

Describe a time when you held a resentment against someone.

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Give an example of your own dishonesty in regards to manipulating or lying to a loved one.

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What fears or anxieties do you have that are getting in the way of trust?

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How have you over reacted to things?

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How have you under reacted to things?

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How has your dishonesty contributed to feeling resentments?

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What situations have caused you to feel guilty although you had no part in creating them?

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How has your behaviour contributed to feelings of guilt and shame? (isolating).

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What situations have caused you to feel angry although you had no part in creating them?

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How has your behaviour contributed to feelings of anger?

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Do you blame others and make excuses for your behaviour?

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How would you describe motivation?

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What blocks people from moving on?

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What motivates you?

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Can you name some of the key points for taking action?

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Who would you set goals with?

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