Personal Application Worksheet

1. How emotionally consumed are you in your conflict?

   1 2 3 4 5 6 7 8 9 10

   (vertigo-free) (deep in vertigo)

2. What thoughts and feelings are consuming you?

3. How can you stop vertigo from consuming you? For example, might you remember your purpose, jolt the relationship, or externalize the negative?

4. What can you say or do to stop the other side from falling into vertigo?