

My 10 Worst Moments

IN THE BOXES BELOW, LIST THE 10 WORST MOMENTS OF YOUR LIFE.

IDENTIFY ANY VOWS YOU MADE AS A RESULT OF YOUR WORST MOMENTS.

Example: When I was in high school, I embarrassed myself with my girlfriend.

1. I will never again be vulnerable with women.

Example: My parents' divorce.

1. I will never trust the important people in my life.
2. I will never get married.

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