Clarification of my concern - what resources do I have?

1. please take the notes that you made about your image and about feeling a good and satisfying future when your problem is overcome. Read through again what you felt, sensed in your body, and what images you saw (during the miracle question practice).

2. If you live like this, who else will see it?

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1. Who or what else will be affected if you live in a way that makes you feel really good?

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3. How does this feel within your body?

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4. If on the following scale of 0 - 10 this good future is 10, where on the path to it are you right now?

**0\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_10**

**Worst point happy future**

5. Has it ever been worse? Even below zero? At which value was my low point? What was going on there? How did I manage to get away from it?

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6. Bei welchem Wert müsste ich angekommen sein, dass ich das Gefühl habe, die Krise ist überwunden? Ab welchem Wert ist sie wirklich nachhaltig bewältigt?

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7. How will I know?

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8. How will others know? Who above all?

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9.What´s the most important to me, considering all this?

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