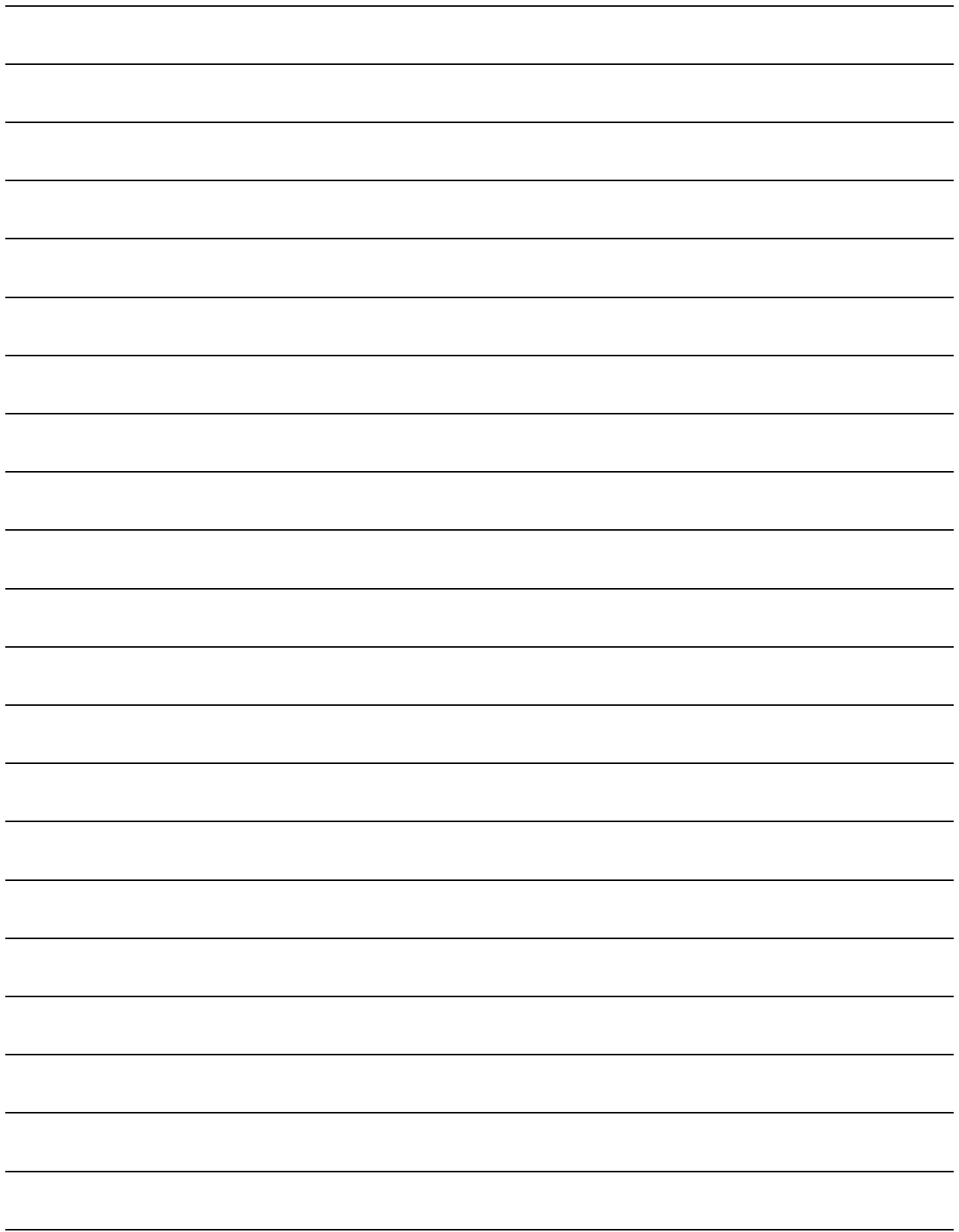


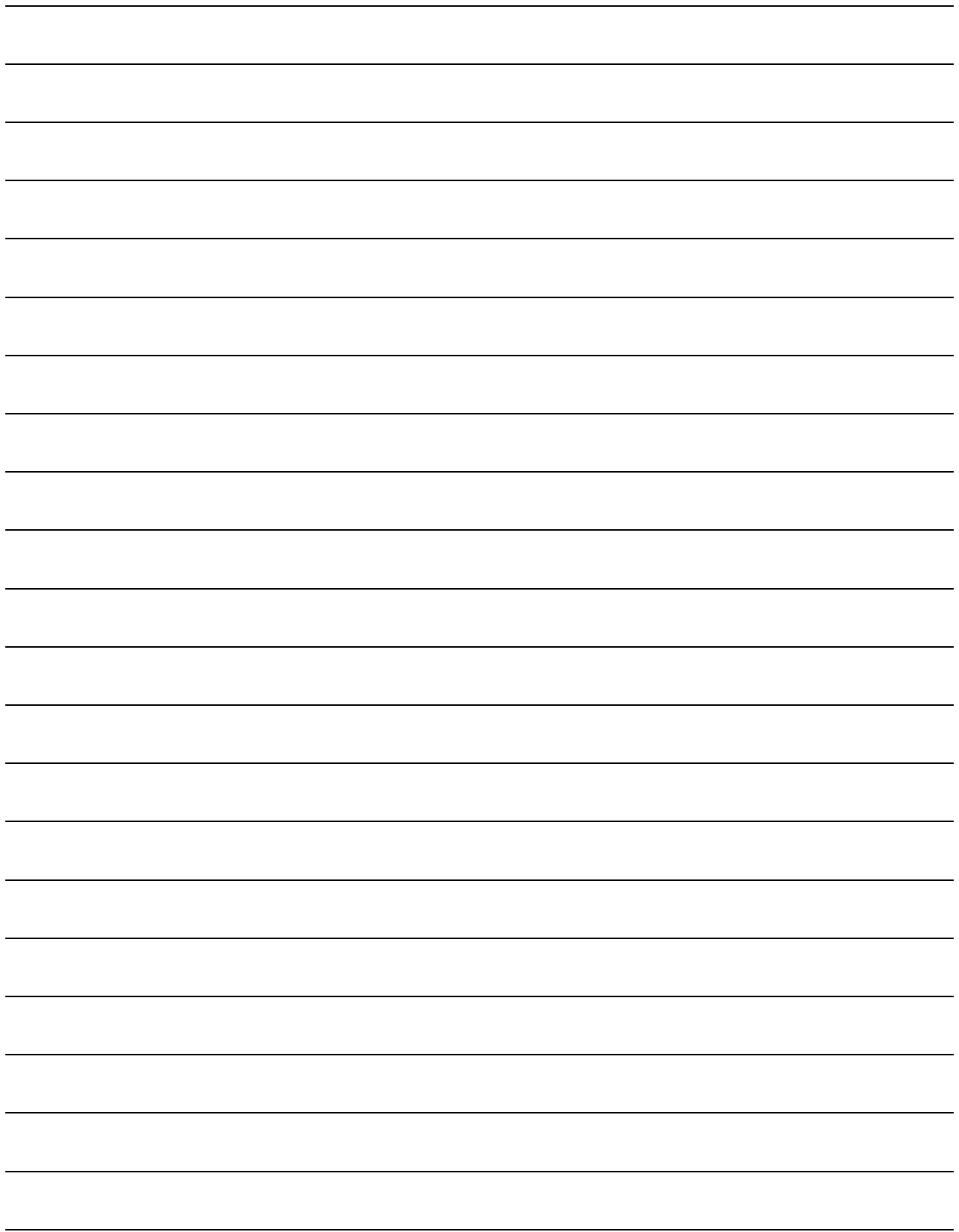


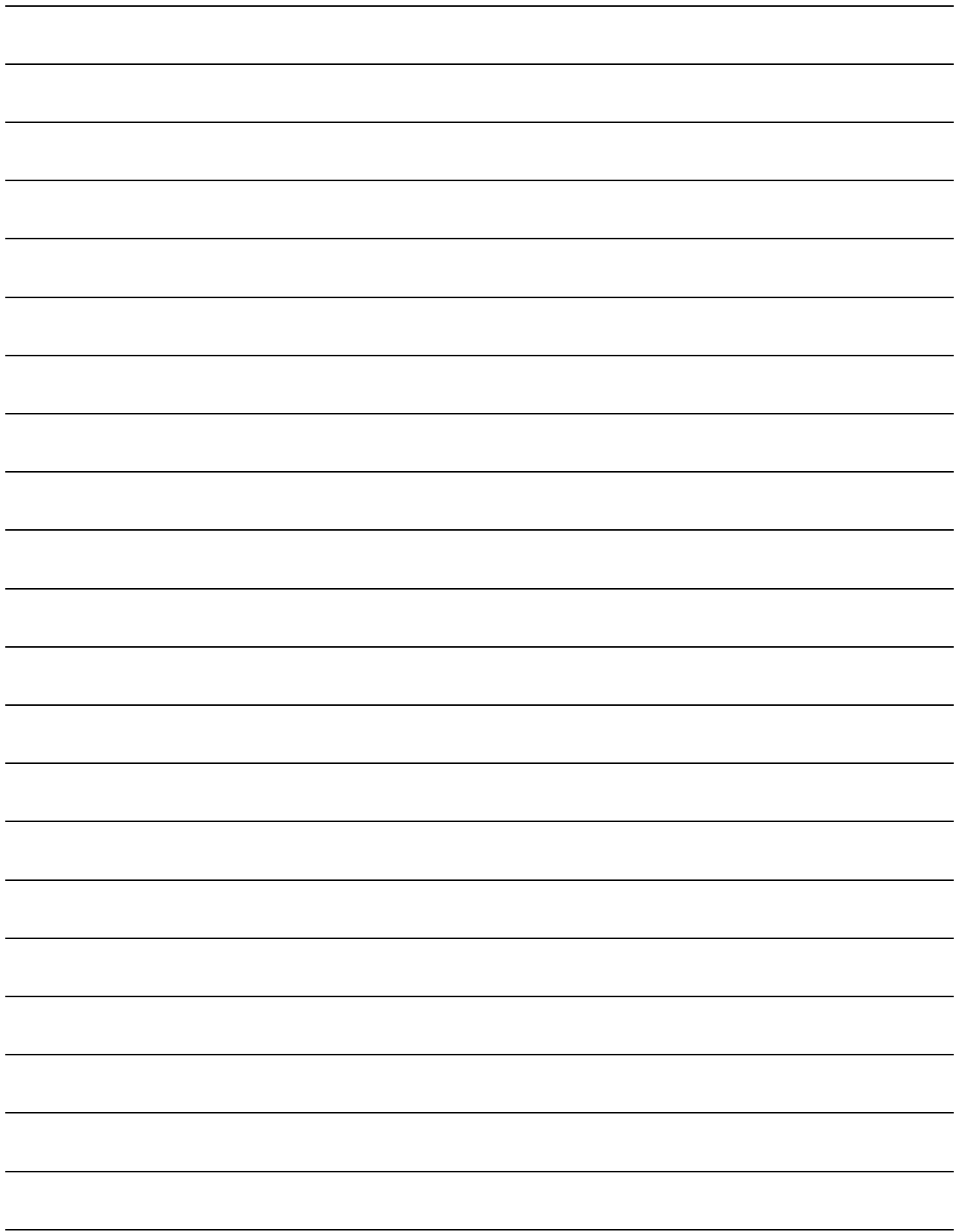


