



## *Inventory of “weeds”*

*(from page 61 of the book)*

Issue \_\_\_\_\_

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Abuse (physical, emotional, verbal)

Addictions (gambling, alcohol, legal or illegal drugs, food, smoking)

Anger

Blame

Debt

Guilt, regret

Passivity or aggressiveness

Perfectionism

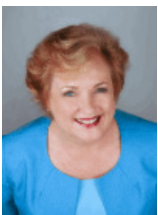
Procrastination

Stress

Time

Worry, anxiety

Other \_\_\_\_\_ (You know best what’s holding you back.)



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