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3. Think of a time when you were deeply upset or overwhelmed. What do you think triggered those feelings? Might that be something from your past?			
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4. How do you think processing the pain of your past will help you gro as a person?				

### Chapter 4 Exercise

Visualization: Releasing the Weight:

Sit quietly and visualize yourself carrying a heavy backpack filled with rocks. Each rock represents a painful memory.

Imagine taking out a rock one by one, acknowledging its significance, and setting it to the side—never to be put back in the backpack again.

## Chapter 4 Worksheet

## Affirmation Activity

## Negative thoughts of pain Positive affirmation

I do not have a voice in my life	I have something valuable to share with others