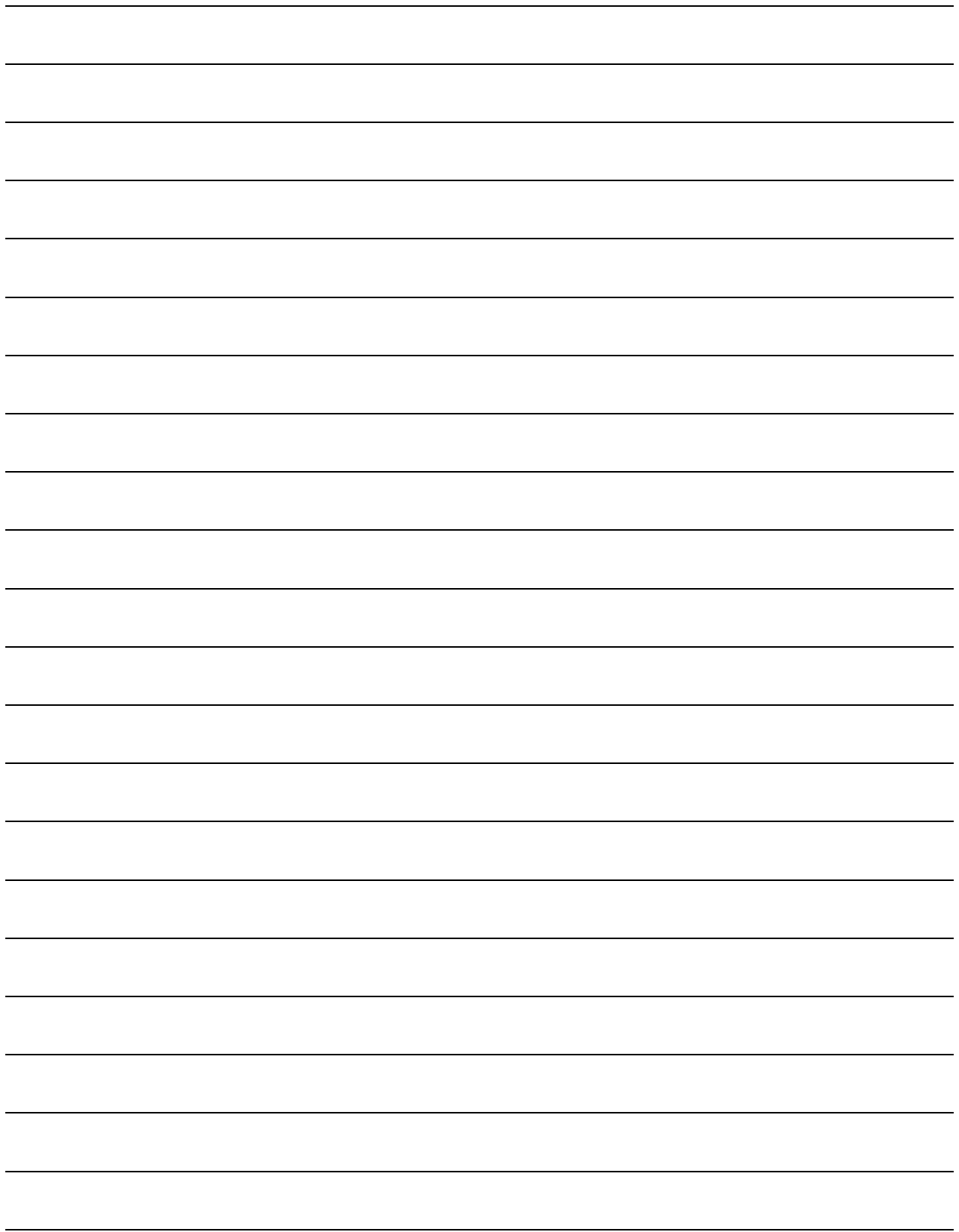


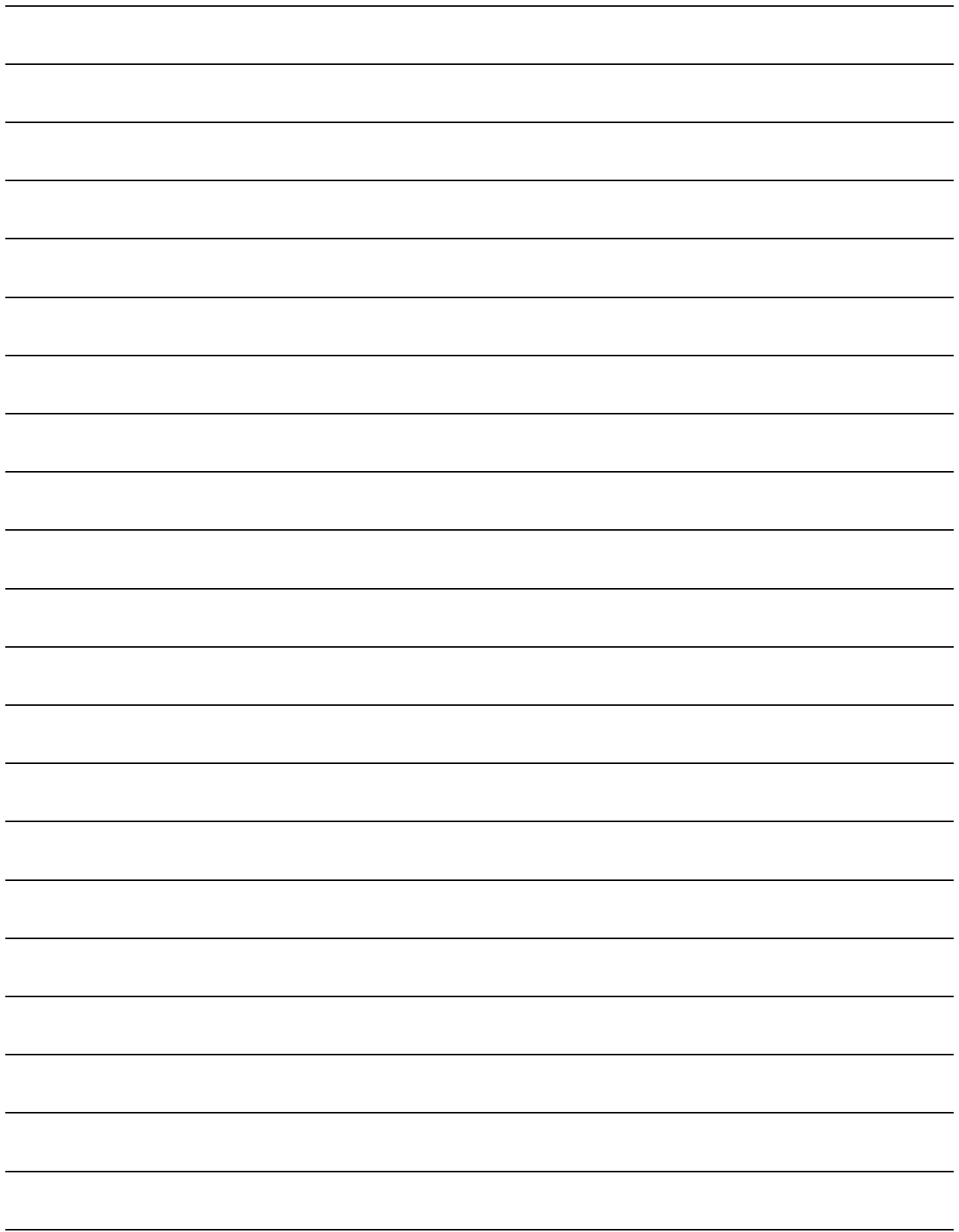


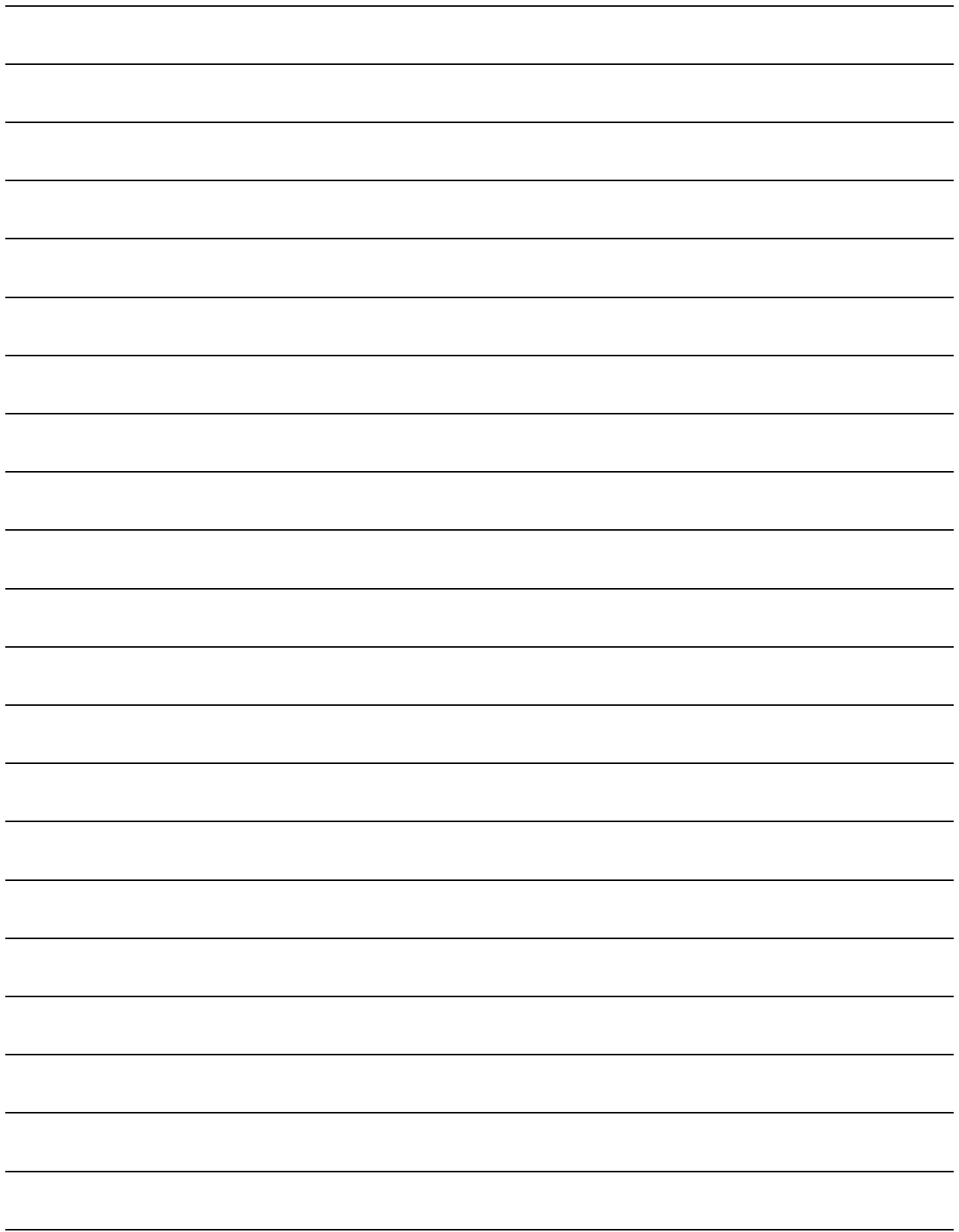


