

HEALING DYADS

1. Tell me about *you* and your childhood.

Thank you.

2. Tell me about *you* and shame in your life.

Thank you.

3. Tell me a behavior of yours which is compulsive in your own estimation.

Thank you.

Tell me in detail what *you* normally do when *you* act on this behavior

Thank you.

3. Recall a time *you* acted on a compulsive behaviour.

Thank you.

Tell me in detail what *you* did.

Thank you.

4. Tell me a way *you* blamed another.

Thank you.

5. Tell me what *you* could do to be more responsible in that area of life.

Thank you

5. Tell me an unfulfilled need *you* have for own well being in life.

Thank you,

Tell me what steps *you* could take to responsibly fulfill this need.

Thank you.