

There's something about that person that I don't like about me

- Stop! What are you feeling?
- Is it a dislike of a trait, a fear, an action or a characteristic?
- Do you identify with any of the above-mentioned triggers?
- Name the trigger.
- Speak the trigger out loud.
- Face the trigger.
- Work on the parts of yourself that need improvement or healing.
- Be grateful for this gift of self-discovery
- Own it, acknowledge it and move on!