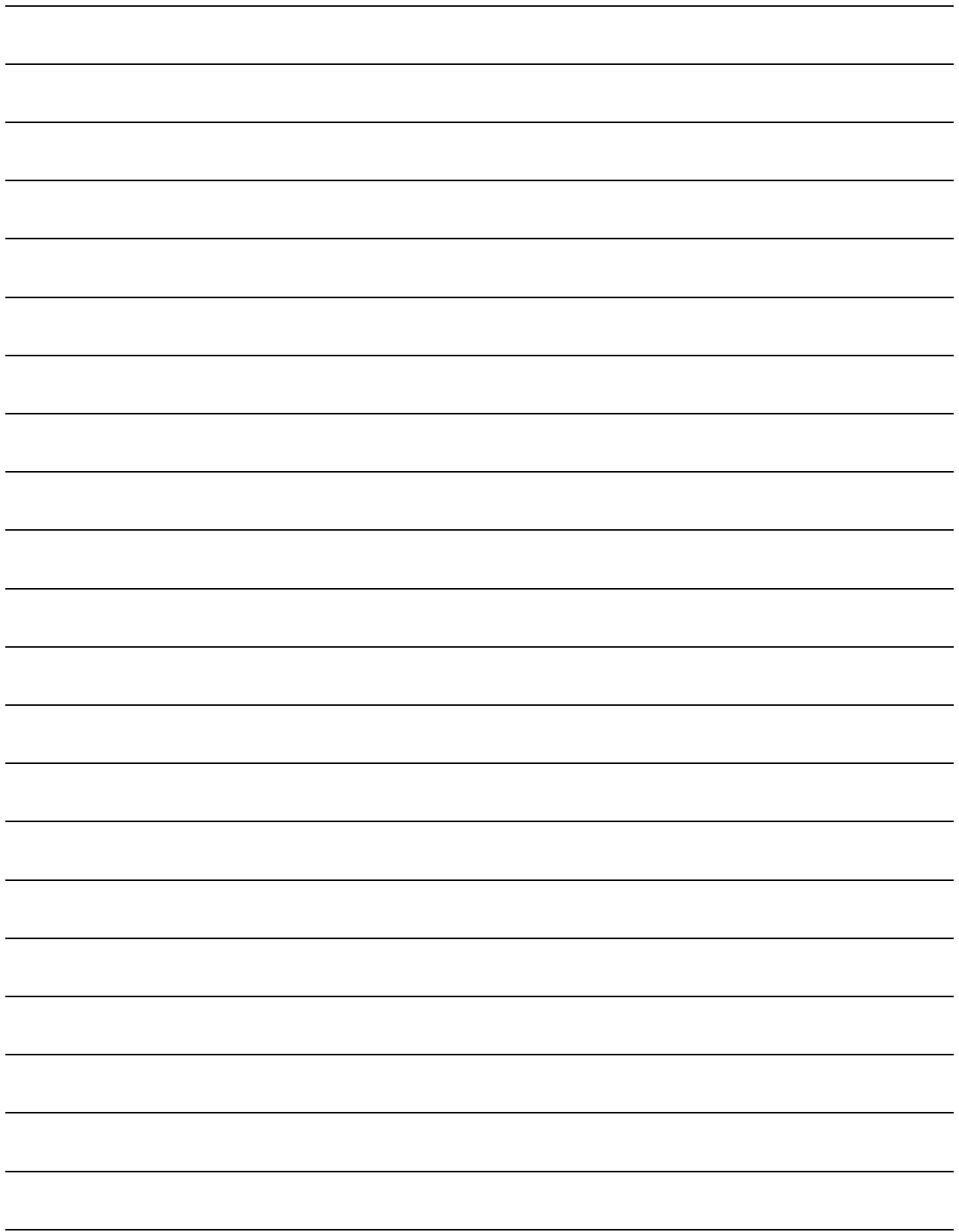


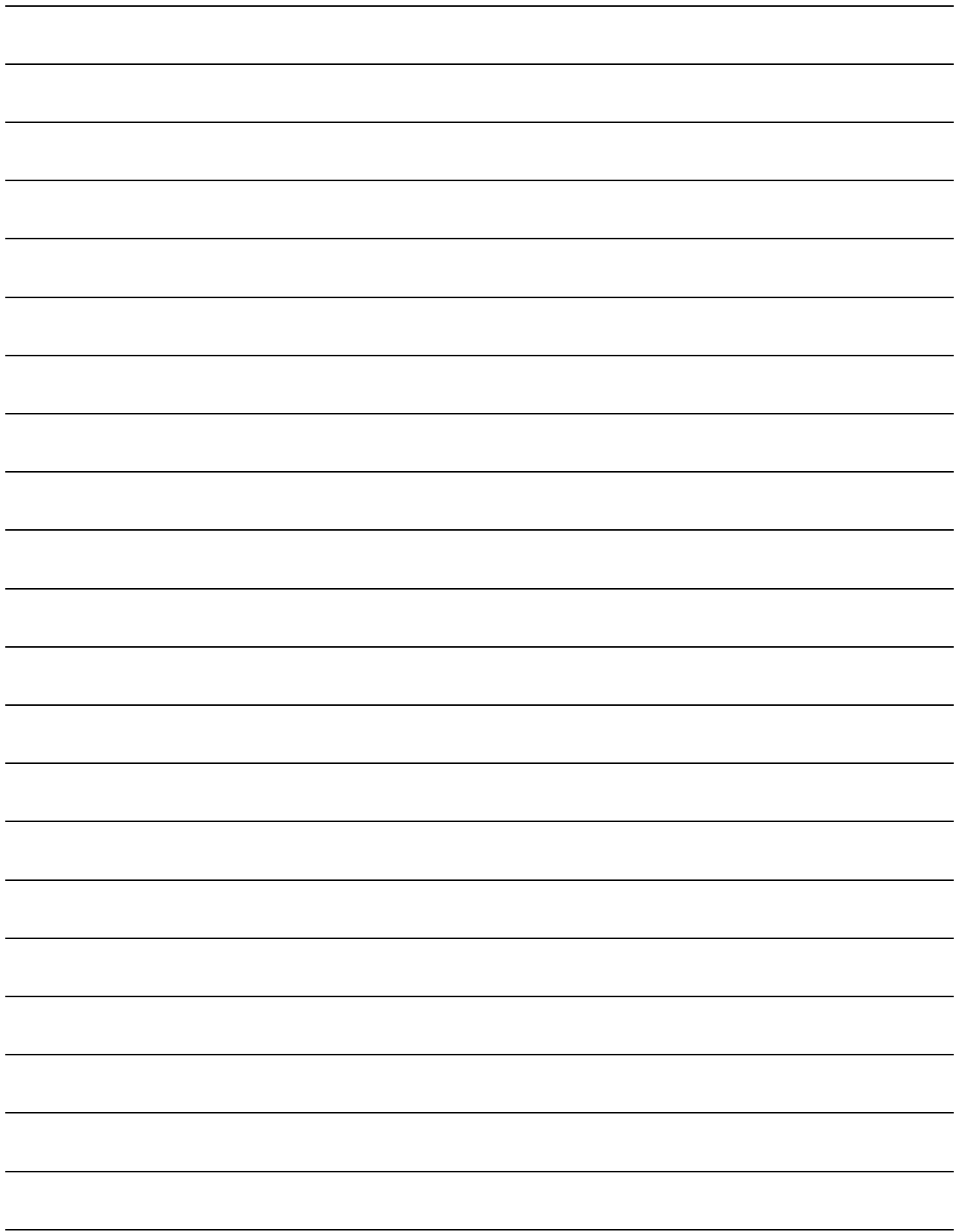


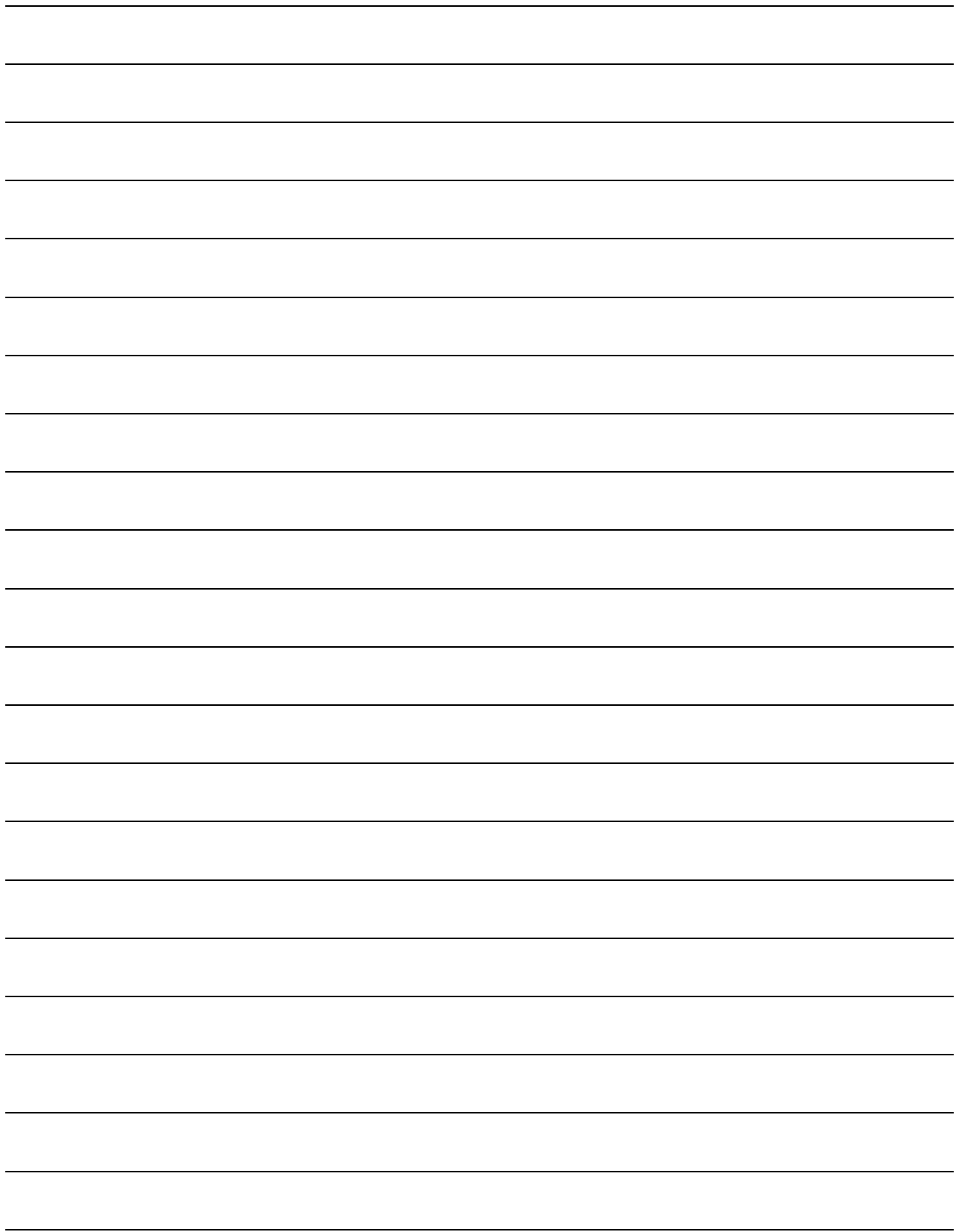




