LOOKING AT YOUR SELF-ASSESSMENT RESULTS

Now that you have completed the self-assessments, let's spend a few minutes reviewing your scores. Look at the statements for which you scored 3, 4, 5, and 6. Record them and leave space between each statement to make notes.

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Now, consider the following questions:

Do you have memories of specific experiences or events that go with these statements?

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Do you remember how you felt then?

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How do you feel now?

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Did the statement that resonated with you make you aware of any patterns in your life? Behavioral patterns? Relationship patterns?

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Did any of the results surprise you?

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