ADAPTED FROM THE NVC TOOLKIT FOR FACILITATORS The Big Cover-Up

Use the worksheet below to complete the exercise, The Big Cover-Up. Cut out the labels and thoughts along individually along the dotted lines to complete this exercise.

| Write down all of the labels and judgments you believe about yourself, | |
|--|--------------------------|
| whether positive or negative: | CUT ON DOTTED LINE |
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| Write down all of the thoughts about what you des | erve: CUT ON DOTTED LINE |
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| Write down self-blaming statements (all of the things you should or Should not be thinking, saving or doing) | |
| Should not be thinking, saying or doing) | |
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