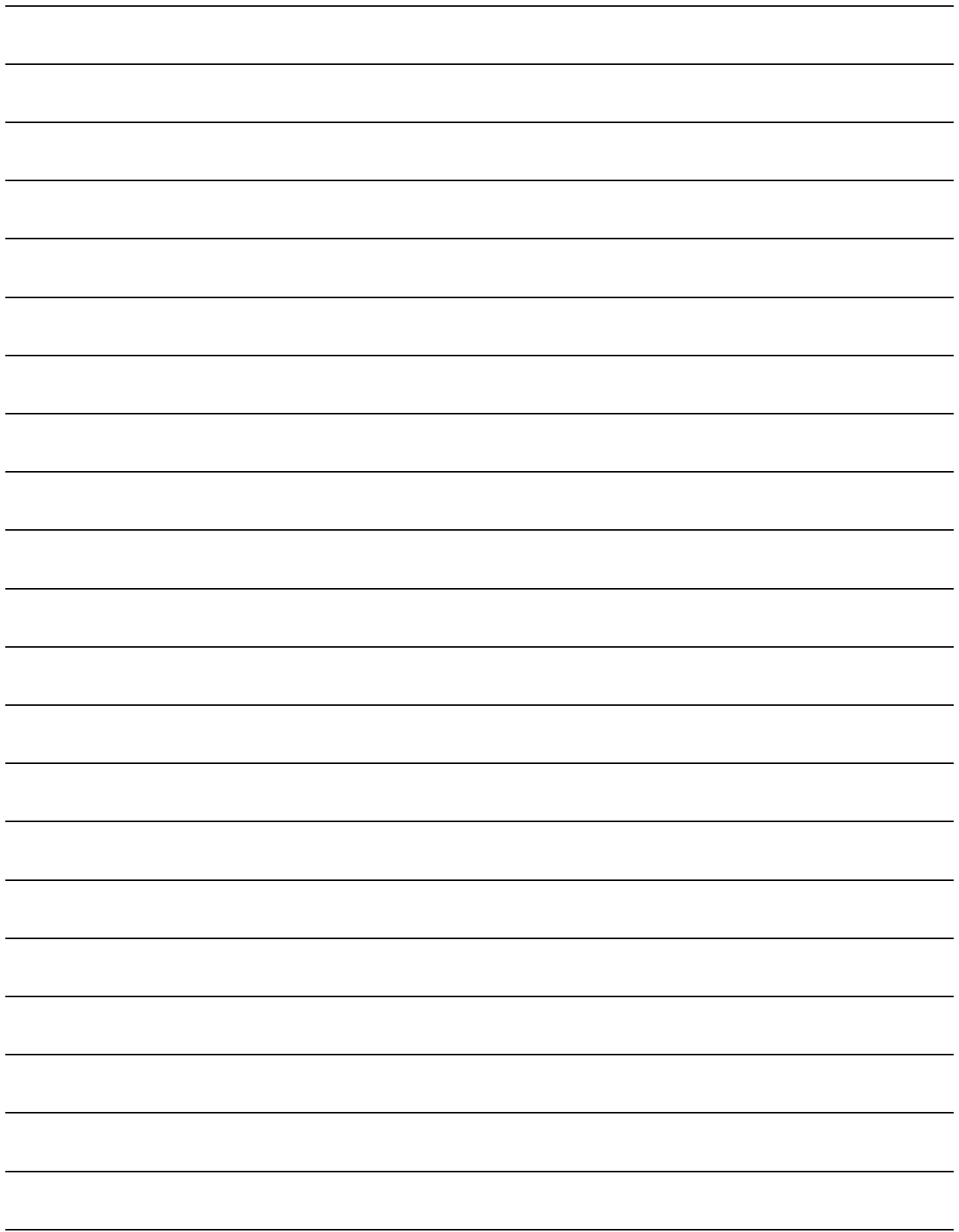


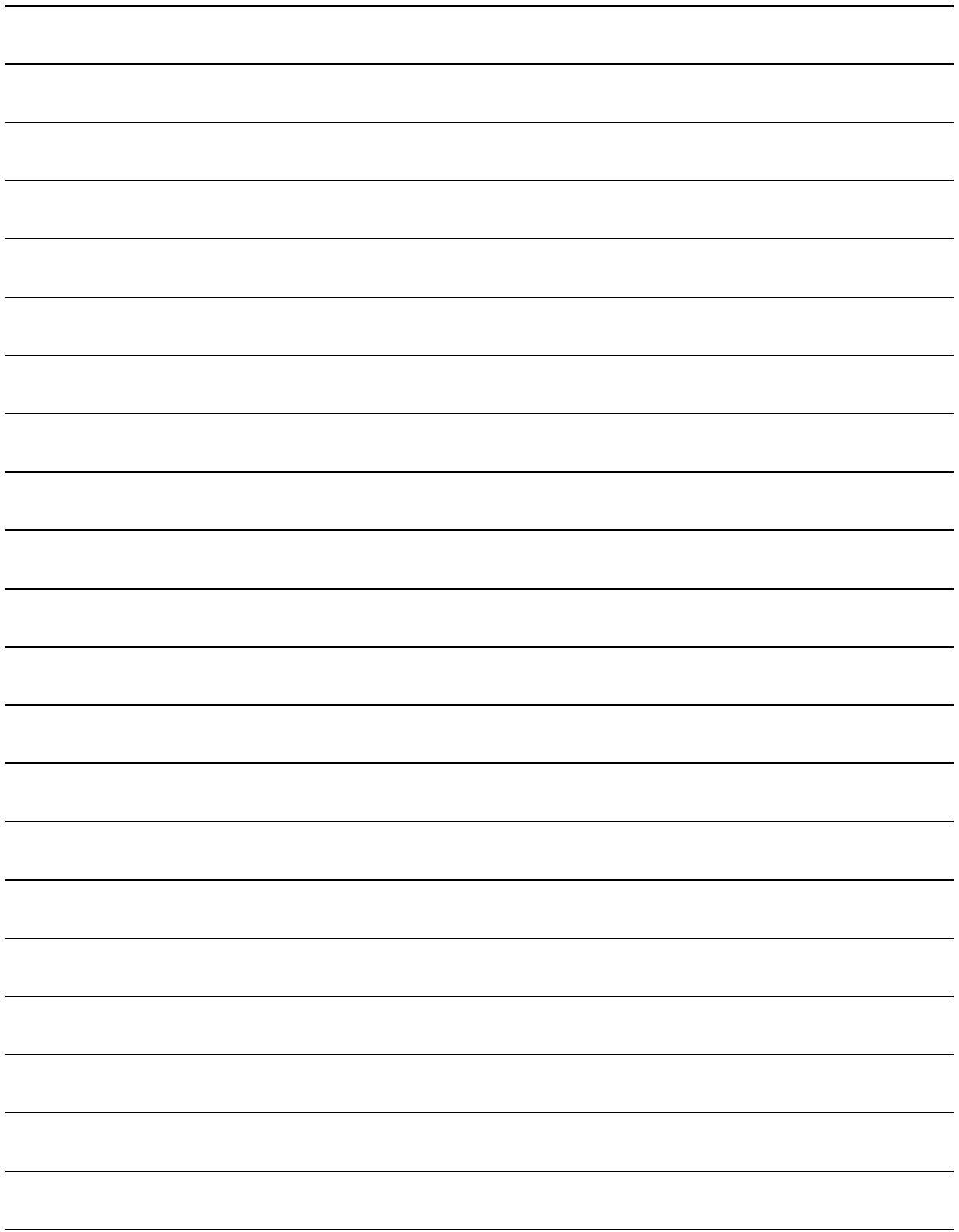


