

unravel



UNPACKING THE VALLEYS



EXPLAIN WHAT HAPPENED. WHO WAS THERE? HOW OLD WERE YOU? WHERE WERE YOU? WHAT EMOTIONS DID YOU EXPERIENCE?

SHAME: I AM...

PRIDE...THIS EVENT CAUSED PRIDE, HOW?

APPROPRIATE GUILT... MY ACTIONS

FEAR... I WAS SCARED OF...

SEXUAL IMMORALITY:CIRCLE ALL THAT APPLY

PRE-MARITAL SEX ADULTERY

MASTURBATION PORNOGRAPHY

LUST HOMOSEXUALITY

OTHER:

ABUSE: CIRCLE ALL THAT APPLY

PHYSICAL EMOTIONAL/MENTAL SPIRITUAL

SEXUAL VERBAL NEGLECT

ANGER: AT WHO AND WHY?

HOW AM I CARRYING THIS EVENT WITH ME NOW? HOLDING A GRUDGE? STILL ANGRY? STILL FEELING GUILT OR FEAR?