|  |  |  |
| --- | --- | --- |
| **A** | **B** | C |
| What Activated/Or Triggered The Occurrence? | What do you Believe? | Can You 4give The person? |
|  |  |  |

1. This should include an actual situation, or occurrence.
2. Write down in your own words your feelings, or emotions. You can underline the ones that had the largest impact on you.

1. List all self-statements that link A to B. Are they something you are willing to work on? If so take the next step and answer the question are you willing to 4give? Or work towards 4giveness?