

PERSONAL SUMMARY

1. What are your overall thoughts about your emotions?

This is a general question, so there is no pat answer. What did they think about emotions? What are they thinking now?

Feelings aren't facts—they are indicators as to what we are believing.

After the flesh, we tend to use our emotions to make decisions.

2. Looking back, do you think you had mostly “overt,” or mostly “covert,” rejection? Explain.

Sometimes the answer is both. Not everyone has overt, but all have covert.

3. What have you learned was your primary source for answering “who I am”?

These answers will come from the Survey of Life's Needs/Goals (fill in the blanks).

4. What have you learned was your primary coping strategy for answering the “what I do”?

Refer to Manifestations of the Flesh pages.

5. What were the most challenging aspect(s) in this topic?

Answers will vary.

