

PERSONAL SUMMARY

1. What would you say is your “primary” Life Message?

Will find this from their LMD under “beliefs.”

What was the main belief growing up that they still consistently fall for?

2. What were the “core need(s)” you perceived as lacking growing up?

Find this in emotions column of the LMD or on the TH.

No pat answer—just checking for accuracy.

3. Describe in your own words the connection between your coping strategies and your Life Messages.

Find on the last part of the LMD—coping strategies which are meant to support what is going on in the bubble.

4. Describe what you’ve learned about the flesh.

This is a general question, but should somehow involve the definition of the flesh.

5. What is the goal of the flesh?

To generate love and acceptance and avoid pain and rejection.

Get needs met.

6. What were some key truths from the teaching that meant the most to you?

Answers will vary; just check for accuracy in what they answer.

7. What were the most challenging aspect(s) of the truths in this topic?

Could be the same every time—it is often ‘walking in these truths.’

