1. List the trigger behaviors your “Villain” used (from #2 on your Iceberg Worksheet).
   a. __________________________________________________________
   b. __________________________________________________________
   c. __________________________________________________________

2. Based on “Villain’s” actions, what I think “V” must be believing about themselves (from your Iceberg Beliefs list) is:
   a. __________________________________________________________
   b. __________________________________________________________
   c. __________________________________________________________

3. What beliefs do you hold about yourself that your “Villain” holds (from your Iceberg Beliefs list) about themselves.
   a. __________________________________________________________
   b. __________________________________________________________
   c. __________________________________________________________

4. How do you demonstrate or act out those beliefs with:
   a. “V” _________________________________________________________
   b. Others ______________________________________________________
   c. Yourself _____________________________________________________

5. Are you Judging/Blaming “V” for being: _____ different than you? _____ just like you?

6. What beliefs could you replace the above beliefs with?
   ____________________________________________________________________
   ____________________________________________________________________
   ____________________________________________________________________

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