

EMOTIONAL MATURITY: THIS WEEK IN PERSPECTIVE

PART IV



Worksheet 15

At week's end, look back on the emotions that most colored your days. Notice what tended to unsettle you and what helped you regain inner calm. Through this review you can begin to recognize recurring circumstances that trigger habitual reactions and discover the inner strengths that help you remain centered.

REACTIONS

- What emotions surfaced most often this week?

- Did I recognize these moments quickly, or only after they had passed?

RESILIENCE

- When difficulties arose, how did I maintain emotional equilibrium? What attitudes or practices helped me do so?

RELATIONSHIPS

- Who was the most significant person in my life this week?

- Were our interactions harmonious or fraught?

- What did I learn from these exchanges?

COMPASSION

- In what ways did I offer understanding, encouragement, or practical help to others this week?

GRATITUDE

- What am I most grateful for this week?



Identify one recurring emotional pattern that disturbs your peace of mind, and describe how you will respond to it when it next arises. Resolve to meet it differently next week—with calm awareness and a conscious choice to respond, not react.

∞ INTERLUDE ∞



SETTLE DOWN

Take a few moments now to relax and integrate what you have. Before turning to the next chapter, take a pause. Set aside your reflections for a while and simply breathe.

Notice how it feels to rest within yourself, free of analysis or effort. Let the heart grow quiet and the mind spacious. In this stillness, the insights of your emotional work can begin to settle and take hold.

When you feel inwardly refreshed, you will be ready to explore the subtler dimension of your inner life.