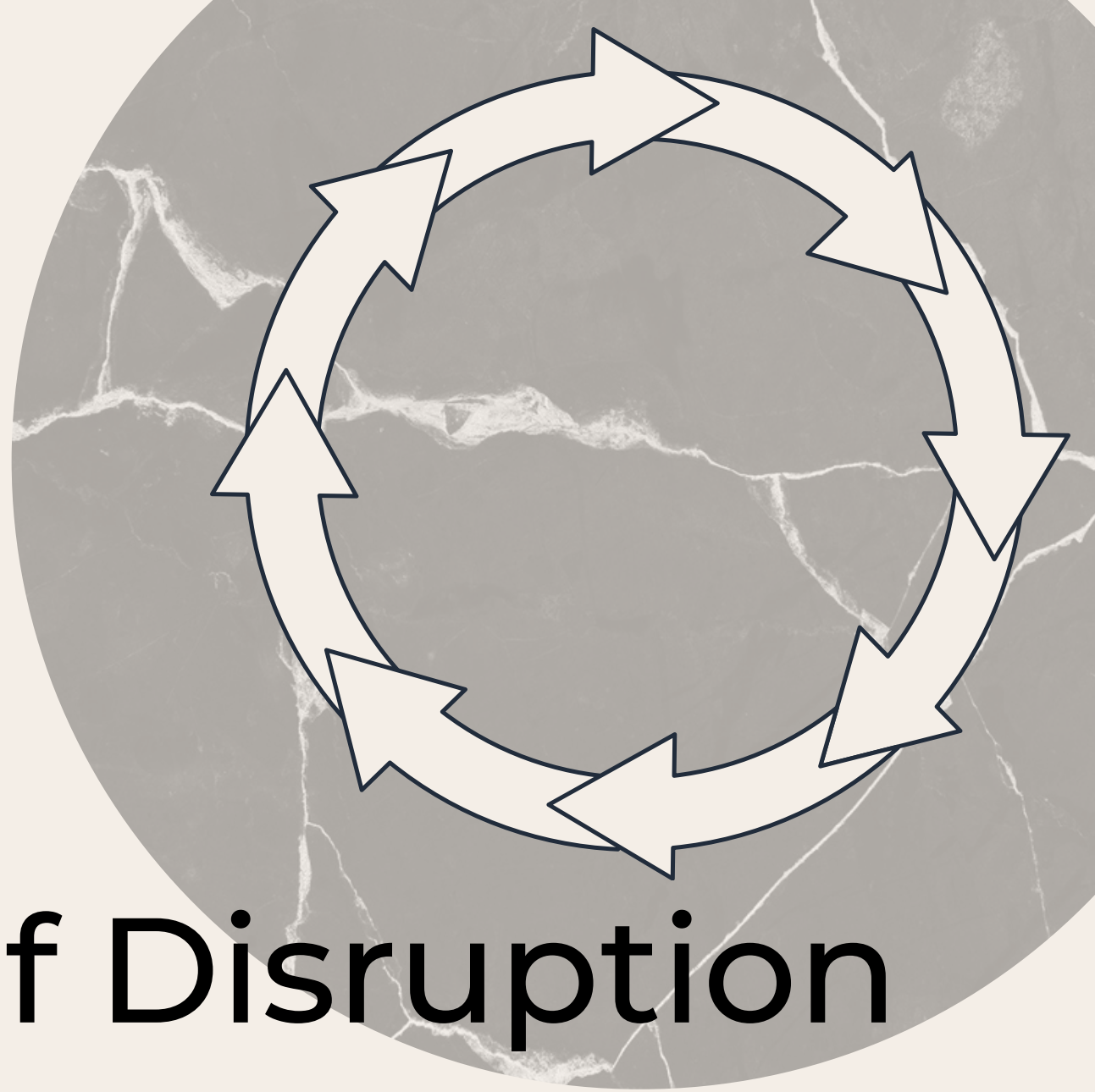




Change is Possible

If I can do it, You can too.

