

Name: \_\_\_\_\_ Today's date: \_\_\_\_\_ Date of event: \_\_\_\_\_

Event/what happened? \_\_\_\_\_

Physical warning signs: \_\_\_\_\_

Behavioral warning signs: \_\_\_\_\_

Hidden Hurt/s experienced: \_\_\_\_\_

**Was I abusive/controlling or did I practice PRAY?**

*Continue if abusive/controlling. ⇔ Go to other side if PRAY Process was used.*

Negative self-talk: \_\_\_\_\_

Abusive or controlling behaviors used: \_\_\_\_\_

What did I want the other person to do, feel or think? \_\_\_\_\_

Beliefs that allowed me to be abusive/controlling: \_\_\_\_\_

How did my abuse/control affect the other person? \_\_\_\_\_

How did my abuse/control affect other people involved? \_\_\_\_\_

What did I gain from being abusive/controlling? \_\_\_\_\_

What did I lose from being abusive/controlling? \_\_\_\_\_

What Christ-like attitude or belief would have helped me? \_\_\_\_\_

What positive self-talk would have helped me? \_\_\_\_\_

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 \_\_\_\_\_

When \_\_\_\_\_

I would like \_\_\_\_\_

And I will \_\_\_\_\_

I practiced the PRAY Process.

When I began experiencing my hidden hurt and I made the choice to PRAY, my prayer was: \_\_\_\_\_

When I recognized my hidden hurt, I experienced feelings I remembered from the past of: \_\_\_\_\_

I applied compassion for myself by thinking (positive self-talk): \_\_\_\_\_

I applied compassion for the other person by thinking: \_\_\_\_\_

What Christ-like attitude did I choose to practice? \_\_\_\_\_

What true value did I recognize as truth? \_\_\_\_\_

What did I say and/or do in this event? \_\_\_\_\_

What belief helped me to stay free of abusive/controlling behavior? \_\_\_\_\_

How did my Christ-like response affect others? \_\_\_\_\_

How did my Christ-like response affect me? \_\_\_\_\_