



STEP FOUR: LIVING OUT BOUNDARIES

Worksheet: Guilt, panic, anger and other unhelpful emotions

Living through painful experiences SUCKS but no one can deny that we learn a lot in our times of trouble about ourselves, the people who love us and our loved ones. No pain-no gain, right?

1. Name one thing you're proud of that you have learned in a hard time:

2. What is one quality of your personality you didn't have before but have now, thanks to trouble: _____

3. Can you name a time your trouble turned out to be a blessing?

4. What's the emotion you struggle most with? _____

5. Where do you think that comes from?

6. Write something positive looking back on the situation:

7. Which Fruit of the Spirit do you most desire to have? (They are, love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control): _____

8. What's one thing you can commit to doing today to bring more of that quality in your life?

9. Name a time you exemplified that quality: _____

10. Give yourself a pat on the back and say, **"You're doing a great job! God is proud of me. God loves me. He says He does not condemn me because I am a good daughter!"**