

SELF-THERAPY

PSYCHODRAMA OF THE MOMENT

HOW DO I FEEL ABOUT IT?

☐ ANGRY

☐ GUILTY

☐ WORRY

☐ SAD

☐ FURIOUS

☐ POWERLESS

☐ SHAME

HOW DO I REALLY FEEL?

☐ POLARIZED

☐ OVERWHELMED

☐ FEARFUL

☐ MISERABLE

☐ ANNOYED

☐ STRESSFUL

☐ BURNED

THIS PROBLEM LIKELY STEMS FROM

☐ SISTER

☐ FATHER

☐ SPOUSE

☐ CHILD DURING

☐ OTHER PEOPLE

☐ ME

☐ SEX

☐ NO SEX

☐ INNER CHILD DURING

☐ CHILD DURING

☐ EARLY WEANING

☐ BOUNDARY ISSUES

☐ BRAIN CHEMISTRY

☐ PHYSICAL SEX

☐ BASIC DNA PUNISH

☐ BAD LUCK

OTHER:

RELEVANT PRESENT INFLUENCES

RELEVANT PAST ISSUES

WHAT IT ALL MEANS

BREAKTHROUGH

☐ ACTION: PERSONALIZATION

☐ IDENTIFICATION, PLEASE

☐ PERSONALIZATION, PLEASE

"OUR TIME IS UP FOR TODAY"

☐ WARMTH

Knock Knock Self Therapy Note Pad

Sabine Zange



Knock Knock Self Therapy Note Pad:

Unveiling the Power of Verbal Beauty: An Psychological Sojourn through **Knock Knock Self Therapy Note Pad**

In a global inundated with displays and the cacophony of instantaneous connection, the profound energy and psychological resonance of verbal beauty often diminish into obscurity, eclipsed by the regular barrage of noise and distractions. Yet, situated within the musical pages of **Knock Knock Self Therapy Note Pad**, a captivating perform of literary beauty that pulses with fresh thoughts, lies an remarkable journey waiting to be embarked upon. Penned by a virtuoso wordsmith, this exciting opus books viewers on a mental odyssey, softly exposing the latent potential and profound affect stuck within the elaborate web of language. Within the heart-wrenching expanse with this evocative analysis, we will embark upon an introspective exploration of the book is key styles, dissect their interesting publishing fashion, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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