**Level 1 – What’s Controlling You?**

Let’s continue the Level 1 exploration by looking specifically at each of the following aspects of life. List any circumstances (in the past or present) in which you feel, or felt, out of control, powerless or hopeless:

**HEALTH & AGING FUN & ENJOYMENT**

**PERSONAL FINANCE INTIMATE RELATIONSHIPS**

**CAREER/PROFESSION SOCIAL RELATIONSHIPS**

**FAMILY/PARENTING PERSONAL DEVELOPMENT**

**SPIRITUAL AWARENESS**