HUMILIATION

“I confess all …”

\_\_\_\_Distractions and Inability to Focus

\_\_\_\_Being Unresponsive

\_\_\_\_Lack of Concern

\_\_\_\_Inability to Follow Through

\_\_\_\_Neglect and rejection of Self or Others

\_\_\_\_Pressure

“..and I confess it for myself, my parents, my grandparents, my great grandparents and all of my ancestors back to Adam… and I renounce its hold on my life and on my family line.”