

Messing up and Weird Habits

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Messing Up:

Try to remember occasions when you messed up and made a fool of yourself:

1. What exactly happened?

2. How did you feel afterwards?

3. How did you behave afterwards?



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Weird Habits

1. What is the most deep-set habit you have that interferes with the rest of your life?

2. What does this habit do for you?

3. What do you lose out on because of the habit?

4. What do you have to do to break the habit?



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