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| 1. How do you **feel** now? | 2. What are the **issue/issues** that evoke your thinking now? |
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| 3. What do you **think about yourself** now, in relation to that/those major issue/issues? | 4. What do you want **to do**, in relation to what you think about yourself now? |
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| 5. What is the **opposite side** of that/those major issue/issues (if issue is "good" - what is the "bad" side, if issue is "bad" - what is the "good" side)? | 6. What do you **think about yourself** now, in relation to the opposite side of that/those major issue/issues? |
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| 7. How do you **feel** now? | 8. What are you going **to do**, in relation to what you think about the issue/issues? |
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