

# PERSONAL AWARENESS INVENTORY

1. What I learned about relationships in my family were:

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2. What I learned about myself, and my worth, in my family was:

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3. My role or job in the family was:

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4. The way I play that role today is:

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5. When I become afraid I now (withhold, cheat, stay hidden, pull back, try to control, manipulate, leave, intimidate or interrogate) to survive?

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6. These experiences / beliefs have impacted my relationships in this way:

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7. The way that affects my life today is:

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8. What I would really want for my life and relationships is:

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9. Becoming aware and taking personal responsibility for my own life, needs and happiness will give me:

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10. I would like to let you off the hook for my feelings of:

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11. When I have these feelings now I will choose to:

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12. The gift I will get from this process is:

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