



**Part Two:** Read Chapters 4 & 5. Re-read Chapters 4 & 5 and underline the passages that affect you.

**There are two distinct areas for you to focus on:**

- First, is the list of comments on page 44. After reading the list, write down some of the intellectual comments that you heard at the time of your loss. Try to remember how you felt about those comments when they were said. (Example: when they said “I know how you feel” - I wanted to kill them.]
- Second, is the section entitled “WE WANT THE APPROVAL OF OTHERS,” which begins on page 54. List some of your own approval seeking reactions to what was happening around you, and how that may have led you to “Academy Award Recovery” behaviors.

**Notes on intellectual comments that did not help you:**

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**Notes on Approval:**

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Remember to take your homework assignment seriously. As we move forward, you will need to set aside enough time for the reading and written assignments. Try not to leave it until the last minute and cause yourself to rush. Your recovery will be the direct result of your participation. Do not shortchange yourself.