

The 7 Levels of Deep Exercise can be used for anything. Here are some sample questions:

**What is important to you about achieving the ideal you?**

**\*What makes you REALLY angry/evokes strong negative emotions?**

What makes you really  
angry/evokes strong  
negative emotions?

Why does/do  
\_\_\_\_\_  
make you angry?

Why does/do  
\_\_\_\_\_  
make you angry?

Why does/do  
\_\_\_\_\_  
make you angry?

Why does/do  
\_\_\_\_\_  
make you angry?

Why does/do  
\_\_\_\_\_  
make you angry?

Why does/do  
\_\_\_\_\_  
make you angry?