



Cue the Curtain
Where we Reveal You to You,
Others to Some, and All to God

Real People Hurt, Real People Heal

drleahriddickcunningham@gmail.com

www.drleahriddickcunningham.com

Week 1 – How does the Headline of Your Life Read? (Assignment)

Conduct a self-interview by sitting in front of a mirror. You are the Journalist (interviewer) the person in the mirror is the interviewee.

1. Ask yourself the following questions. Be as honest with yourself as possible.
 - a.) Who are you? Please share as much as you would like.
 - b.) What do you do for fun? For a job? For yourself? For others?
 - c.) Where do you feel you can be at your best? (Ex; family, friends, home, outside, eating, sleeping, work, play, something else) Please be specific.
 - d.) How do you describe your best skill or gift that you have? When do you use your skills or gifts?
 - e.) When do you feel healthiest? (Ex; family, friends, home, outside, eating, sleeping, work, play, something else). Please be specific.
2. Slander: the action or crime of making a false spoken statement damaging to a person's reputation. List any lies, false statements made by others that were slanderous against you.
 - a.) Please list at least 11 things people have said.
 - b.) List at least 11 things you have said about yourself.
 - c.) Which of these items listed may have 'some truth' to it, but they have been exaggerated? List them here.
 - d.) Do you have any regrets for any of the items that may have 'some truth'? Yes or No? or NA.
 - e.) For each item that has 'some truth', repeat each one aloud and follow it with I apologize for any hurt or damage to anyone, (including yourself). Ask for forgiveness and say I accept.

Thank yourself for the interview and anticipate the next interview to be different.
You are re-writing your headline. Good job!!

Follow us

