

Characteristic 2B: De-Debtment Questions

Illustrate the negative outcome of this process by writing the appropriate four lines of text below the question.

“You don’t realize how much you’re stressed.
That’s nothing compared to what I’m going
through right now.
Don’t worry about that, concentrate on your strengths
“You know,” said she, “that didn’t even occur
to me.”
She stopped there, looking at him.
And suddenly something registered differently.
“You don’t understand that I’m always stressed.
I’m like a bomb, that’s how I feel.
My stress just continues to grow.
And no one seems to notice my stress.
People always expect you to be happy.
They have their own, selfless life issues.”

What is the negative aspect outcome of this process? _____

What type of “stressor” is _____?

Show three low and high risk affirmations. How can we group the low-risk affirmations? What are three of these affirmations? _____

What’s the negative result when caused to do the following low- and moderate risk affirmations?
“You know,” said she, “that I’m always stressed
to me.”
She stopped there, looking at him.
“You don’t understand that I’m always stressed.”

What seems to be the high affirmation? _____

What is the lowest or the type of stress? _____

Comments: _____

What shows the negative outcome of this negativity? _____

Why is this problematic? _____

What did you expect to be different? _____

How would you communicate this? _____
