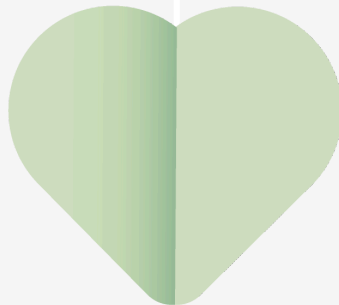




The Healing Collective

WORKSHEET:

Things You May Not Know About Me





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Worksheet: THINGS YOU MIGHT NOT KNOW ABOUT ME

Both people should answer the following questions. The information is then shared and processed, usually within a couple's session.

1. What do I need to do or be in order not to engrave "if only..." on my gravestone?

2. If I could change only one thing in my life, what would that be and why?

3. In what settings am I the happiest/eager/most comfortable?

4. In what settings am I the saddest/unsure/afraid?





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5. In a typical day, what do I find myself thinking about the most?

6. What do I feel is my greatest accomplishment to date? Was it done alone, or were others involved?

7. Presently, what major regret do I have in my life? If it is reparable, what would be required to repair it?

8. What other things do I want to change now, and why?





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9. Who was my best friend in grade school, in high school, in college, and why?

10. Of all the people I have ever known, read about, or dreamed of, who is the worst, and why?

11. Of all the people I have ever known, read about, or dreamed of, who is most heroic, and why?

