

**PATHWAYS 102 WORKSHEET**

Please reflect upon the *unwanted internal experience* that prompted you to seek counseling, and complete the following worksheet.

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***If you were to locate the experience within your body where would it reside?***

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***How does it feel to have this experience as a physical sensation?***

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***What do these feelings suggest about what's important to you, about your life, about yourself? [Maybe something missing in your life as a result of struggling....?]***

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