

HEALING FROM A DIFFICULT EXPERIENCE

1. WHAT HAPPENED, IN MY OWN
WORDS, WITHOUT MINIMIZING
OR EXAGGERATING IT?



2. HOW DID THAT
EXPERIENCE CHANGE THE
WAY I SEE MYSELF?



3. WHAT DID I NEED AT
THE TIME THAT I DIDN'T
RECEIVE?



4. WHAT DO I NEED FROM
MYSELF NOW THAT I
NEEDED BACK THEN?



5. WHAT PART OF THIS
EXPERIENCE STILL FEELS
UNFINISHED FOR ME?



6. WHAT HAVE I LEARNED
FROM THIS EXPERIENCE
WITHOUT
PRETENDING I'M
THANKFUL IT
HAPPENED?

