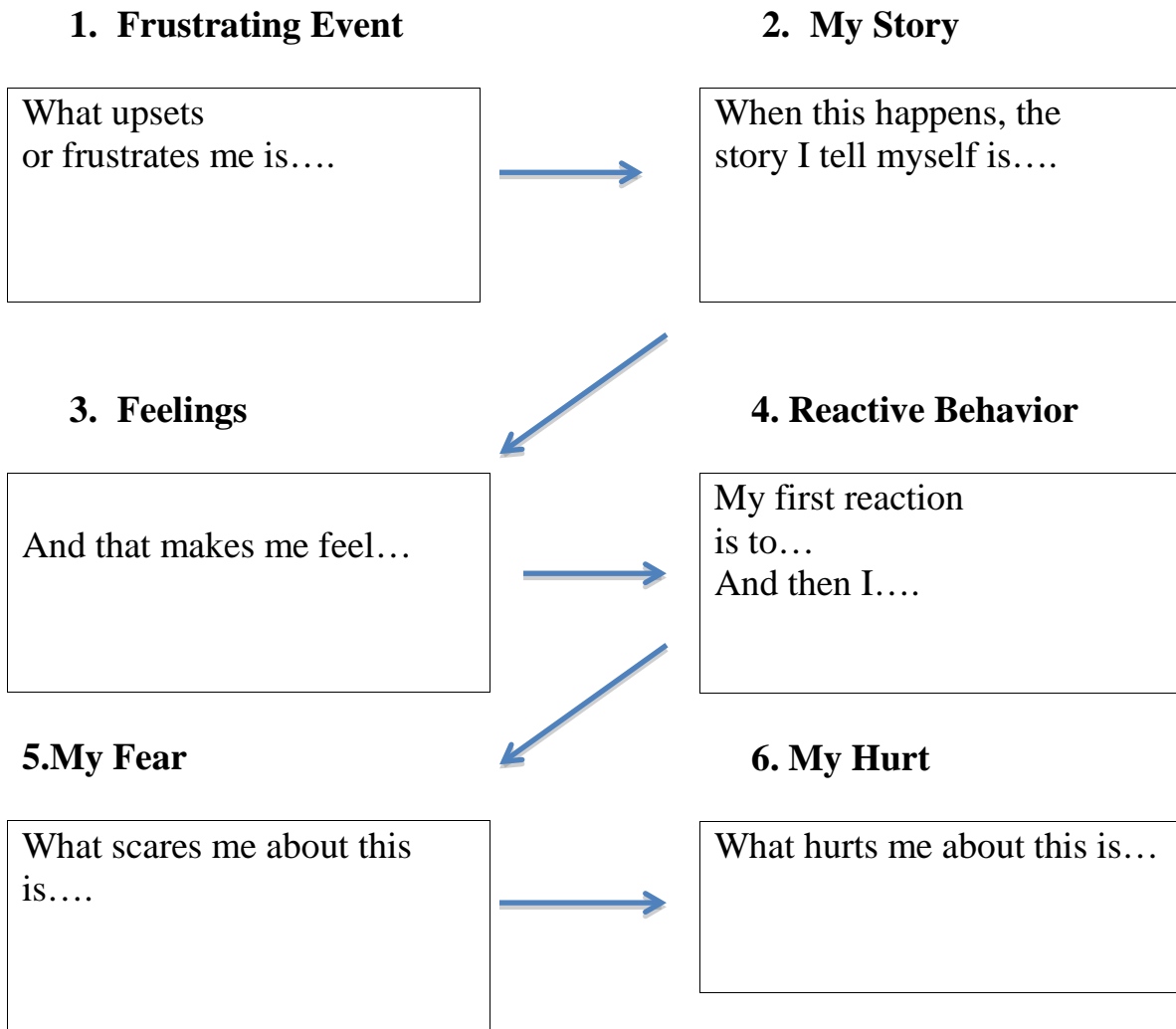


10 Step Process for Dealing with Ongoing Frustration (that never gets resolved)



7. Childhood Memories

This reminds me of ...(childhood pain; it may also be an ex-relationship pain)

8. Childhood Feelings

My deepest pain then was....

9. Childhood Protections & Coping

I learned to cope and protect myself by....

10. Hidden Need or Desire (usually not met as a child and not being met now)

What I need from you is....(be as specific as you can)