

12 Letters: You Belong

With sufferings, also come,
the overcomings.

WORKSHEET 1

Remember that one time, that was SO difficult for you that you thought you wouldn't make it through?

INSTRUCTIONS:

1. Ask anyone living with you, not to knock on your door for 20 minutes.
2. Put your phone on DND.
3. Drink some water so you don't get up in-between.
4. Turn off the gas-stove/induction-top.
5. Come back, sit, breathe, think about that time, know you're not alone, and answer:

YOU GOT THIS, POTATO #1

Tell me about it. What was the situation? What were you expected to do? Who expected you to do it?

YOU GOT THIS, POTATO #2

What were you afraid of?

(e.g., being laughed at, being unhappy, never recovering, never succeeding, losing someone, things that people would say.)

1.

2.

3.

YOU GOT THIS, POTATO #3

What did you say & do differently to deal with the situation?

I told myself:

Two Small and Significant steps that I took:

a.

b.

YOU GOT THIS, POTATO #4

What does this tell you about yourself? Is this an evidence that builds you up or does it bring you down?