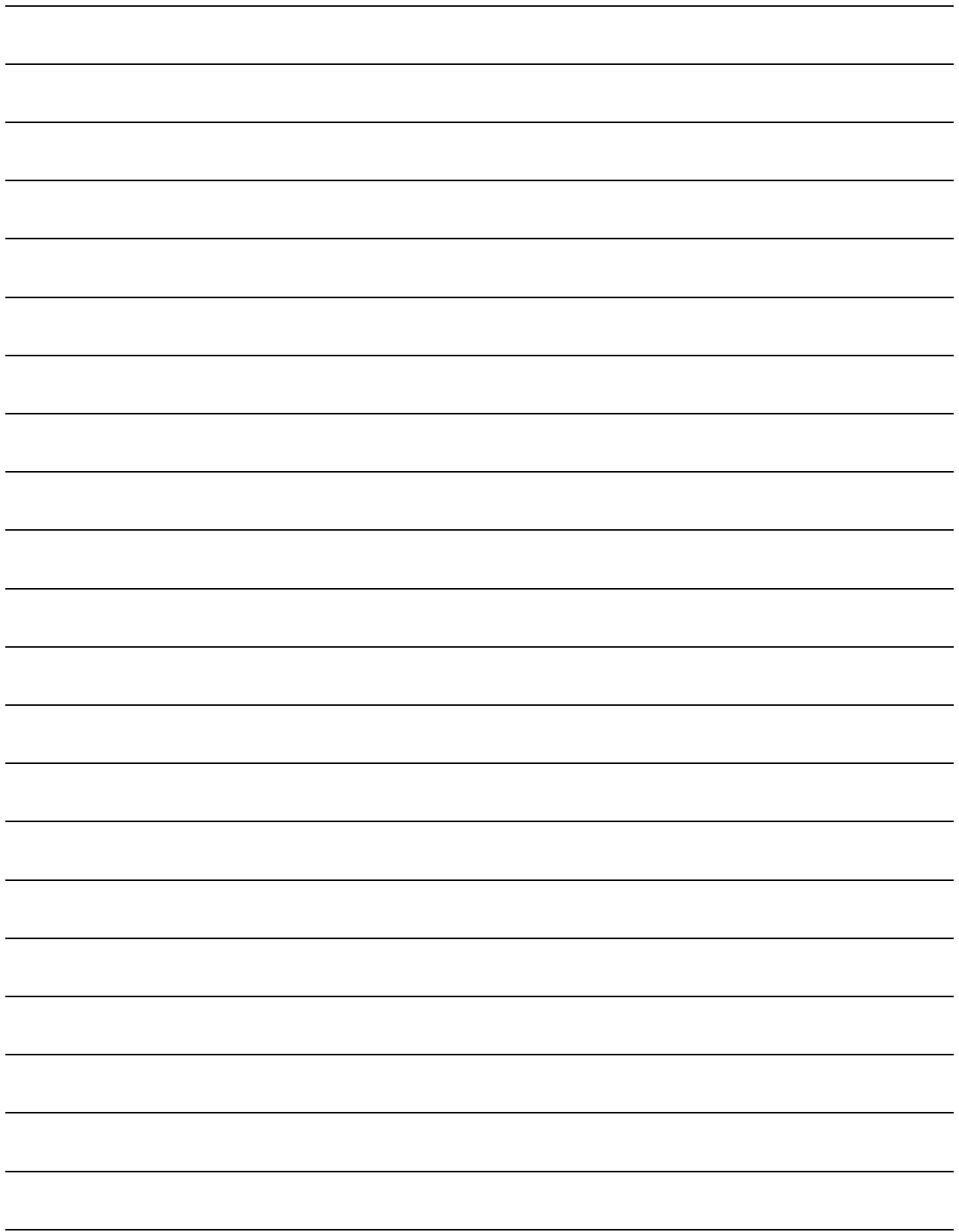


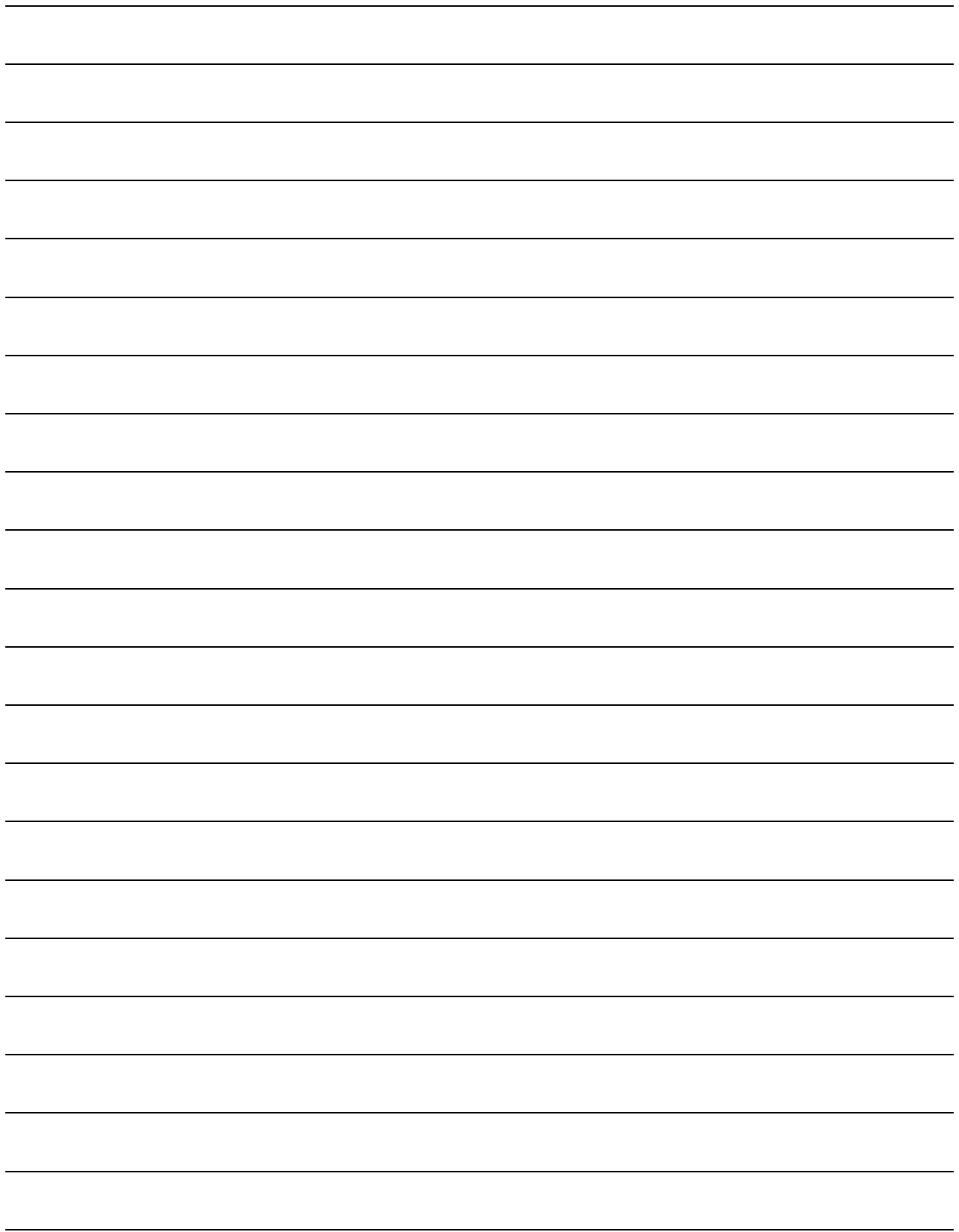


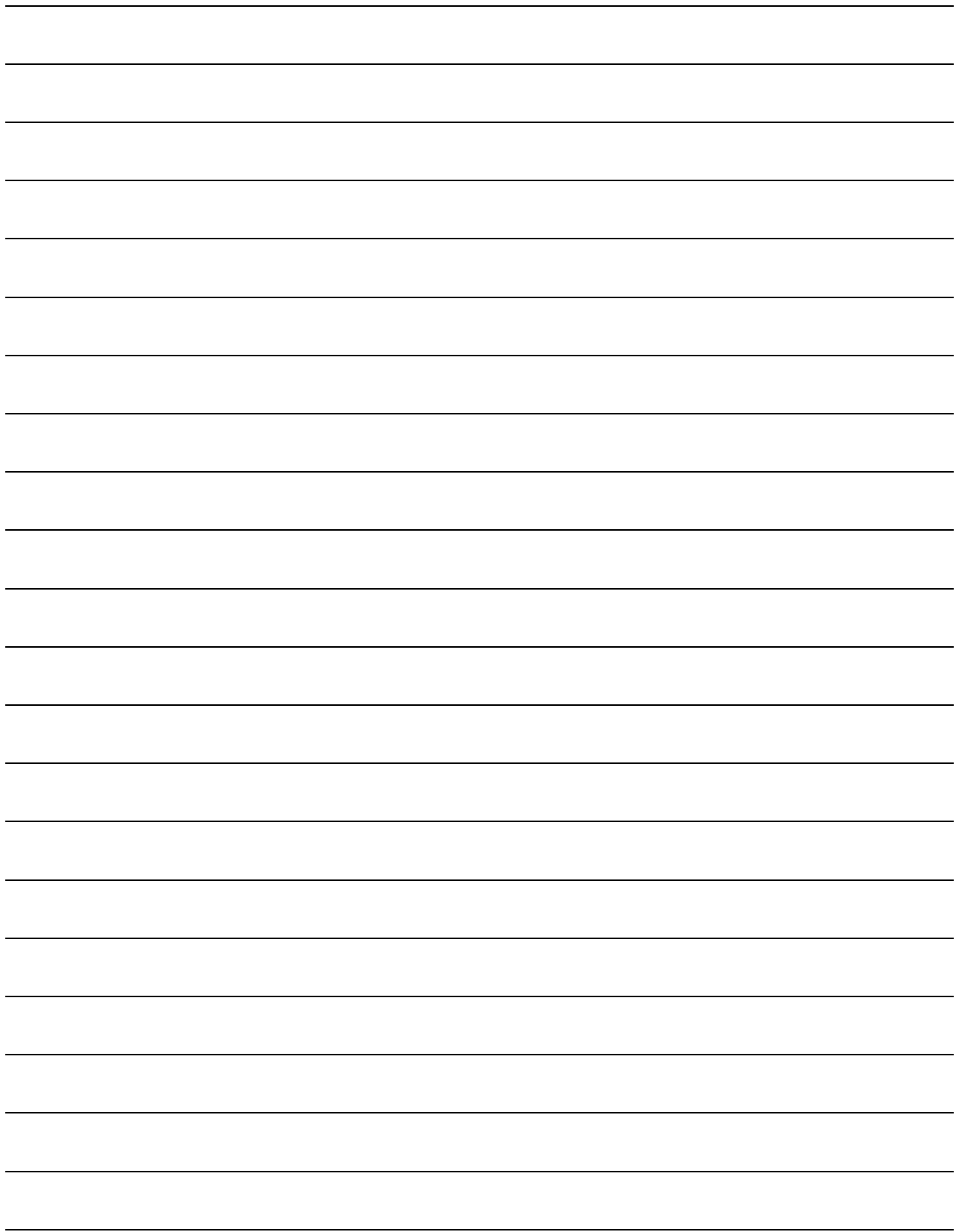
