



REGNUM CHRISTI
CONSECRATED WOMEN

Unveiling the Transformative Power of the Gaze

Week 3

QUESTIONNAIRE FOR PERSONAL REFLECTION

- Recall an experience with someone where you felt your heart being taken captive, an experience that left you feeling alone, hurt, angry, resentful, anxious etc...Practice walking through the Unbound prayer by writing it down using this person's name.

1. In the name of Jesus, I forgive her/him for...
2. In the name of Jesus, I forgive myself for...
3. In the name of Jesus, I renounce the lie that...
4. In the name of Jesus, I command the spirit of...
5. In the name of Jesus, I ask the Father's blessing upon her/and myself.

A 360° perspective of your gaze

- Fill out the following chart choosing a person for each box and answering how each of them would describe your personality and who you are.
- If you need to reach out to those people to get more clarity on what they would answer, feel free to do so. However, you can also try to guess what they would answer.



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A 360° perspective of your gaze

Name:

SOMEONE THAT LOVES ME VERY MUCH

What does this person see when he/she sees you?

Name:

SOMEONE THAT I THINK DISLIKES ME

What does this person see when he/she sees you?

My name:

MYSELF!

What do I see when I look at myself?

Jesus

THE ONE THAT KNOWS YOU BEST!

What does He see when He sees you?

Which of these perspectives have you adopted to define yourself?