



AGISCI *SUL TUO ATTEGGIAMENTO* **SVOLTA DOLORE**

## **LE SFERE DELLA VITA**

### SFERA FISICA E SALUTE

Voto:

Cosa penso:

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Come ero:

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Come sono:

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Come mi immagino:

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## SFERA MENTALE/EMOZIONALE/SPIRITUALE

Voto:

Cosa penso:

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Come ero:

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Come sono:

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Come mi immagino:

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## SFERA AFFETTIVA

Voto:

Cosa penso:

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Come ero:

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Come sono:

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Come mi immagino:

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## SFERA LAVORATIVA

Voto:

Cosa penso:

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Come ero:

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Come sono:

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Come mi immagino:

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## SFERA RICREATIVA / HOBBY

Voto:

Cosa penso:

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Come ero:

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Come sono:

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Come mi immagino:

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