

Barriers/Walls

1	6
2	7
3	8
4	9
5	10

Total

The Path to Vulnerability

<input type="text"/>	<input type="text"/>
Recognize the emotion I am feeling and understand why I am feeling it.	Take responsibility for what I am thinking and what I may want to say.
<input type="text"/>	<input type="text"/>
I accept my emotions and understand the importance of sharing them sincerely.	Am I expressing myself in a way that is true to me? Am I proud of what I say or do?
<input type="text"/>	<input type="text"/>
Am I expressing my true feelings sincerely and assertively?	Are my actions and words in line with my relationship goals and Core Values?

10 Keys

1	6
2	7
3	8
4	9
5	10

Total



Relationships	<input type="text"/>
	<input type="text"/>
	<input type="text"/>
	<input type="text"/>
	<input type="text"/>
<input type="text"/>	

Emotions	<input type="text"/>
	<input type="text"/>
	<input type="text"/>
	<input type="text"/>
	<input type="text"/>
<input type="text"/>	

Interactions	<input type="text"/>
	<input type="text"/>
	<input type="text"/>
	<input type="text"/>
	<input type="text"/>
<input type="text"/>	

Performance	<input type="text"/>
	<input type="text"/>
	<input type="text"/>
	<input type="text"/>
	<input type="text"/>
<input type="text"/>	

Wants / Needs	<input type="text"/>
	<input type="text"/>
	<input type="text"/>
	<input type="text"/>
	<input type="text"/>
<input type="text"/>	

Total