

RECOVERY DYADS

Tell me what you think I should know about-

- 1) you having to be perfect.
 Thank you.
- 2) you having to seek approval.
 Thank you.
- 3) your fear of criticism.
 Thank you.
- 4) you being unable to recognize your own accomplishments.
 Thank you.
- 5) you overextending yourself consistently
 Thank you.
- 6) you feeling more alive in the midst of a crisis.
 Thank you.
- 7) your continually anticipating problems when your life is going smoothly.
 Thank you.
- 8) you feeling compulsively responsible or compulsively not responsible.
 Thank you.
- 9) you feeling that you have to take care of others and not taking care of
 yourself.
 Thank you.
- 10) you having isolated yourself from others.
 Thank you.
- 11) you having anxiety in relation to authority figures.
 Thank you
- 12) you having fear of angry people.
 Thank you.

- 13) you feeling taken advantage of by individuals and society.
Thank you.
- 14) you having trouble with intimate relationships.'
Thank you.
- 15) you confusing pity with love.
Thank you.
- 16) you attracting and seeking people who tend to be dysfunctional
Thank you.
- 17) your compulsive/addictive behaviors
Thank you.
- 18) your clinging to relationships out of fear of being alone.
Thank you.
- 19) you often mistrusting your own and other people's feelings.
Thank you.
- 20) you finding it difficult to express your emotions
Thank you.

CLEARING DYADS

- 1. Tell me something about yourself.
Thank you
- 2. Tell me what you -think you should tell me about your . . .
family of origin.
Thank you.
- 3. Tell me about your relationships with the opposite sex.
Thank you

4. Tell me about your relationship with money.
Thank you.
5. Tell me about an incomplete communication you currently have
with someone in your life.
Thank you.

Tell me what you would say to this person if you felt you could,
without blaming or making him/her wrong.
Thank you.