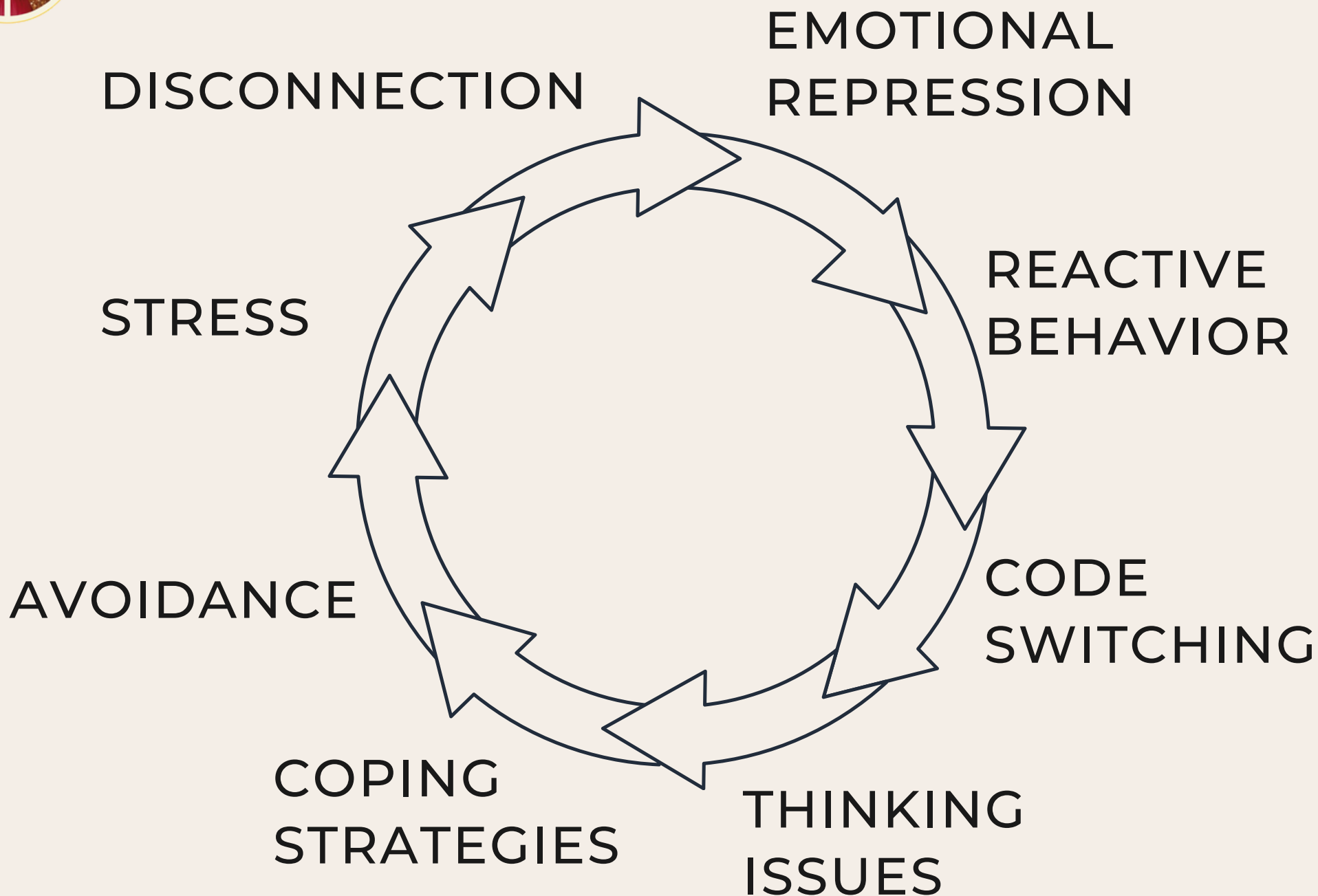
Begin to reflect on what you can work on. Aim for the small wins and trust that you will build momentum.



