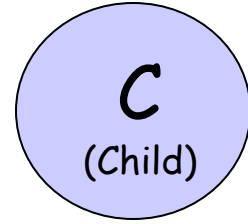
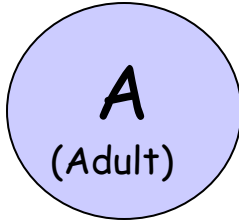
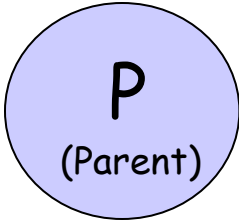


*JOURNEY TO SERENITY – Step 4 Inventory*



Nurturing  
 Encouraging  
 "Cheerleader"  
 Affirmation  
 "I appreciate..."  
 Praise Statements

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Data  
 Facts  
 Problem Solving  
 "I" statements  
 Processing Information  
 Logic  
 Wisdom

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Spontaneous  
 Genuine  
 Sense of wonder  
 Others centered  
 Forgiving  
 Transparent

Trusting  
 Flexible  
 Honest  
 Playful  
 Vulnerable

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Critical  
 Judgmental  
 Finger Pointer  
 "You Should"  
 Sarcastic  
 Comparing  
 Condemning  
 Controlling

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Numb  
 Avoidant  
 Isolative  
 Inside the "Wall"  
 Nonresponsive  
 -frozen feelings  
 -depressed

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Impulsive  
 Masks:  
 -approval/hero  
 -clown  
 -rebel (act out)

Dishonest  
 Walls  
 Unforgiving  
 Anger  
 Hurt  
 Fear:  
 -abandonment  
 -authority figure

Inflexible  
 Self-centered  
 Unaware of wonder

Mistrusting

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