

INVENTORY:

Please answer the following questions honestly for yourself:

a) What bothers me / annoys me about myself?

What **thoughts** bother me about myself?

What **feelings** about myself do I not want to feel?

What **actions** for myself do I not want to do / refuse to do?

b) What bothers me / annoys me about others?

What **thoughts** bother me about the other?

What **feelings** caused by the other do I not want to feel?

What **actions** of the other / for the other do I refuse to do?

c) What bothers me / annoys me about my children or other children?

What **thoughts** bother me about the children / from the children?

What **feelings** of the children / for the children do I not want to feel?

What **actions** by the children / for the children do I not want to do or refuse to do?

d) What bothers me / annoys me about my partner or ex-partners?

What **thoughts** bother me about my partner / from my partner?

What **feelings** of my partner / for my partner do I not want to feel?

What **actions** by my partner / for my partner do I not want to do?

e) What bothers me / annoys me about my father / about my mother?

What **thoughts** bother me about my father / about my mother?

What **feelings** of my father / of my mother do I not want to feel?

What **actions** of my father / mother do I object to?

What **actions** for my father / mother do I not want to do?