

Day 3

Projections •

What qualities/behaviors upset you the most in others?

How do they present these qualities/behaviors?

How does it make you feel to witness them?

Rationalizations •

What qualities do you possess that you seem to always have to make excuses for or what qualities are you most unhappy with in yourself that you hide from others?

How do these show up? (Gossip, judgements, slips of the tongue, etc.?)

How do you make them go away or numb yourself to them?

How do you feel when these qualities surface?

Triggers •

Where have you been triggered emotionally lately?

Anger, jealousy, resentment, disgust, insecurity.

Is it in a specific subject or theme?

Expanders •

Who are you most expanded by right now?

What qualities do they possess that you desire the most?