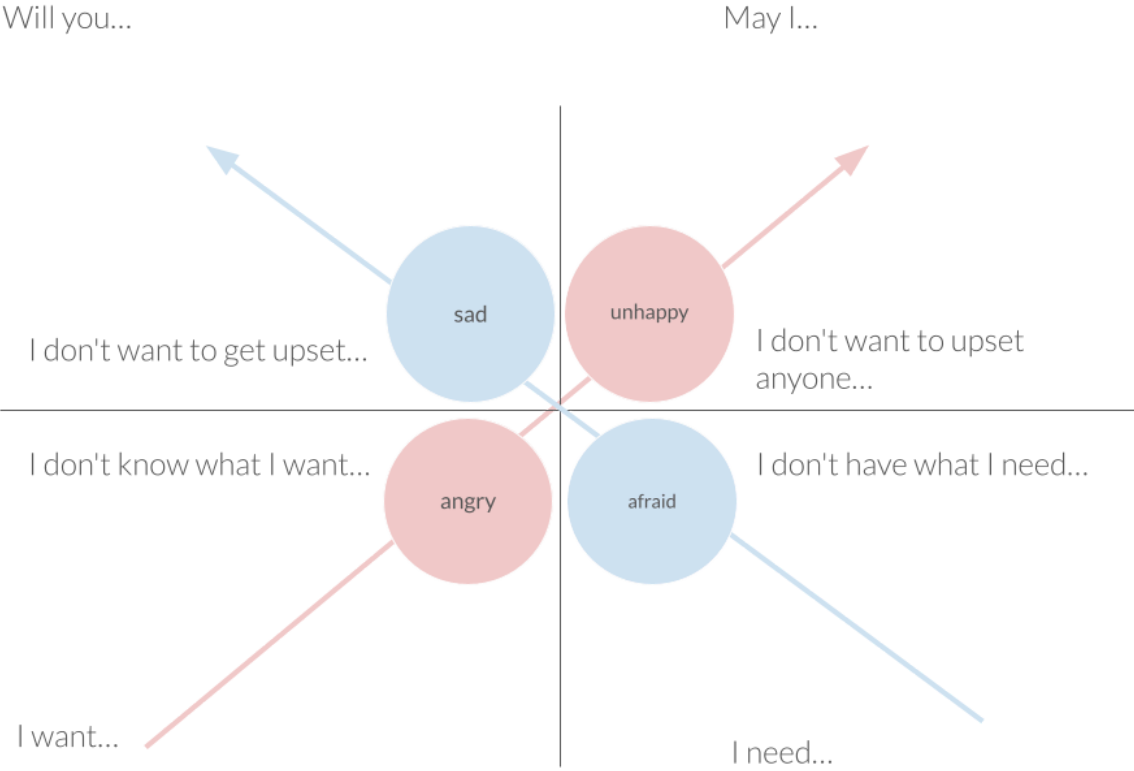


# Four Core Fallacies Homework

Use the diagram below to visualize and reference the movement and freedom of your communications as you unwind your core fallacies.



<p><b>Instructions A</b></p> <p>1. In what ways am I frustrated (angry) about not getting what I want because I have not yet allowed myself to want what I want?</p>	<p><b>Response 1</b></p>
<p><b>Instructions A</b></p> <p>2. In what ways am I frustrated (afraid) about not having what I need because I have not yet allowed myself to honor my wants and ask for what I need from those who can provide it?</p>	<p><b>Response 2</b></p>
<p><b>Instructions B</b></p> <p>3. What support am I needing and not asking for, and from whom, that I am not communicating because I don't want to get upset ( sad - face possible rejection) ?</p>	<p><b>Response 3</b></p>
<p><b>Instructions B</b></p> <p>4. What am I wanting and not expecting, and with whom, that I am not communicating because I don't want to upset anyone (unhappy - face judgment or criticism from others) ?</p>	<p><b>Response 4</b></p>