

GENESIS PROCESS - ROAD TO THE WOUND WORKSHEET

Instructions: Remember a situation in which you under-reacted or overreacted. The more recent the better.

<p>Event that Caused Your Reaction. What happened; What triggered you?</p>	
<p>Emotional Under/Overraction. How you felt (name the feeling). How strong was the emotion, with 10 as the strongest? Name the "button" that got pushed. A button is a vulnerability or sore spot.</p>	
<p>Reaction: What did you do? Defensive reaction.</p>	
<p>Your Feelings/Actions are justified because you believed...What? i.e. What werete you telling yourself?</p>	
<p>Who/ What else have you reacted this way to? When?</p>	
<p>What could you have done differently?</p>	

True belief- What does the Bible say about this subject?	
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