



**What I Need to learn
To Reduce the Tension**

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Print out and shade in the boxes when Progress is made.

1 = working on it, 2 = Sometimes I "get it", 3 = Yes, I "got it"

	1	2	3
I can describe 3 ways in which I sometimes pursue my other.			
I am consciously able to refrain from pursuing my other.			
I am aware of feeling empowered and hopeful when I refrain from pursuing.			
I know which negative thoughts trigger my desire to pursue.			