

EMOTIONAL CHALLENGES



Now turn your attention to the emotional patterns that can interfere with wellbeing. Such patterns tend to surface when reactivity replaces awareness and emotion takes the lead over reason or calm reflection. ● For each statement, check “**Yes**” if it describes your usual behavior, “**No**” if it rarely or never does, or “**Needs Attention**” if you wish to improve.

Self-Centered Patterns

- I tend to focus on my own needs, sometimes at the expense of others.
- I feel a desire to retaliate when I've been hurt.
- I am envious when others are recognized or achieve success.
- I feel the need to defend or justify myself when challenged.

*Yes No Needs
Attention*

Fear and Insecurity

- I often feel anxious about my safety, security, or overall wellbeing.
- I frequently worry about the wellbeing of friends or loved ones.
- At times my worries seem out of proportion to the situation.
- I am fearful in the face of uncertainty, change, or potential loss
- I occasionally experience panic attacks.
- At times I lose faith in myself or in the future.

[illegible]

Reactive Tendencies

- I react with anger when I feel wronged or misunderstood.
- I find myself drawn into arguments, rivalry, or combative exchanges.
- My moods fluctuate unpredictably, making it hard to stay emotionally steady.
- I become easily irritated by minor inconveniences or frustrations.
- I act on impulse—speaking or deciding without calm reflection.
- I withdraw when emotions feel overwhelming.

[illegible]