

## YOUR ERRONEOUS ZONES

Group Members \_\_\_\_\_

Answer the following questions (Yes or No) **based on group consensus:**

- |   |   |   |
|---|---|---|
| Y | N | Are you capable of controlling your own feelings?   |
| Y | N | Are you motivated from within rather than without?  |
| Y | N | Are you free from the need for approval?  |
| Y | N | Do you set up your own rules of conduct for yourself?   |
| Y | N | Are you free from the desire for justice and fairness?  |
| Y | N | Can you accept yourself and avoid complaining?  |
| Y | N | Can you avoid describing yourself in absolute terms?  |
| Y | N | Can you love yourself at all times?   |
| Y | N | Have you eliminated all dependency relationships?   |
| Y | N | Have you eliminated all blame and fault-finding in your life?                                   |
| Y | N | Are you free from ever feeling guilty?  |
| Y | N | Are you able to avoid worrying about the future?  |
| Y | N | Have you eliminated procrastination as a life-style?  |
| Y | N | Have you learned to fail effectively?   |
| Y | N | Are you motivated by your potential for growth, rather than a need to repair your deficiencies? |