

## HANDOUT 6.4: THE MULTIPLE SELVES

<b>ANGRY SELF (transgression)</b>	<b>ANXIOUS SELF (danger)</b>
<b>Motives:</b>	<b>Motives:</b>
<b>Thoughts:</b>	<b>Thoughts:</b>
<b>Body:</b>	<b>Body:</b>
<b>Actions:</b>	<b>Actions:</b>
<b>Memories:</b>	<b>Memories:</b>
<b>Settle:</b>	<b>Settle:</b>

**SAD SELF (loss)**

*Motives:*

*Thoughts:*

*Body:*

*Actions:*

*Memories:*

*Settle:*

**COMPASSIONATE SELF**

*Motives:*

*Thoughts:*

*Body:*

*Actions:*

*Memories:*

*Growth:*