I am afraid that

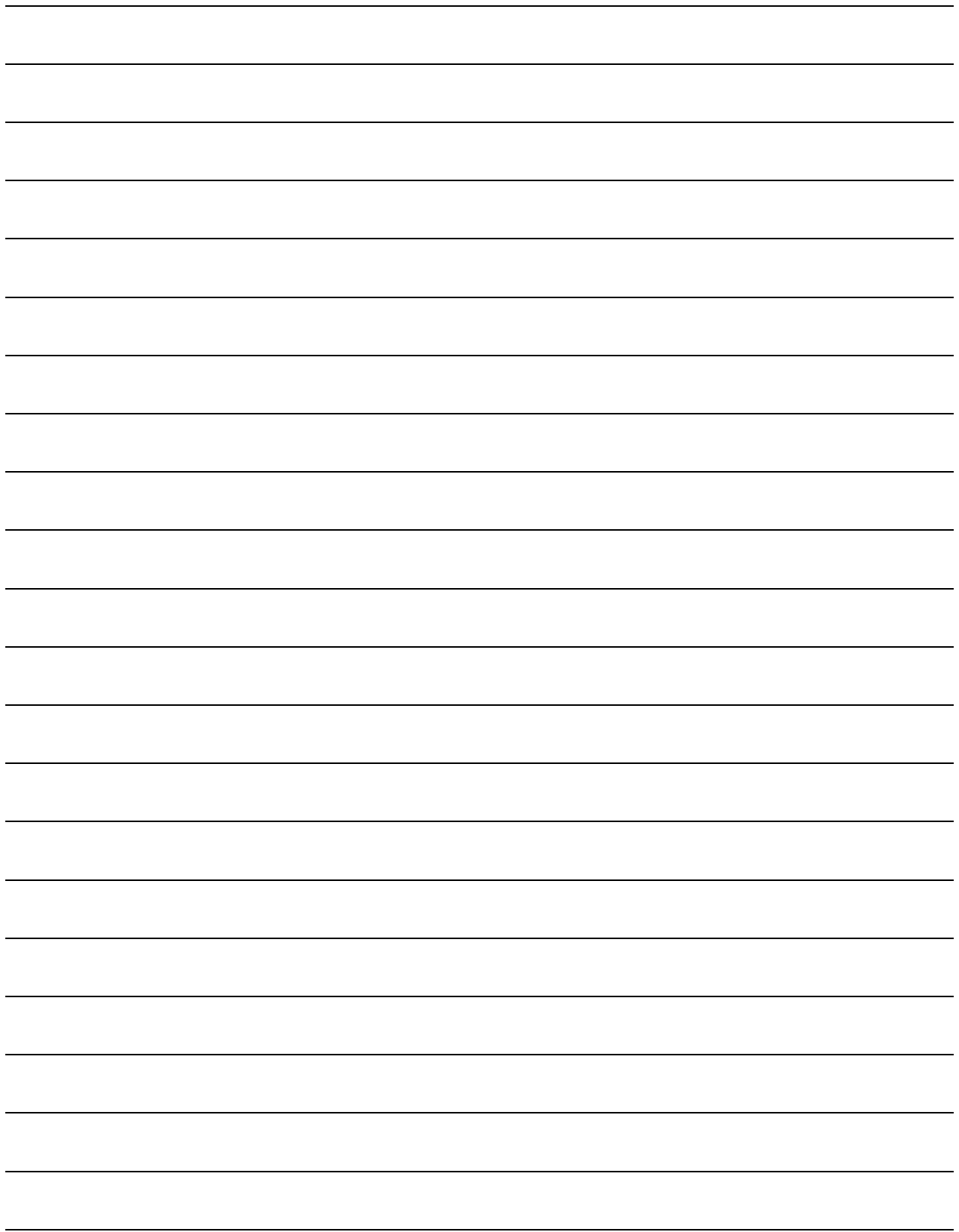


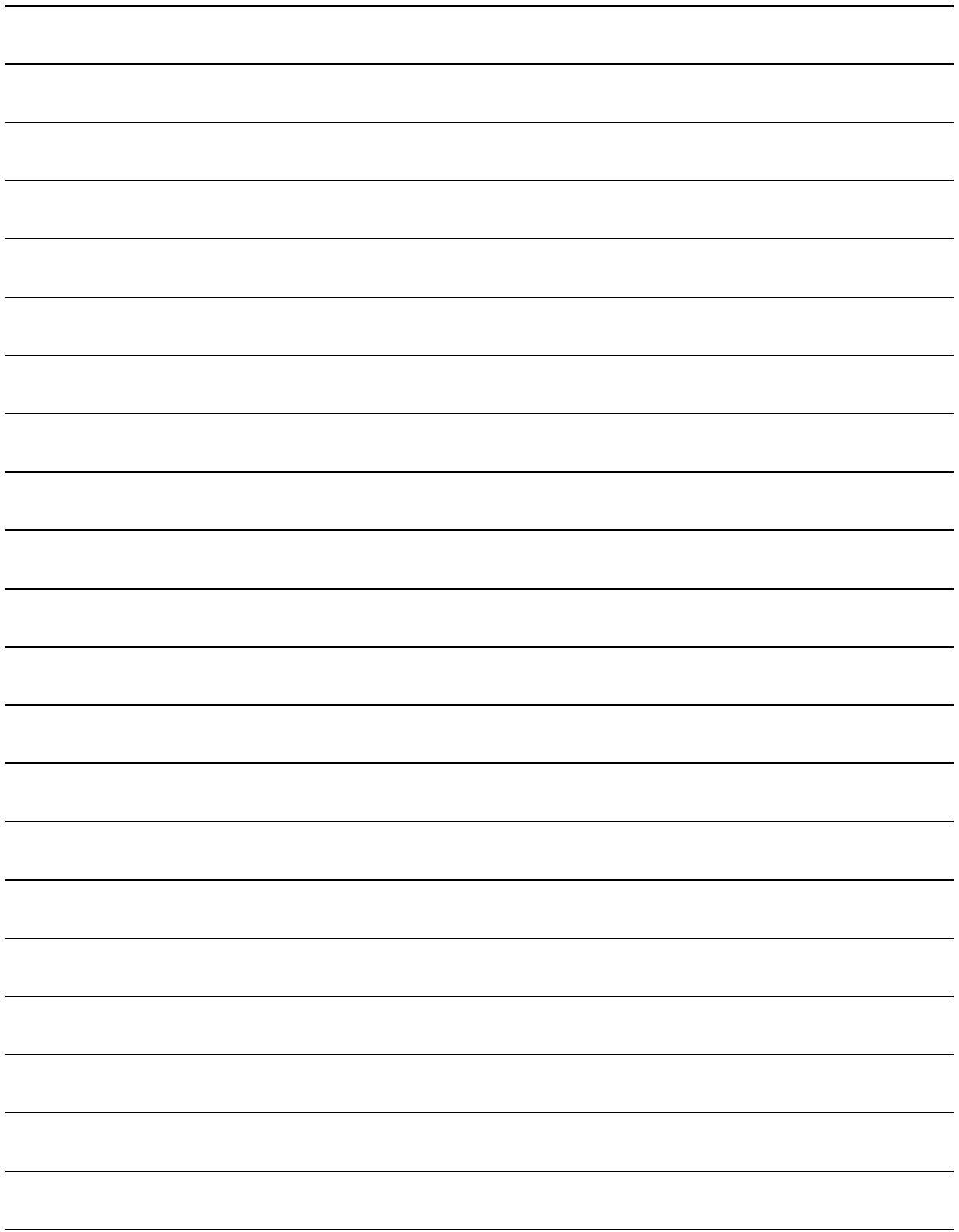


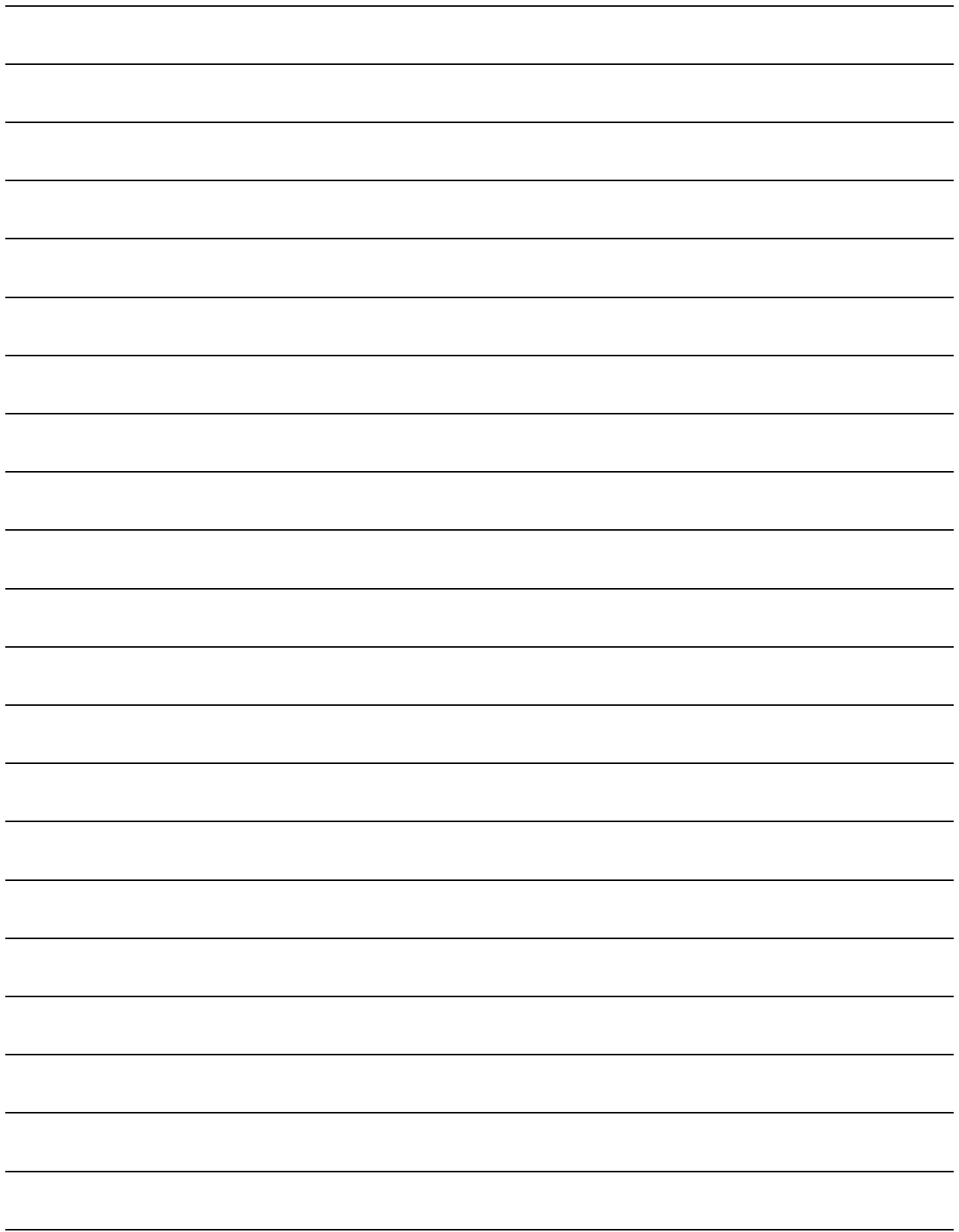


