

Self work # 1

Name _____

Read Chapters 1, 2 and 7 in the Houses of Healing book.

AND

Pick an idea or a statement from the reading, and write about it. You can write about how it relates to your experience. You can write about why you agree or disagree with it. Write at least a few sentences--up to one page.

Self work #2

Name _____

Read Chapter 8 in the Houses of Healing book.

AND

Pick an idea or a statement from the reading, and write about it. You can write about how it relates to your experience. You can write about why you agree or disagree with it. Write at least a few sentences--up to one page.

~~Or~~

Write about a time when you judged someone and found out later that the person was different from what you initially thought.

~~Or~~

Notice your judgments this week. Write several sentences about these judgments and what you learn about yourself or your thinking.

Self work #3

Name _____

Read Chapter 5 in the Houses of Healing book.

AND

Choose a time when you were triggered this week (or an incident from the past, if you don't find any good examples this week). Fill out the Emotional Weather Report that appears on the back of this page.

Self work #4

Name _____

Describe a situation where you might use an “I” message. Write at least one “I” message for that situation—preferably more than one.

Situation:

I feel _____ when you _____ because _____. I prefer _____.

Self work #5

Name _____

Read Chapter 6 in the Houses of Healing book.

AND

Pick an idea or a statement from the reading, and write about it. You can write about how it relates to your experience. You can write about why you agree or disagree with it. Write at least a few sentences--up to one page.

~~ Or ~~

Fill out the Emotional Weather Report that appears on the back of this page.

Self work #6

Name _____

Read Chapters 3 and 4 in the Houses of Healing book.

AND

Pick an idea or a statement from the reading, and write about it. You can write about how it relates to your experience. You can write about why you agree or disagree with it. Write at least a few sentences--up to one page.

~~ or ~~

Fill out the Emotional Weather Report that appears on the back of this page.

~~ or ~~

Fill out the Lifeline that appears in this homework handout.

Self work #7

Name _____

Remember a time when you were little when you were frightened or lonely and write a letter to your inner child telling him things that he needed to hear.

~~or~~

Knowing what you know now, write a letter to your teenage self telling him things you wish you had known then.

Self work #8

Name _____

Read Chapter 11 in the Houses of Healing book.

AND

Pick an idea or a statement from the reading, and write about it. You can write about how it relates to your experience. You can write about why you agree or disagree with it. Write at least a few sentences--up to one page.

~~ or ~~

Fill out the Emotional Weather Report that appears on the back of this page.

Self work #9

Name _____

Read Chapter 12 in the Houses of Healing book.

AND

Pick an idea or a statement from the reading, and write about it. You can write about how it relates to your experience. You can write about why you agree or disagree with it. Write at least a few sentences—up to one page.

~~ or ~~

Fill out the Emotional Weather Report that appears on the back of this page.

~~ or ~~

Write a letter of forgiveness to yourself

Self work #10

Name _____

Read Chapter 13 in the Houses of Healing book.

AND

Pick an idea or a statement from the reading, and write about it. You can write about how it relates to your experience. You can write about why you agree or disagree with it. Write at least a few sentences--up to one page.

~~ or ~~

Fill out the Emotional Weather Report that appears on the back of this page.

~~ or ~~

Write a letter of forgiveness to someone you need or want to forgive.