



**Step 3: Education**

Based on your reflections during the two prior stages confession and elucidation:

- a) Describe your response to the issue.
- b) Can you change your relatedness to this issue and if so, how would you do this?
- c) Is this issue a symptom of a bigger relatedness issue and if so what is this?
- d) Based on your reflections, and how this issue affects your feelings towards yourself, try to think about yourself in relation to the problem in a different way, i.e. how can you help yourself, forgive yourself, be kinder to yourself, etc.
- e) Is there perhaps an alternative way of responding to this issue that may better serve you and others who may be affected by this issue, if so what is this?
- f) What, if anything, is to be learnt from this issue?