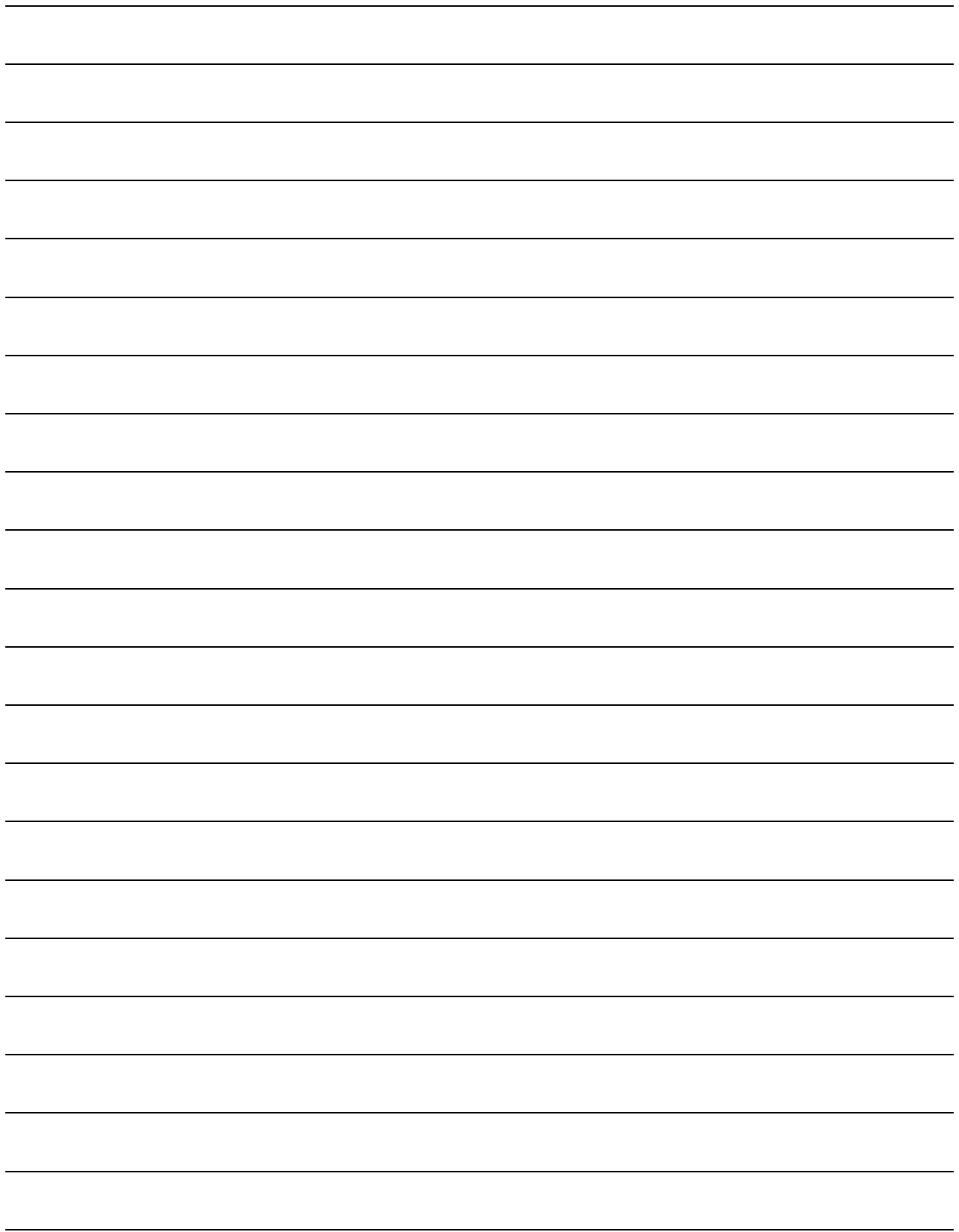


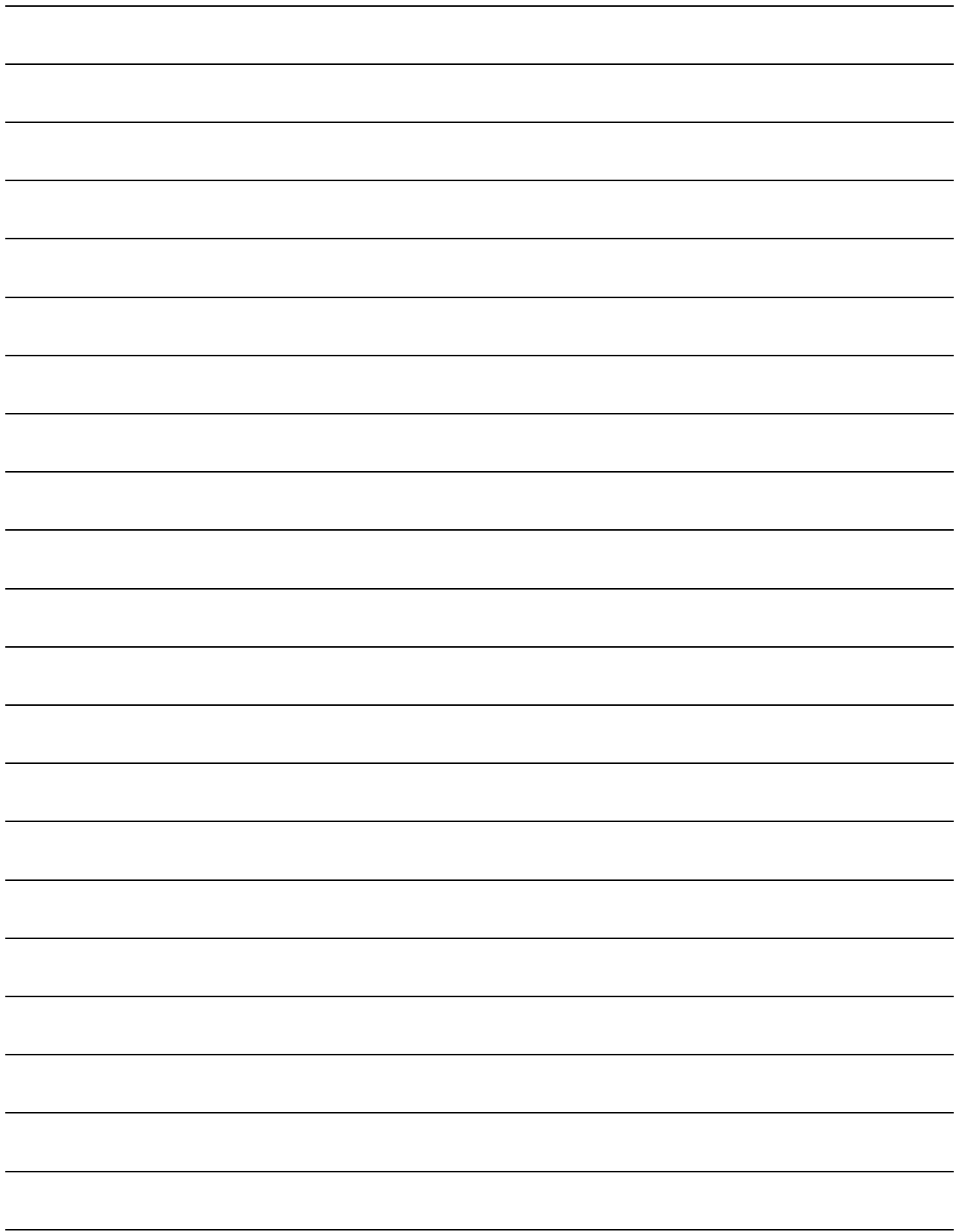


