

Growing up, what was painful/threatening? What did I suffer from? Any painful significant events?

What did I suffer from, at home, at school, in the world?

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What pains/fears did I "inherit"?

What did my parent/ grand-parent/... suffered from/what were they threatened by?

What connections or continuity do you see between your pains and your ancestors'?
What fears, dangers, conclusions or pains might have you taken on from their experience?

2

Growing up, what gave me:

- Attention
- What gave me the most attention? Praise, acknowledgment? Made me feel special?
- Power
- How did I obtain power? What gave me power?
- What gave me control?
- How could I make sure that others did not have power over me?
- What was I trying to prove?

7 Defensive Side of your Ego

What are the costs of: Being obsessed with my Driving Idea (5)? The defensive strategies of my Alert Mode (6)? 13

Costs of Offensive Ego

What are the costs of my: Unconscious Goal (10) My Alternate Power (11) My May Day (12)