

What is Getting in My Way?

Describe three things or “dragons from the past” or issues from memories and events in your life that continue to breathe fire on your emotional brain--That get in the way of your goals

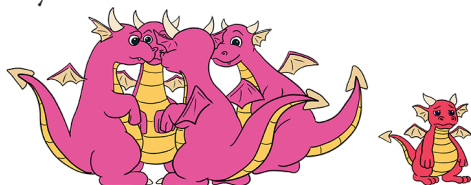
GOAL	DRAGON	TRIGGER	HOW I CAN TAME

What is Getting in My Way?

Get to know your dragons -- or issues from memories and events in your life that continue to breathe fire on your emotional brain. Here are some common dragons that could be impacting your life.

Abandoned, Invisible or Insignificant Dragons

Others did not see or recognize you, or you felt unimportant, abandoned, and lonely. If this is one of your dragons, you need to find ways to feel significant, like your life matters.



Inferior or Flawed Dragons

You felt “less than” others in ability, looks, money, achievement, or relationships



Anxious Dragons

You were often afraid, had a sense of impending doom, felt overwhelmed or stressed, or thought the world was a dangerous place.



Should and Shaming Dragons

You were raised in a culture of guilt.



Responsible Dragons

You feel liable for the pain or situation of others



Hopeless or Helpless Dragons

These dragons feed depression and withdrawal



Take the test at:
knowyourdragons.com