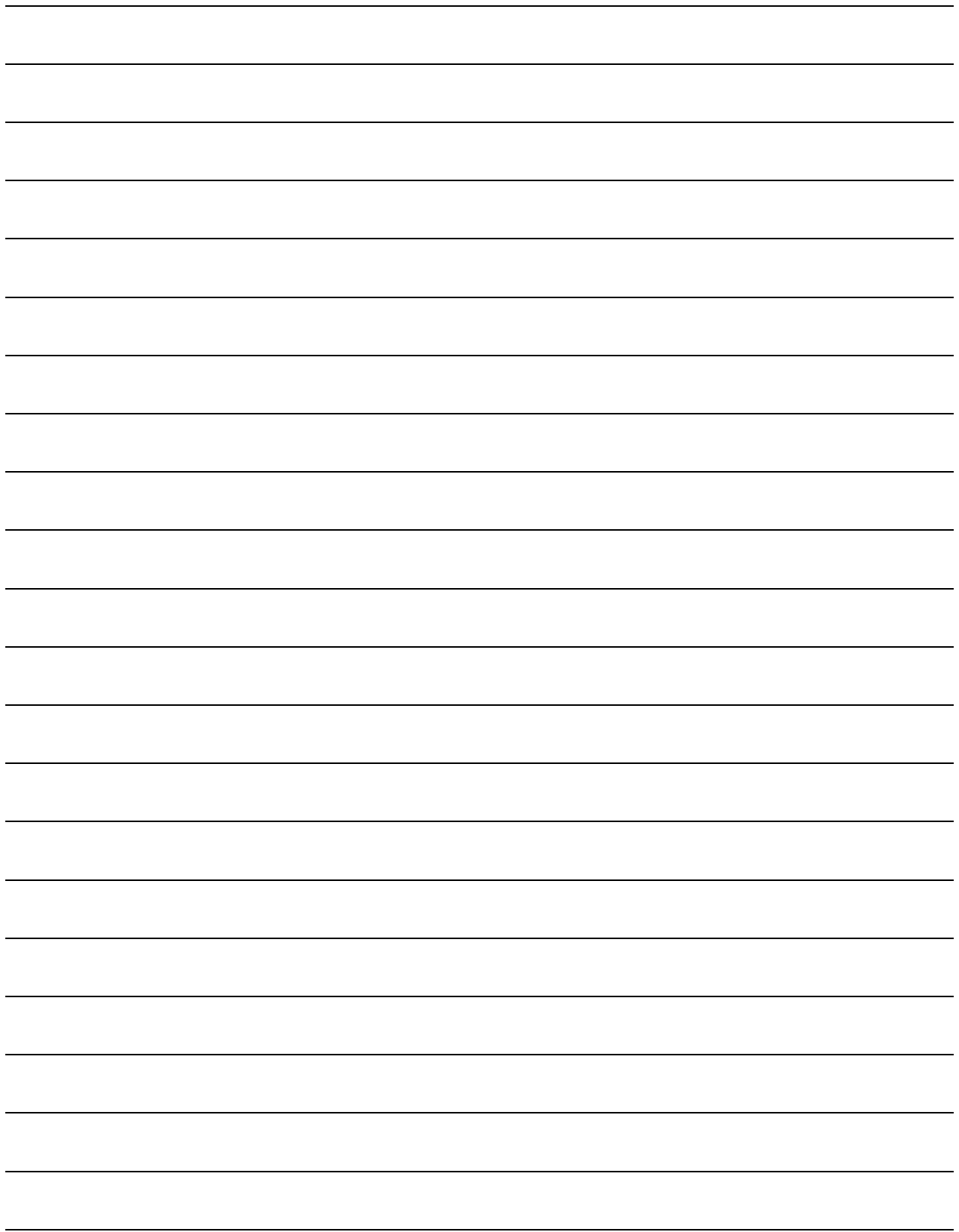


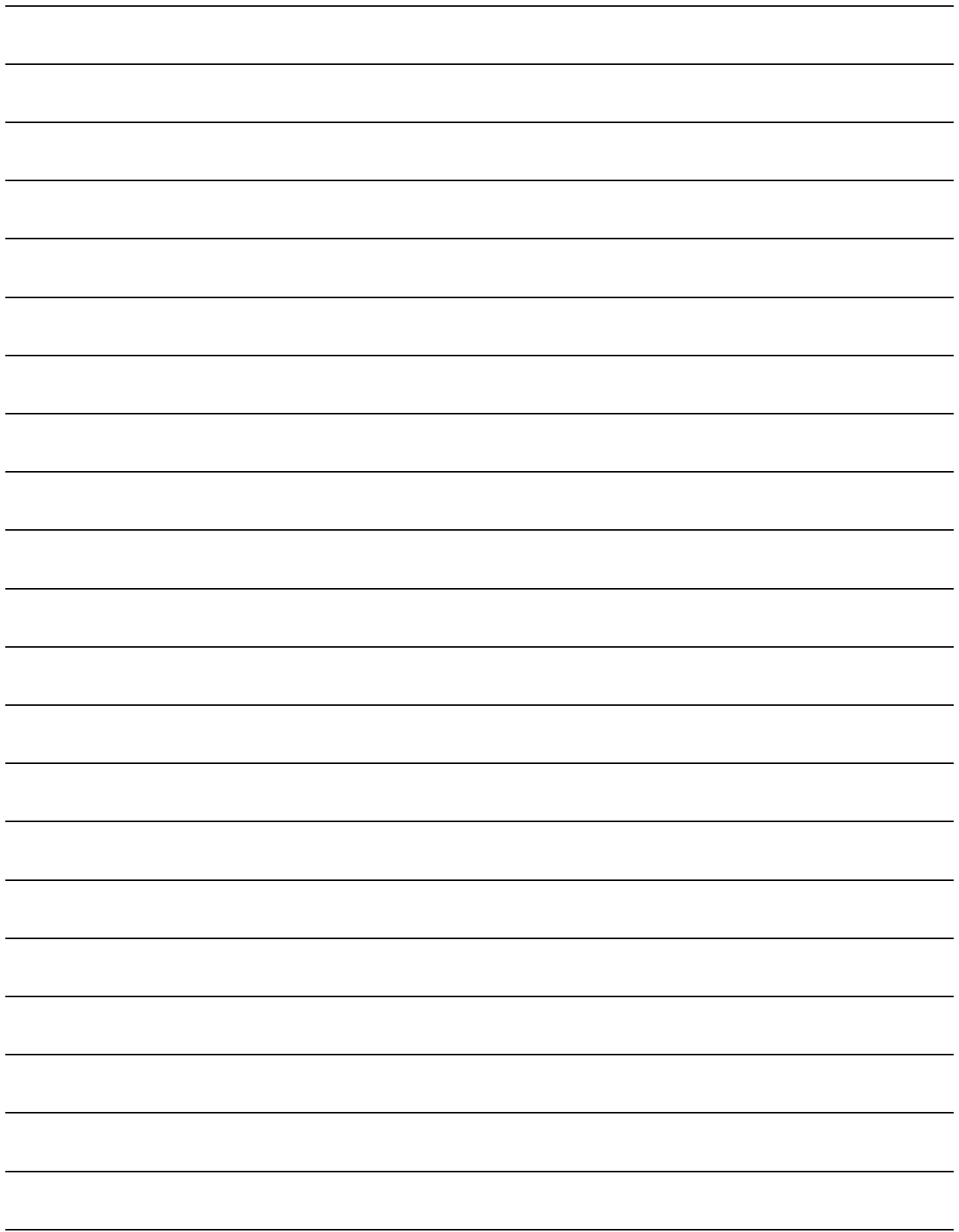












Free Journaling

Write whatever you wish.

