## Circle of Chaos



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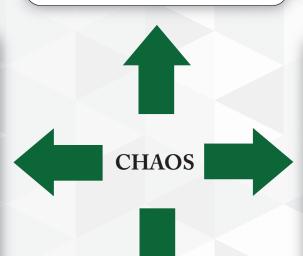
My unhealthy patterns are:



I feel like a victim: \_\_\_\_\_\_\_

I regret: \_\_\_\_\_\_

I am angry about: \_\_\_\_\_\_



I avoid:		_
I blame:		-
I sabotage myself by: _		-



I mask my chaos by: \_\_\_\_\_\_\_

I recognize my need to control: \_\_\_\_\_\_\_

I continue to feel same around: \_\_\_\_\_\_

