

Self-Assessment

- 1) Do you wonder what the real agenda is? What decisions have already been made?
- 2) Do you just wish this would be over?
- 3) Do you wonder why we don't hear more information sooner?
- 4) Do you wish everyone would just stop talking about this?
- 5) Do you have a clear list in your mind of people who have caused this issue to arise?
- 6) Do you have alternative plans if things don't go the way you think they should go?
- 7) Do you have a feeling of hopelessness?
- 8) Do you have difficulty imagining more than one or two outcomes?
- 9) Do you feel angry or upset?
- 10) Do you think this subject is actually quite simple? Not worth the time and effort?