

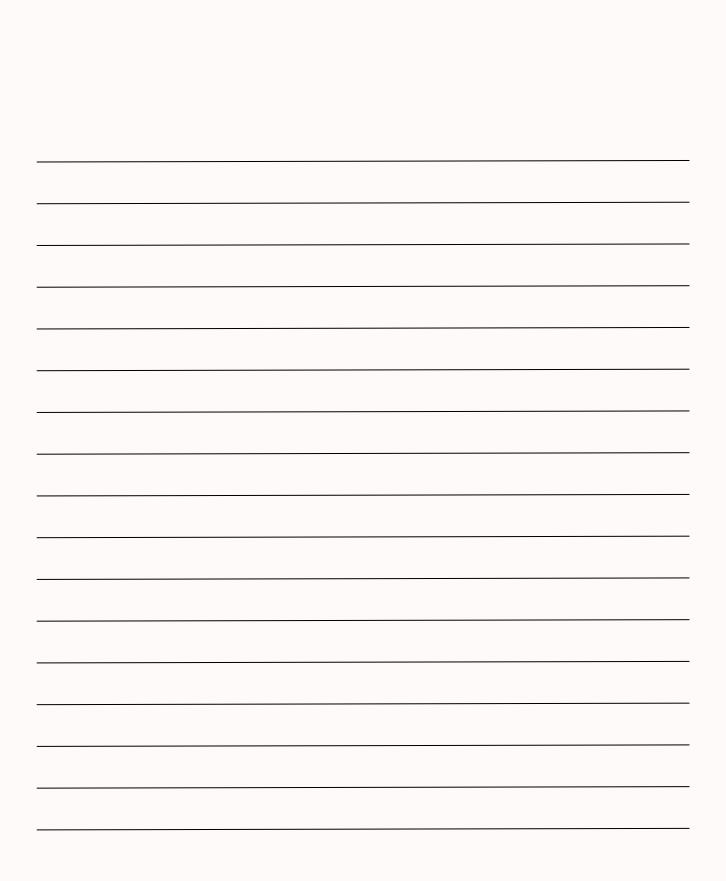
What are my biggest pet peeves that I see within other people?

other people!			

What makes me angry about other people?

What makes me most reactive when dealing with other people?

Looking back at the above questions -- what qualities about these other people do I also see within myself? Be as honest with yourself as you can.



What above qualities stem from unhealed experiences?

What above qualities stem from stories that need to be re written?

What above qualities about myself and others feel heavy and need to be let go?

Where can I soften with myself and with reacting to others when I feel triggered?