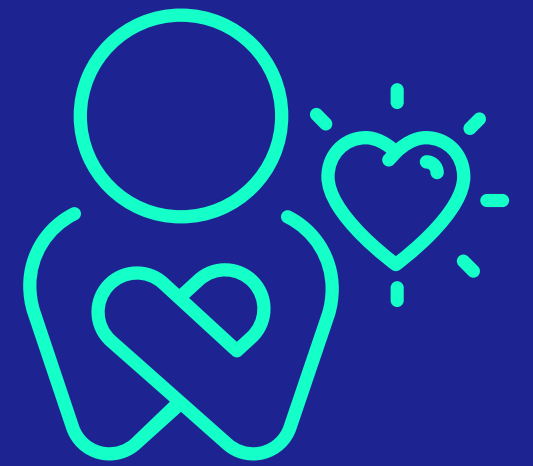


HEALING FROM A TRAUMATIC RELATIONSHIP



**PRACTICE
MINDFULNESS**

 **RE-AFFIRM
YOUR SELF-WORTH** 



**PRACTICE
SELF CARE**



**TAKE THE TIME
YOU NEED TO
PROCESS**



**EXPRESS
YOUR
FEELINGS**



**JOURNAL YOUR
THOUGHTS**



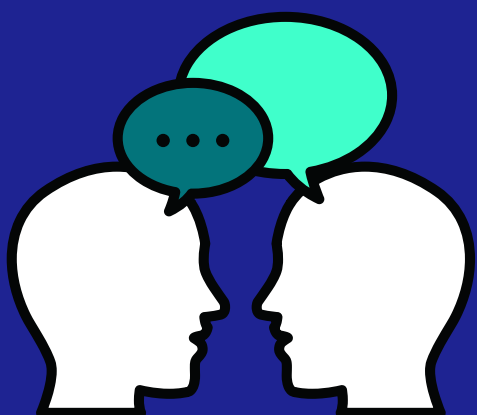
**FORGIVE
YOURSELF**



**REASSURE
YOURSELF**



**HONOR
YOUR
NEEDS**



**TALK ABOUT
YOUR
EXPERIENCES**

**focus on
the present
moment**



**PRACTICE
POSITIVE
SELF TALK**