Chapter 8 Journal

1. What are some of the most significant challenges you have faced, and how can you use those experiences to write a new narrative?

Chapter 8 Journal

2. What values are the most important to you, and how can they guide your life moving forward?

Chapter 8 Journal

3. Imagine your life one year from now, free from the burdens of your past. What are you doing? How does it feel in this new narrative?

Chapter 8 Journal

4. What parts of your identity are you most proud of today? What new aspects do you want to cultivate in the future?

Chapter 8 Exercise

Letter to Your Younger Self

Write a letter to your younger self offering compassion, understanding, and encouragement. Acknowledge their pain, but let them know how far you have come since.

Chapter 8 Worksheet

My New Narrative:

Section 1: Identify three key beliefs about yourself that are based on the pain and abuse of your past.

Section 2: Rewrite each of those key beliefs into a positive, empowering, and encouraging statement.

Section 3: Outline one practical step you can take to reinforce these key beliefs into your daily life.