Cycle of Disruption

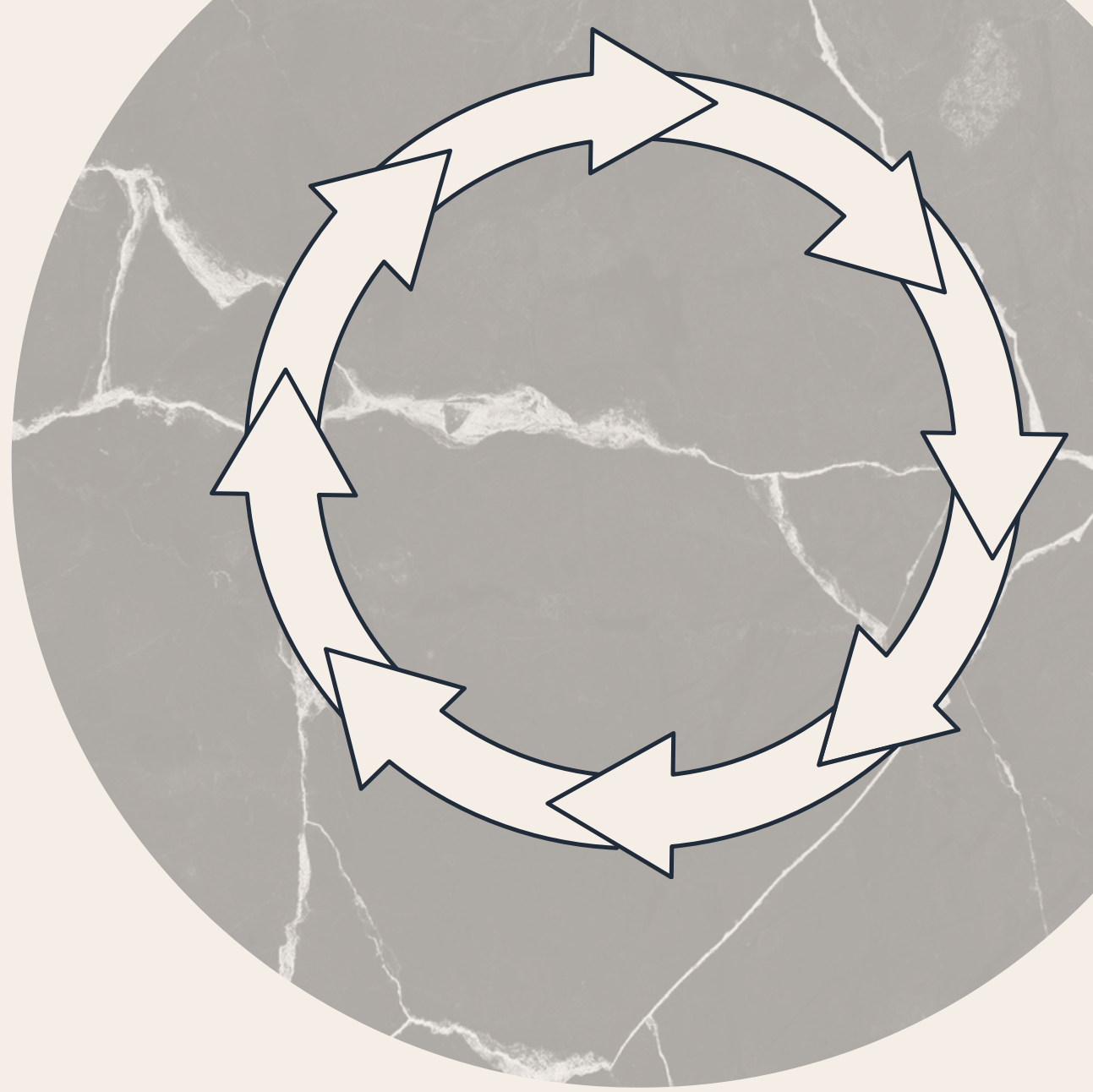
What's getting in your way?

This is a simple way to start to reflect on your experience of being you. When you know yourself, growth is possible.



Cycle of Disruption

What are the symptoms of your struggle?



Make a note:

Which of the following symptoms and behaviour to you experience on a regular basis?



