

DISCARD FORMS 2022

SIDE A OTHER

Other Col 1. POSITIVE PERCEPTIONS	Other Col 2. Can you get past putting them on a pedestal?	Other Col 3. Can you get past your EGO and the Meme of this?	Other Col 4. Can you get past putting yourself on a pedestal	Other Col 5. Can you unlearn and see with two eyes (truth)?	Other Col 6. Can you see who expressed what they repressed?	Other Col 7. Can you see the perfect balance?
WRITE SEVEN POSITIVE TRAITS HERE - Specific trait, action or inaction that you like or admire most about this person? Make sure you unbundle qualities such as good person, into words like kind, generous, compassionate	Who observes(ed) or recognises(ed) this human trait, action or inaction in you (in one similar or another different form)? Where in your life are you demonstrating or have you demonstrated this human trait, action or inaction, in whatever form(s), and who sees or has seen it? (20-50)	How is the human trait, action or inaction in them given in Column (#)1 a drawback or disservice to you? How specifically does it hinder the fulfilment of yours and other people's highest values, yours or their life mission in yours and their seven areas of life?	How is the human trait, action or inaction in you a drawback or disservice to those you have specifically enacted the human trait to? How specifically does it hinder the fulfilment of their highest values, their life mission and their seven areas of life?	Who observes(ed) or recognises(ed) the exact opposite human trait, action or inaction in them to the same degree? 20:50	Who is (was) acting out the opposite human trait, action or inaction toward you to the one you like(ed) in them at the exact same moment?	If this person acts(ed) out the exact opposite human trait, action or inaction to what you admired in Column 1 what is (would be) the benefit to you and others?

SIDE B OTHER

Other Col 8. Negative PERCEPTION	Other Col 9. Can you get past putting them down?	Other Col 10. Can you get past your -ve resentments?	Other Col 11. Can you get past your righteousness?	Other Col 12. Can you unlearn and see with two eyes (truth) ?	Other Col 13. Can you see who expressed what they repressed?	Other Col 14. Can you see the perfect balance?
<p>What specific human trait, action or inaction do you most dislike, hate or consider negative or repulsive about this person? This specific trait, action or inaction could be from the past, present or potential future and from any of the seven areas of life.</p>	<p>Who observes(ed) or recognises(ed) this human trait, action or inaction in you (in one similar or another different form)? Where in your life are you demonstrating or have you demonstrated this human trait, action or inaction, in whatever form(s), and who sees or has seen it? (20-50)</p>	<p>How is the human trait, action or inaction in him/her given in Column 8 a benefit or service to you? How specifically does it help you fulfil your highest values, your life mission and your seven areas of life?</p>	<p>How is the human trait, action or inaction in you (col 8) a benefit or service to those you have specifically enacted the human trait, action or inaction to? How specifically does it help in the fulfilment of their highest values, their life mission and their seven areas of life?</p>	<p>Who observes(ed) or recognizes(ed) the exact opposite human trait, action or inaction in them to the same degree? (50:50)</p>	<p>Who is (was) acting out the opposite human trait, action or inaction to the one you like(ed) at the exact same moment?</p>	<p>If this person (or YOU) acts(ed) out the exact opposite human trait, action or inaction to what you disliked - despise(d) in Column 8 what is (would be) the drawback?</p>

THANKFULNESS

Write a thank you letter to this person