

Name: _____ Today's Date _____ Date/Year of Event: _____

Explain the event (who was it with & what were you upset about) _____

Physical Warning Signs: <i>(See handout in notebook)</i>

Behavioral Warning Signs: <i>(See handout in notebook)</i>

What were your Hidden Hurts?	
<i>Check all that apply</i>	
Powerless	Rejected
Disrespected	Devalued
Unloved	Separated
Disregarded	Unimportant
Accused	Guilty

1. Negative self-talk _____

2. Abusive or Controlling Behaviors: _____

3. What did I want the other person to DO, FEEL, or THINK? _____

4. Beliefs that allowed me to be abusive/controlling: _____

5. How did my abuse/control affect the other person? _____

6. How did my abuse/control affect others (witnesses) involved? _____

7. What did I gain from being abusive/controlling? _____

8. What did I lose from being abusive/controlling? _____

9. What Christ-like attitudes or beliefs would have helped me? _____

10. What positive self-talk would have helped me? _____

11. What would have been a Christ-like response to this event? _____

Make a 'Direct Statement' to express the feelings and desires in this situation:
'I' feel (*Hidden Hurts*) _____

When (*Event*) _____

I would like to (#11) _____

And I will (#11) _____

PRAY PROCESS

Instructions: (1) Fill out the top portion on the front side before completing this side. (2) This side is for events since entering the program. *Your first 20 PRAY logs should be front sides only.*

1. When I experienced my Hidden Hurts, I chose to PRAY; my prayer was the following:

2. When I recognized my Hidden Hurts, I recognized these feelings from the past:

3. I applied compassion for myself by thinking (Positive Self-Talk):

4. I applied compassion for the other person by thinking:

5. My Christ-like attitude was the following:

6. The True-Value's I recognized were the following:

Check ALL True Values that apply in this situation					
<input type="checkbox"/>	Powerful	<input type="checkbox"/>	Valuable	<input type="checkbox"/>	Respected
<input type="checkbox"/>	Connected	<input type="checkbox"/>	Lovable	<input type="checkbox"/>	Important
<input type="checkbox"/>	Regarded	<input type="checkbox"/>	Forgiven	<input type="checkbox"/>	Accepted

7. Describe what you said/did:

8. What belief helped me stay free of abusive /controlling behavior? _____

9. How did my Christ-like response affect the person the event was with? _____

10. How did my Christ-like response affect me? _____
