**My Life Map – Developing Emotional Flexibility**

3) What Loops do I get into when inner pain Triggers or 4) What do I do or could I do to move toward what

Hooks me? What do I do to escape pain that matters most in my life?

pulls me away from what is most important?

Me

Noticing the Difference

2) What painful experiences get in the way of moving toward 1) Who and What is most important to me?

Who and What matters most to me?

5) Learning to tell the difference: Am I Chasing My Values or Escaping What Hurts? Do I know what is inside me and what is outside me?