



MY BLACK HOLES

“SMOKE OUT” QUESTIONS

1	What things do I hate doing?	Why?
2	What makes me anxious or fearful?	Why?
3	Who makes me feel bad?	Why?
4	Which places do I hate being in?	Why?
5	What is creepy or repulsive to me?	Why?
6	What is my biggest fear?	Why?
7	What is the most boring thing for me to do?	Why?
8	Do I have any more “black holes” that I would like to stay away from?	Why?