



#### **Step 4: Transformation**

Read your original journal entry (Week 1) and reflect on any changes that have occurred in your attitude towards the issue. Do you still feel the same or has something shifted? What has shifted? Journal this difference in detail. Pay specific attention to the following:

- a) Take note of your feelings towards the issue.
- b) Take note of the physical sensation your experience when reading about it again.
- c) Take note of any changes that have occurred in your attitude towards others involved in this issue.
- d) How do you feel about yourself in relation to the issue now?
- e) Have you made any changes in the way you behave or respond to the issue?