

<b>Name:</b>	<b>Date:</b>
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**Advanced Quicklist**

Please complete independent study by reading our **Home** page one, **Feeling Good IS The Work** on page two, and **How to Attend Lesson** on Page 3; and complete and submit this *Quicklist* with your *Appointment Request*. There may be different responses at different times on different days. Everything that bothers you is relevant. The *Quicklist* helps identify the sources and causes of *The Pain* and points us to *The Lesson*, *The Lesson Plan* and *The Antidotes*. There is no possibility of failure here. Just note your truest Truth in this moment as clearly and precisely as you can. *All is Lesson*. We'll talk about it and make a Plan. Yours in service, Silver Sage.

**I. Three things by which I am Disgusted and Repulsed:**

1.
2.
3.

**II. Three things by which I am Hurt and Disappointed;**

1.
2.
3.

**III. Three things by which I am Angered and Enraged:**

1.
2.
3.

**IV. Three things for which I am Grateful:**

1.
2.
3.