

LESSON 19 THINK-SHEET

1. Most of us have felt at some point in our lives as though we were being imprisoned by other people or by unwanted circumstances. Please describe something you have experienced like this.

2. Have you been able to extricate yourself from that situation? Explain.

3. If up till now, you have been unable to extricate yourself, what plan of action (beginning with your mental perspective) can you undertake to make sure the bars that hold you are shattered?
