

Date \_\_\_\_\_

*Throughout the day observe your projections:*

| List people or circumstances that upset you. | Write down the reason why you think they upset you. | What are you projecting onto the person or circumstance? What beliefs or feelings you have about yourself that you don't wish to see or that you're putting on them? | Compassionately observe the aspects yourself that you have been avoiding Write down any insights. |
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