**Defining Moment Perception Exercise**

1. Please choose one “defining moment” from your list in chapter 6, a specific incident or experience

 that was difficult, upsetting or even traumatic. Write down the first one that comes to mind.

 My defining moment: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. How did it make you feel? Write down all of the emotions you felt as the result of this experience.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3. What decisions, observations, conclusions or beliefs did you make or have you made

because of this experience (about yourself, others, life and your opportunities)?

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 4. How has this decision / perception affected or been affecting your life?

 What do you do or not do because of it? How does it affect your current actions?

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5. What has it cost you or could it cost you in your life? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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6. What is now clear for you as the result of doing this exercise? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

7. How does your thinking need to change in order to change your results moving forward?

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