

Name: \_\_\_\_\_ Today's Date \_\_\_\_\_ Date/Year of Event: \_\_\_\_\_

Explain the event (who was it with & what were you upset about) \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

<b>Physical Warning Signs:</b> <i>(See handout in notebook)</i>    
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<b>Behavioral Warning Signs:</b> <i>(See handout in notebook)</i>    
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What were your Hidden Hurts?	
<i>Check all that apply</i>	
<b>Powerless</b>	<b>Rejected</b>
<b>Disrespected</b>	<b>Devalued</b>
<b>Unloved</b>	<b>Separated</b>
<b>Disregarded</b>	<b>Unimportant</b>
<b>Accused</b>	<b>Guilty</b>

- Negative self-talk \_\_\_\_\_
- Abusive or Controlling Behaviors: \_\_\_\_\_  
\_\_\_\_\_
- What did I want the other person to DO, FEEL, or THINK? \_\_\_\_\_  
\_\_\_\_\_
- Beliefs that allowed me to be abusive/controlling: \_\_\_\_\_  
\_\_\_\_\_
- How did my abuse/control affect the other person? \_\_\_\_\_  
\_\_\_\_\_
- How did my abuse/control affect others (witnesses) involved? \_\_\_\_\_  
\_\_\_\_\_
- What did I gain from being abusive/controlling? \_\_\_\_\_  
\_\_\_\_\_
- What did I lose from being abusive/controlling? \_\_\_\_\_  
\_\_\_\_\_
- What Christ-like attitudes or beliefs would have helped me? \_\_\_\_\_  
\_\_\_\_\_
- What positive self-talk would have helped me? \_\_\_\_\_  
\_\_\_\_\_
- What would have been a Christ-like response to this event? \_\_\_\_\_  
\_\_\_\_\_

**Make a 'Direct Statement' to express the feelings and desires in this situation:**  
**'I' feel (Hidden Hurts)** \_\_\_\_\_  
**When (Event)** \_\_\_\_\_  
**I would like to (#11)** \_\_\_\_\_  
**And I will (#11)** \_\_\_\_\_

## PRAY PROCESS

**Instructions:** (1) Fill out the top portion on the front side before completing this side. (2) This side is for events since entering the program. *Your first 20 PRAY logs should be front sides only.*

1. When I experienced my Hidden Hurts, I chose to PRAY; my prayer was the following:

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2. When I recognized my Hidden Hurts, I recognized these feelings from the past:

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3. I applied compassion for myself by thinking (Positive Self-Talk):

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4. I applied compassion for the other person by thinking:

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5. My Christ-like attitude was the following:

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6. The True-Value's I recognized were the following:

Check ALL True Values that apply in this situation					
	Powerful		Valuable		Respected
	Connected		Lovable		Important
	Regarded		Forgiven		Accepted

7. Describe what you said/did:

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8. What belief helped me stay free of abusive /controlling behavior? \_\_\_\_\_

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9. How did my Christ-like response affect the person the event was with? \_\_\_\_\_

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10. How did my Christ-like response affect me? \_\_\_\_\_

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