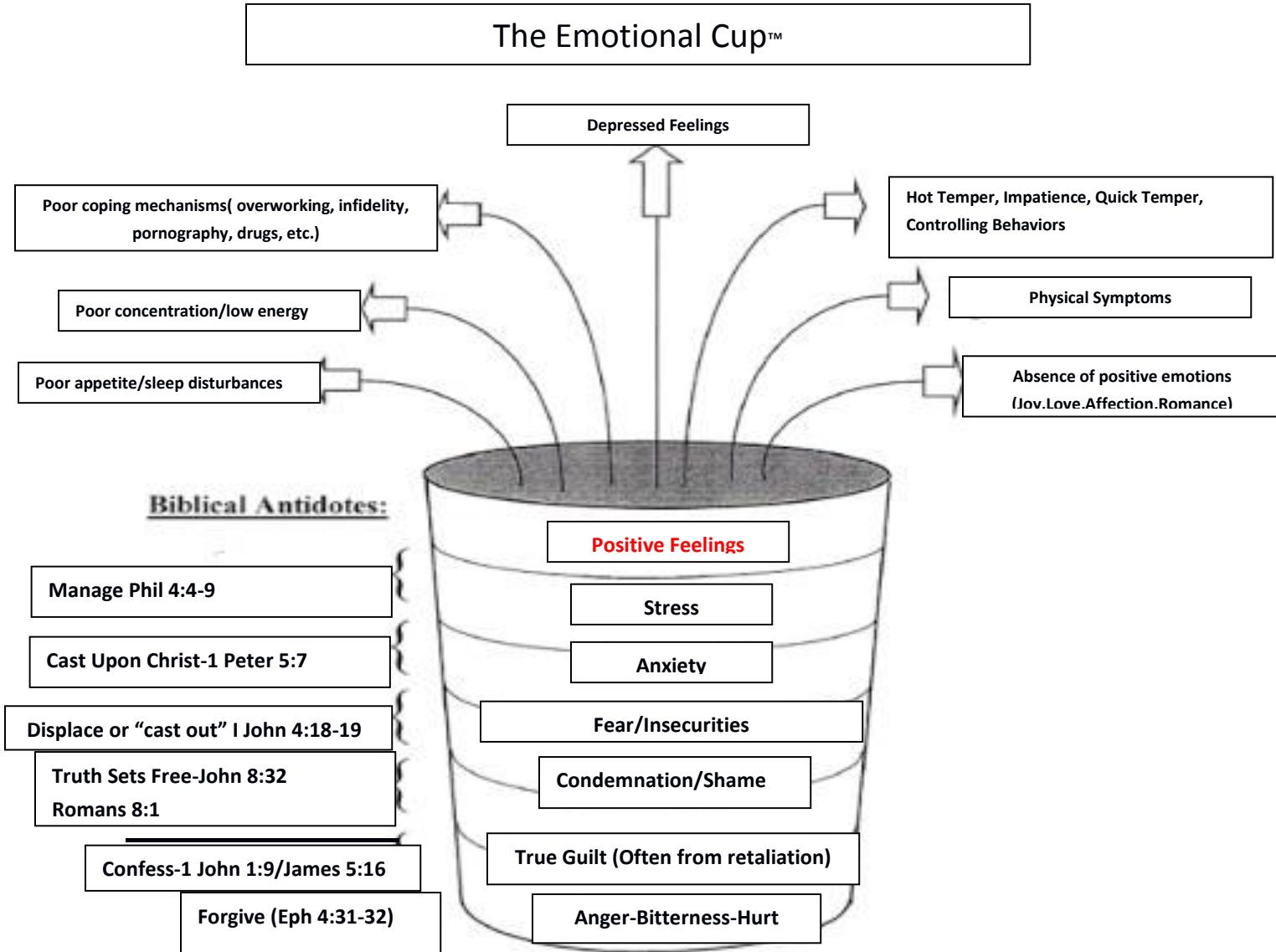


LEARNING HOW TO EMPTY OUR CUPS BY IDENTIFYING OUR NEEDS

If your "Emotional Cup" is full, you will begin to pour out negative behaviors which will flood into your relationships.



Identifying Source of Negative Feelings:

1. Hurts-Recall any situation or relationships where you felt deeply hurt with words or actions?
2. Anger-Recall anyone who you think about that causes you to avoid, reject, criticize, ignore, or otherwise retaliate against?
3. True Guilt-What have you done that would have caused hurt, rejection, pain, contempt or disrespect to someone?
4. Fear/Insecurities-What do you experience a fear of or lack confidence in doing that may have come from an unresolved childhood experience?
5. What past negative experiences still haunts you, causes stress and interferes with eating, sleeping or concentrating?