



### **Module 3: Relationships: Repeated Behaviors, Feelings, Mask Creation, Defense Mechanisms.**

#### **Exercise 3-6 Journal**

Please journal about your experiences in this module and how you feel about the process and yourself and your relationship to the challenging individuals and circumstances in your life. Have you caught a glimmer of the conscious loving universe and how everything is happening for you, not to you? Can you see the gift that wants to come forth? The essential you?

Journal (Express your thoughts in the gray area below. When done, click outside the gray area to save your work.):