

Mending the Soul 3rd Edition Workbook correction.

On page 46 of the Mending the Soul Workbook 3rd Edition, two questions were somehow omitted from the final document sent to the printer. This page was printed with two of the three boxes left blank. The omitted questions are listed below. Please keep this page with your workbook so you will have the questions when needed. We have also included a download of this page on our website. We apologize and thank you for your understanding.

In the space below, describe the relational patterns you have used during the different stages of your life (for example, early childhood, preteen years, teenage years, early adulthood, etc.) Did you initiate and seek out relationships or did you wait for people to pursue you? Did you avoid relationships if possible? Did you keep your relationships shallow and on the surface or did you attempt to get close to people? If you can remember your approach to relationships before the abuse, pay particularly close attention to that phase of life. How did you change after the onset of the abuse?

Now reflect on the emotions you feel when you sense someone is trying to get close to you. How do you tend to respond? What do you feel? Do you tend to experience this emotion in any one part of your body? When have you felt this way in the past? Write down your observations below.