



Active Listening		Emotional Steadiness		Vulnerability		Accountability		Codependency	
1	6	1	6	1	6	1	6	1	6
2	7	2	7	2	7	2	7	2	7
3	8	3	8	3	8	3	8	3	8
4	9	4	9	4	9	4	9	4	9
5	10	5	10	5	10	5	10	5	10
Total		Total		Total		Total		Total	

Habits of Disconnection

3 Essential Things



3 Questions
