**CATABOLIC AND ANABOLIC ENERGY**

There are two kinds of energy – catabolic energy, which is destructive and draining, and anabolic energy, which is constructive and healing. On a long-term basis, catabolic energy eats away at you and risks your life. Anabolic energy builds you up and heals you.

**CATABOLIC PERSON**

1. Think of a person you know who is negative and who drains your energy. List the characteristics of that person here:

**ANABOLIC PERSON**

1. Think of a person you know who is positive and who energizes you. List the characteristics of that person here:
2. With 1 being completely catabolic, and 100 being completely anabolic, where do you think you are?
3. How do you think others would rate you on the same scale?