

## Understand Your Weakness

# WORKBOOK

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After receiving your **Areas of Growth Report** or **Feedback Report(s)** from your friend(s), you most likely have a list of character traits to examine.

By answering the questions below, you'll gain a better understanding of each characteristic and how you might choose to manage them.

*Please repeat this exercise for each character trait you wish to explore.*

Which characteristic would you like to examine in this Workbook?

1) Do you like this characteristic in other people?  Yes  No  In moderation

2) Do you like this characteristic in yourself?  Yes  No  In moderation

3) If your answers to the previous two questions aren't the same, please reflect on this below:

**4) How has this characteristic benefited you?**

*E.G. People who are impatient tend to be efficient. Those who are controlling often get things done. Folks who are temperamental tend to get their way, etc. Please dig deep for this question.*

**5) How has this characteristic harmed you?**

**6) How has this characteristic benefited the people around you?**

**7) How has this characteristic negatively impacted the people around you?**

*Imagine what it's like for others to deal with this quality. Put yourself in their shoes.*

**8) Based on the seven previous answers, how would you prioritize resolving this character trait?**

High     Moderate     Low     None. I need to boost self-acceptance around this trait.

9) Do any family members share this characteristic (or its opposite extreme)?  Yes  No  
*If you answered "Yes", this characteristic could be caused by your upbringing, culture or genetics.*

10) What do you suspect is the cause of this characteristic?

- Unresolved Trauma
- Mental Health
- Addictions
- Neurodivergence

**If this characteristic stems from any of the reasons highlighted in this area, please seek the help of a qualified professional.**

- Upbringing / Culture (see Question 9)
- Stress
- Impatience
- Negative Thinking
- Insecurity / Lack of Confidence
- Habitual Behavior
- An Emotional Response or Trigger
- Other (please elaborate below)

**11) If your character trait is rooted in: Upbringing / Culture, Stress, Impatience, Negativity, Insecurity / Lack of Confidence, Habitual Behavior, an Emotional Response or Trigger, or any other reason, please use the space below to journal about this.**

A large, empty rectangular box with a thin black border, intended for journaling. It occupies the majority of the page below the instruction.

**13) From the list below, which strategies might help you manage or resolve this character trait?**

- Boosting mindfulness around this behavior .....Hypnosis can help. [Book now](#).
- Reducing stress .....Find a guided meditation on YouTube or join a Meditation Circle.
- Being more empathetic ..... Find a good therapist.
- Letting go of resentment ..... Find a good therapist.
- Self acceptance / self forgiveness ..... Find a good therapist.
- Improving your instincts/judgement ..... Hypnosis can help. [Book now](#).
- Deescalating toxic situations ..... Find a good therapist or do Emotional Intelligence training.
- Managing triggers ..... Find a good therapist or do Emotional Intelligence training.
- Giving boundaries /Being assertive ..... Take an Assertiveness Training course.
- Psychic boundaries (to be less impacted by toxic people) ..... Hypnosis can help. [Book now](#).
- Being more positive-minded ..... Complete this free [Workbook](#) and do daily meditation.
- Bringing more excitement into my life ..... Find fun activities nearby.
- Boosting confidence ..... Complete this free [Workbook](#) and find a therapist.
- Healing childhood wounds ..... Find a good therapist.
- Losing weight or quitting smoking .....Please speak with your family doctor.
- A better relationship with myself ..... Spend quality alone time. Boost self-care. Explore your creativity.
- Discovering my life purpose ..... A tarot/life coaching session can help. [Book now](#).
- Being more successful ..... *Circle of Wishes* can help. [Book now](#).
- Finding a relationship ..... *Circle of Wishes* can help. [Book now](#).
- Other (please elaborate below).

**14) In the space below, describe how your life might look if you could manage this characteristic.**

A large, empty rectangular box with a thin black border, intended for the user to write their response to the question above. The box occupies most of the page below the question.