

AS A CHILD AND NOW!

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Finish each sentence with the first thing that comes to mind. Review your answers one-week later, making any changes without erasing your initial responses.

(finish the first 15 statements, before the age of 12)

1. The time of day I liked best was...
2. The times I felt most at peace were...
3. The activity I enjoyed the most was...
4. The person who was most angry in my family was...
5. The people in my family could tell I was angry when...
6. My mother expressed her anger by...
7. The way I responded to her anger was...
8. My father expressed his anger by...
9. The way I responded to his anger was...
10. My family resolved conflict by...
11. I worried most about...
12. The role I played in my family was...
13. When I felt stressed I would...
14. The thing I liked least about myself was...
15. The thing I liked most about myself was...
16. Today I handle my stress by ...
17. Today people close to me can tell I am angry when...
18. Today the thing I like least about myself is ...
19. Today the thing I like most about myself is...
20. Today people respond to my anger by...
21. Three wishes for my future are...