



WITH UNDERSTANDING COMES CALM

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## HOW TO USE THIS TICK/TICKED OFF CHART

Let's face it, 2e adults are passionate, caring and sensitive people. As with all gifted and 2e beings, you can be INTENSE in the very best ways and the intensity can cause pain, annoyance and frustration.

Use this Tick/Ticked Off Chart to catalogue what makes YOU tick and what ticks YOU off! Realizing your strengths and struggles allows you to make the most of your true organic selves and to address the things that mean the most to you.

Note that the first worksheet asks you what makes you tick and what ticks you off about certain things: life, work, friendships, etc. The second page asks you to fill in how YOU affect these things. For page 2, ask yourself, "How do I positively/negatively impact..."

Simply going through this exercise will bring knowledge to the forefront of your mind and help you understand why certain things are hard and others bring you joy.



For more on this topic, check out Julie Skolnick's session inside the [Let's Talk 2e Adult Conference](#). Get \$70 off when you enter the code 2ETOOLBOX at checkout.





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## TICK/TICKED OFF CHART:

What makes you...

LIFE

TICK

TICKED OFF

WORK

TICK

TICKED OFF

FRIENDSHIP

TICK

TICKED OFF

SPOUSE

TICK

TICKED OFF

CHILD

TICK

TICKED OFF

YOU

TICK

TICKED OFF



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## TICK/TICKED OFF CHART:

How do you make your...

### WORLD (IMPACT)

TICK

TICKED OFF

### COLLEAGUES

TICK

TICKED OFF

### FRIENDSHIPS

TICK

TICKED OFF

### SPOUSE

TICK

TICKED OFF

### CHILD

TICK

TICKED OFF

### SELF

TICK

TICKED OFF



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