

## 12 LIFE SKILLS – ASSIGNMENT

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### Session Four – People Smarts: Whom You Invest In

1. How are you doing in these categories?
  - log and speck
  
2. How are you doing in your attraction to problem types?
  - where and how do they get you?
  
3. What causes that?
  - underlying needs and history
  
4. What steps can you take to learn?
  - therapy, study, mentor, groups, reflection
  
5. What protections do you need from them?
  - people, structure, sponsor, abstinence from temptation