

THE PRACTICE :: FREE THE PAST

Name of person with whom you are angry: _____

Reason you are angry:

Answer The Three Questions

1. How are you being dishonest?
(See Ego Buster for some possible answers.)

2. How have you been “that girl” in the past?

3. What do you get, or get out of, by being mad?
(See Ego Buster for some possible answers.)

Action Steps

(See Ego Buster for some possible answers.)