

Recognize worksheet

Language use:

I may have a hard time no longer saying 'my' abuse and 'my' perpetrator because I believe _____
_____ and the abuse and perpetrator are _____
_____. But if I make a commitment to change my language to
reflect that I don't have ownership of the abuse then I can create space to _____
_____. I (*am, am not willing*) to make that commitment because I
don't want to have to _____.

How I relate:

- Fear of trust
- Fear of intimacy
- Shame
- Believing I have no value
- Unbalanced needs
- Self-focus

I have a tendency to relate out of _____ and _____.

I relate out of these 2 issues because I want to make sure others _____
_____. I also don't want to _____
_____. If I relate out of unbalanced needs then I don't have to be responsible
for how I _____. To push myself to no longer
relate out of _____ means I would have to stop
_____ and begin to _____.

_____. My biggest obstacle in shifting how I relate is my belief that _____
_____.