

WORKSHEET 12.1: COURSE REVIEW

Inner Reality: The world of your mind, which is yours and not observable by others. Only you have the “key” to your inner reality!

Outer Reality: The facts - parts of your reality that are observable and measurable.

Remember: Your inner and outer reality can affect your mood. These realities affect the activities you do, your thoughts, and your contact with other people. In turn, all of these things affect:

- You
- Your baby
- The relationship between you and your baby

