

A

THE SITUATION



SEARCH ME AND KNOW ME (PSALM 139:23-24) – WORKSHEET

B

THOUGHTS & EMOTIONS AT PLAY

C

PHYSICAL SENSATIONS/METAPHOR

D

WHAT MY BODY MIGHT BE SHOWING ME

E

WHAT MY BODY WANTS TO DO IN RESPONSE

F

WHAT I NOTICE AS THE SCENE PLAYS OUT

G

MY BEST SENSE OF GOD'S GUIDANCE FOR ME

H

WHAT I WILL DO?