1B (ii): YOUR ANIMOSITY LIST

On this page, there are a number of empty boxes. In each box, I want you to write the name of an individual you have animosity towards. Animosity refers to strong hostility or dislike towards someone or something. This can include somebody you know generally, family members, friends, somebody you don't know at all, famous people, whoever. (Don't feel pressured to fill out all the boxes; fill as many as you like.)

(It can - and should - also include yourself and people who have passed on if you hold animosity towards them) Underneath their name write why you have animosity towards them. Be as honest as possible.

