

HEALING FROM YOUR PAST

RESTORING YOU



VIDEO 4

We all have past _____, outdated _____, and
_____ beliefs that cloud our present reality

REMEMBER: Emotions are neither good or bad

We must be _____ to face our feelings head on in order
to _____

KEY QUESTIONS TO ASK YOURSELF

How does my body feel right now?

Where in my body do I feel the hurt?

Is there a conversation that I have been avoiding and need to have?

Do I need time alone? If yes, what can I do to create the space I need?

What would make me feel safe right now, in this moment?

Are there certain people, places, or things that are most triggering to me or I find myself reacting in ways I don't want to? the more detail the better -- look for patterns

What EXACTLY about the person, place, or thing bothers me so much?

In what ways do I tend to hide or cope?

NOTES

THINGS TO REMEMBER

You are NOT behind

You are NOT broken

**There is no shame in exactly where you are right now, even if it isn't
where you want to be**

**If you feel overwhelmed by this work, it is okay to take a break and do
something that makes you feel good - don't imply *numb* the pain, but
create a safe space for yourself to honor what you need**

Consider reaching out for help if you think you need it

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