

## **Filter/Bias**

### **Things To Do**

## **Virtual Question or Statement**

**What Do I Need to Do To Avoid Being In Trouble?**

## **Primary Obsessions**

### **Give Others What They Need**

**In Order To:**

### **Be A Good Person**

**In Order To:**

**Relax**

**In Order To:**

### **Feel Good About Self**

**In Order To:**

## **Have Peace**

January 16, 2024 - Most Common Emotions: Anxious, Pressured, Worried, Resentful, Inadequate, Regret

March 5, 2024 (After 3 hours of therapy) Most Common Emotions - Purposeful, Happy, Fulfilled, Satisfied, Calm, Grateful

April 13, 2024 (88 days later): Calm, Peaceful, Acceptance, Worthwhile, and Creative