

## Relationship with God - Positives

*Write down all the good things you've done and all the terrible things you haven't done!*

## Relationship with God - Negatives

*Write down all the bad things you've done that may cost you points with God; mention all the dark things you have done in secret...*

+ God -



## Relationship with others - Positives

*Write down the names of the people that you like and that like you or love you. Also write down all the good things you've done with friends / family and all the terrible things you haven't done!*



## Relationship with others - Negatives

*Write down the names of the people who have wronged you. Include the bad things you have done, all those dark thoughts that you have had about various people, the times you have gossiped about someone...*

+ others -