



## Module I: Introduction to the Course

### Exercise I-I Journal

What has your journey been so far? Please journal about your life's journey as you see it. What have been your triumphs? Your challenges? What desires and experiences have led you to this course? What are the stories you tell about yourself and others in your life? Are there two of you?

Reflect and write down the ways in which your deepest innermost view of yourself challenges the persona you have presented to the world.

How have the people and circumstances in your life reinforced those beliefs you have about yourself? What behaviors are triggered by those beliefs? How have those behaviors impacted the development of loving relationships?

Click in the gray field below to start your journaling (click outside the gray field when done to save your work):