

GENESIS PROCESS - ROAD TO THE WOUND WORKSHEET

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

Event that Caused Your Reaction. What happened; What triggered you?	
Emotional Under/Overreaction. 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.	
Reaction: What did you do? Defensive reaction.	
Your Feelings/Actions are justified because you believed...What? i.e. What were you telling yourself?	
Who/ What else have you reacted this way to? When?	
What could you have done differently?	
True belief- What does the Bible say about this subject?	