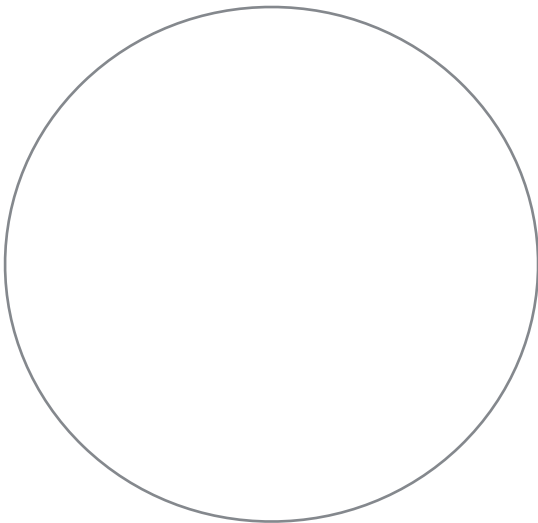


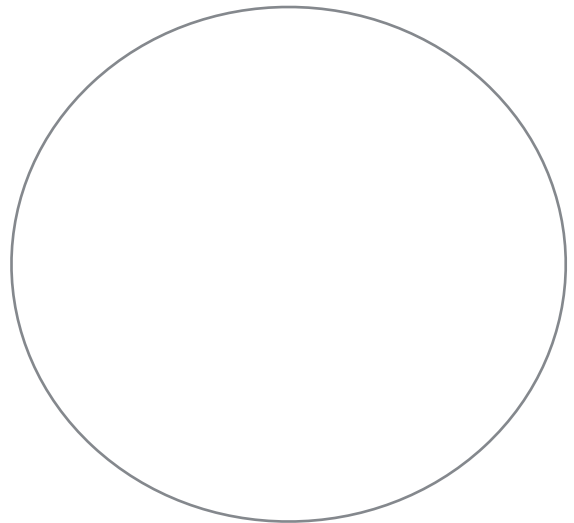
# Sitting With Yourself

Please, spend 15 min to contemplate and brainstorm about each of the following questions and write down the immediate thoughts and feelings you have in the circles assigned:

- 1 What do I need to **KNOW** about this situation
- 2 What do I need to **ACCEPT** about this situation
- 3 What do I need to **HEAL** about this situation
- 4 What do I need to **DO** about this situation

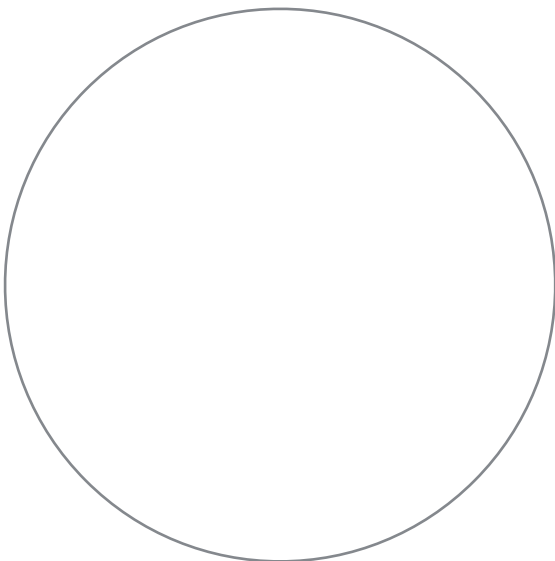


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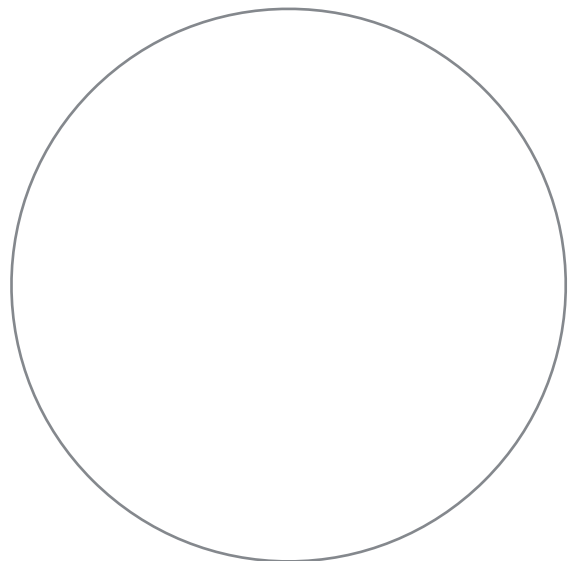


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3



4



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