1. Think about times in your life, especially lately, when an emotional reaction has been strong when you have experienced fear, sadness, anger, or anxiety. How do you think these might be connected to your childhood?

Consider how your past has shaped your sense of self-worth. Wheliefs about yourself would you like to change?					
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4. How do emotional triggers affect your day-to-day living right now? Do these triggers cause you stress, make you feel like disconnecting, or lead you into coping mechanisms?

Chapter 2 Exercise

Imagine you have a friend who has gone through similar circumstances						
as you in their childhood. You know they are struggling right now witl triggers and the resulting emotions. Can you write them a letter o encouragement? And can you reflect on what you would say if tha friend were you?						

Chapter 2 Worksheet

This activity is designed to help you understand how childhood trauma may affect you in adulthood.
A. Consider a recent event when you felt a strong emotion like anger, anxiety, or fear. Briefly describe what happened. Is this a recurring theme in your life?
B. Remind yourself that you matter. Tell yourself you are worthy of love and respect and can achieve. Write this down and place it everywhere in your home.
C. Identify a current relationship challenge you are facing. Why do you think it is a struggle?
D. Do you have a couple of ideas about how you can begin to implement change in your life right now?