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# Reflections on your FYD sessions completed before FYD Online Level II

Name:

Date:

We invite you to sit down with the tracking forms from your 65 FYD sessions you had to accumulate for FYD Online Level II and engage in the following exercise. Your answers can be brief and do not have to be formulated in whole sentences.

*Which demons (or what kind of demon) did you feed most often? Do you notice any patterns in your demon feedings?*

*Do you notice any patterns in the allies that showed up for you?*

*With how many different partners have you done the process?*

*What differences did you notice between your various partners? What kind of challenges have come up? Any insights?*