

## Homework for Lecture 1 Introduction to 'Your 5 Faces of God'

This week is about setting yourself up and preparing yourself for the rest of the course. Use the Emotions, virtues and distortions chart to help you. Write down the answers to these questions:

This week ask yourself:

1. What emotions do I avoid expressing, do I suppress or feel totally disconnected from?
2. What virtues does this not allow me to fully align with?
3. How does that impact on my life?
4. Which distortions show up because I am avoiding, suppressing or disconnected from these identified emotions?
5. Why don't I allow these emotions to be present?
6. How can I learn to express and allow these emotions to be present in a healthy way?

### Emotions, virtues and distortions flow chart

