



## STEP OUT OF: LONELINESS™

List up to 10 moments that you perceived to be failures. No one else is going to read this. Explain how and why you felt they were failures. Then, check the box to indicate which state of mind carried the burden of the failure the most. Was it your inner most thoughts that you wouldn't ever share? Was it visible in your behavior around others? Did you sense yourself acting or speaking differently because of it? Upon reflection was it worse than the original 'incident'? Try to check only one column for each moment, knowing, of course, that so many moments are all-encompassing.

List perceived moments of failure at any point in your life:

	Alone	Together	Abstract	Reflect
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				