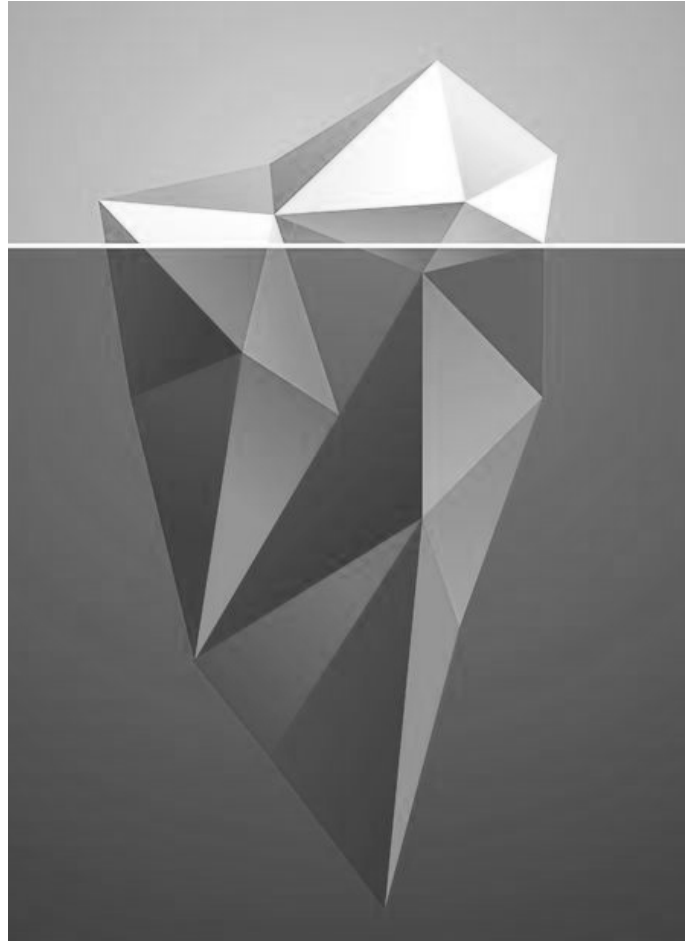


Worksheet # 2 – “Lowering the Waterline”



1. What's down below your waterline that you don't want to share with others or speak about out loud?
2. If you think about yourself more deeply, what positive traits can be found below your waterline?
3. What do you think keeps these positive qualities from being revealed or expressed?