

**Figure 1.F: The Cycle of Suffering in My Life Worksheet (Completed)**

1. EVENTS OR SITUATIONS I FACED ----->	2. HOW I FELT -----> (Start Cycle 1)	3. HOW I TRIED TO COPE ----->	4. CONSEQUENCES AND PROBLEMS ----->
Parents divorced Grandpa died Sexual abuse New school Rejected - Bullied Loneliness	<b>13 YEARS OLD</b> Lost - Alone - Depressed Empty - Rejected Defective - Different Hurt - Undesirable Broken - Ashamed Guilty - Ugly - Stupid Overwhelmed Stressed-Out - Anxious	Pot - cigarettes - beer Friends with anyone who would accept me Sexual with almost any boy that wanted me Fighting Broke family rules Skipped school Running away Cutting on myself Bad things with friends - stealing - vandalism	Failing grades Suspended Major family conflict Teen pregnancy Depression - Panic Attacks Juvenile criminal record Probation Dropped out of school Rejected by church youth group
5. HOW I FELT -----> (End Cycle 1 - Start Cycle 2)	6. HOW I TRIED TO COPE ----->	7. CONSEQUENCES AND PROBLEMS ----->	8. HOW I FELT -----> (End Cycle 2 - Start Cycle 3)
<b>IN MY EARLY 20's</b> Depressed - Scared Like a total loser or screw-up Rejected - Alone Given up on - Abandoned Unloved - Uncared for Suicidal Ashamed Overwhelmed Angry - Lost - Empty Trapped - Stuck	Desperately married 1 <sup>st</sup> husband despite his abusiveness Self-medicated - heavy drinking, drugs, and prescriptions Cutting Suicide threats Temper tantrums Gave up - Didn't try Withdrawal - Avoidance Numb-Out The affair	Became an addict, alcoholic No diploma Couldn't keep a job No car - no money 22 years old with 4 kids, tied down Trapped in a bad marriage - crazy fights and physical abuse Bad family conflict Isolated Scars Hospitalizations	<b>LATE 20'S - 30'S</b> Suicidal Trapped Desperate Helpless - Hopeless Worthless Stupid - Defective Incompetent Like a total screw-up Alone - Empty Overwhelmed Unloved ANGRY Pent-up - Anxiety -Worry
9. HOW I TRIED TO COPE ----->	10. CONSEQUENCES AND PROBLEMS ----->	11. HOW I FEEL NOW -----> (End Cycle 3)	12. HOW I'LL COPE NOW (Starting New Life!)
Drugs - Alcohol Overdosing Suicide Attempts Cutting Overeating, Bulimia Yelling - Hitting Kids Withdrawing in bed Hospitalizations Gave up - Didn't try Lying - Stealing Throwing fits	Possession - DWI arrests Jail time - Probation Kids taken away Hospitalizations Bad memory Health problems - Scars Divorces Many short relationships Lost everything Family pushed me away Very overweight	<b>RECENT TIMES</b> Depressed - Suicidal Disgusted with life Worthless - Hate myself Undesirable - Ugly Like a total failure Angry - Bitter - Resentful Racing thoughts - Worry Anxiety - Panic Guilt - Shame Empty - Unfulfilled Miserable	I MUST TRY NEW ways, Life-Enhancing ways. I can no longer do things the old self-destructive way. It's killing me and making me miserable. I used to think these things made me happy. They've only made me miserable and worse off. I will cope by AA, painting again, therapy, baths, the internet, and by reading this workbook over and over!