Stress

UN-GROUNDED VIEW OF REALITY

FEAR BASED BEHAVIOR

ANXIETY

FEELING UNSAFE

FIGHT OR FLIGHT REACTIONS -

ANGER / RAGE / RUNNING AWAY

COLAPSE

PHYSICAL PAIN

FEAR OF PAIN

FEAR OF THE UNKNOWN



Disconnection

LACK OF BODY AWARENESS

EMOTIONAL DISCONNECT

DISSOCIATION

DESENSITISATION

SEXUAL OBJECTIFICATION

BODY DYSMORPHIA

POOR MEMORY

UNABLE TO BE PRESENT



Coping Strategies

DISTRACTION

COMPULSIVE BEHAVIOIR

OBSESSIVENESS

ESCAPISM

DEPENDENCY

CRAVINGS

INSTANT GRATIFICATION



Reactive Behavior

EMOTIONAL OUTBURSTS

DISMISSIVE BEHAVIOR

IMPATIENCE

IMPULSIVNESS

DRAMA

HYPER-SENSITIVITY

HIGHLY AFFECTED

UNSTABLE & MOODY



Emotional Repression

INNER CONFLICT

MEMORY LOSS

FALSE RESPONSES

MASK WEARING

EASILY AFFECTED

EMOTIONAL FATIGUE

LACK OF SELF-CARE

AVOID BEING ALONE



Code Switching

MASK WEARING

PEOPLE PLEASING

ENTERTAINING

ATTENTION SEEKING

NEEDING VALIDATION

HYPER-SEXUALISED

SUPERFICIAL

COMFORMING



Thinking Issues

CONFUSION

OVER-THINKING

CLOSED MINDEDNESS

INTERNAL DRAMA

INNER CRITIC

FANTASY

NEGATIVE THINKING

WORRY

DISASTER THINKING



Avoidance

DENIAL

RESISTANCE

TOXIC POSITIVITY

BY-PASSING

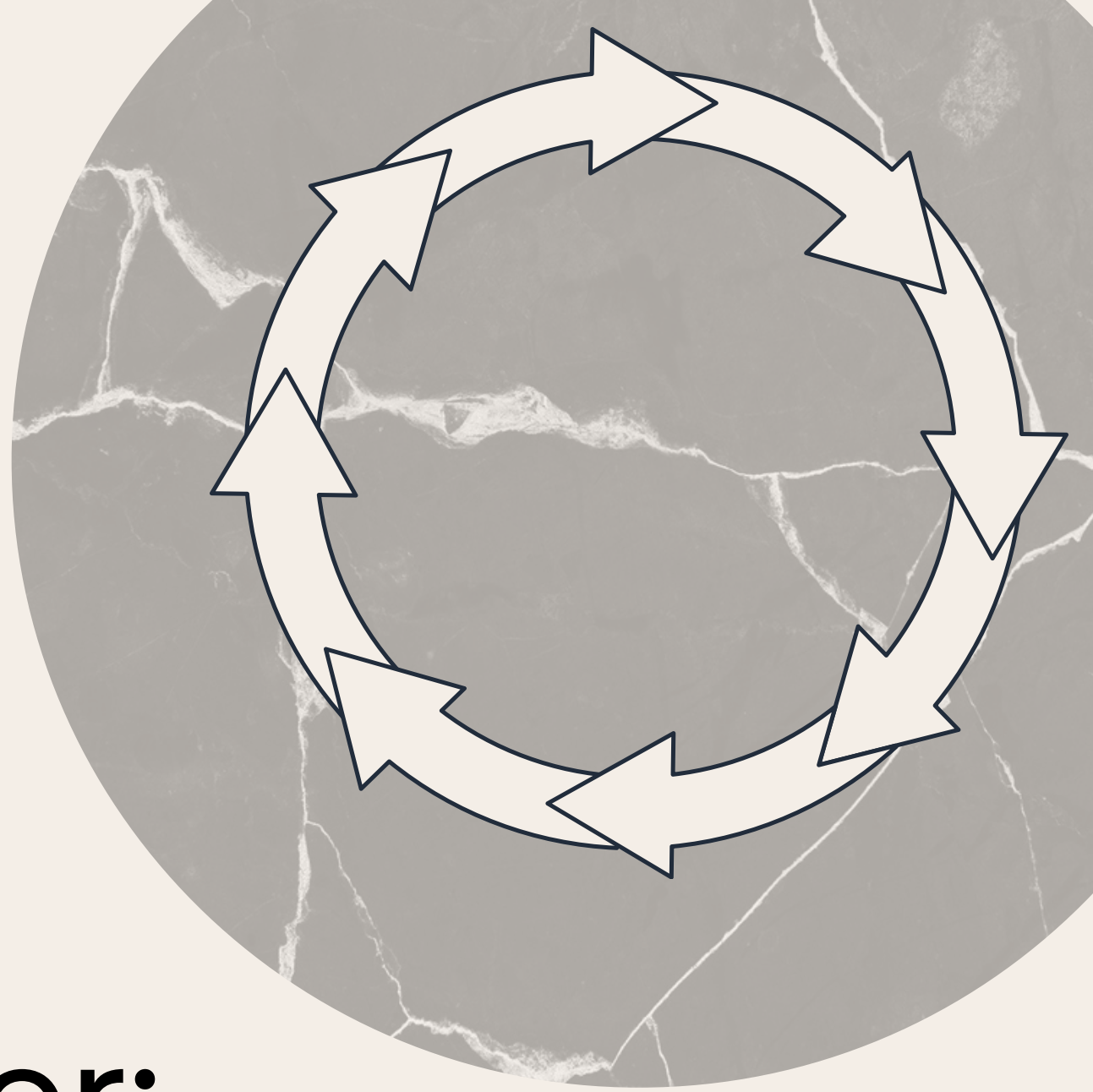
IGNORING THE ISSUES

LACK OF AWARENESS

LIVING IN A BUBBLE

ALWAYS ON THE GO

ESCAPISM



Consider:

**Do you have any tools for
changing these patterns?**

**How easy is it for you to apply
these tools in an effective way?**



MONDAY

- _____
- _____
- _____
- _____
- _____

TUESDAY

- _____
- _____
- _____
- _____
- _____

WEDNESDAY

- _____
- _____
- _____
- _____
- _____

Disruption Dairy:

Start keeping a record of when you experience a disruption? Try to do this every day so that you can look back and see your patterns.