

ALL STRUNG OUT

have patience
with
everything
un-resolved
in your
heart

RAINER MARIA RILKE

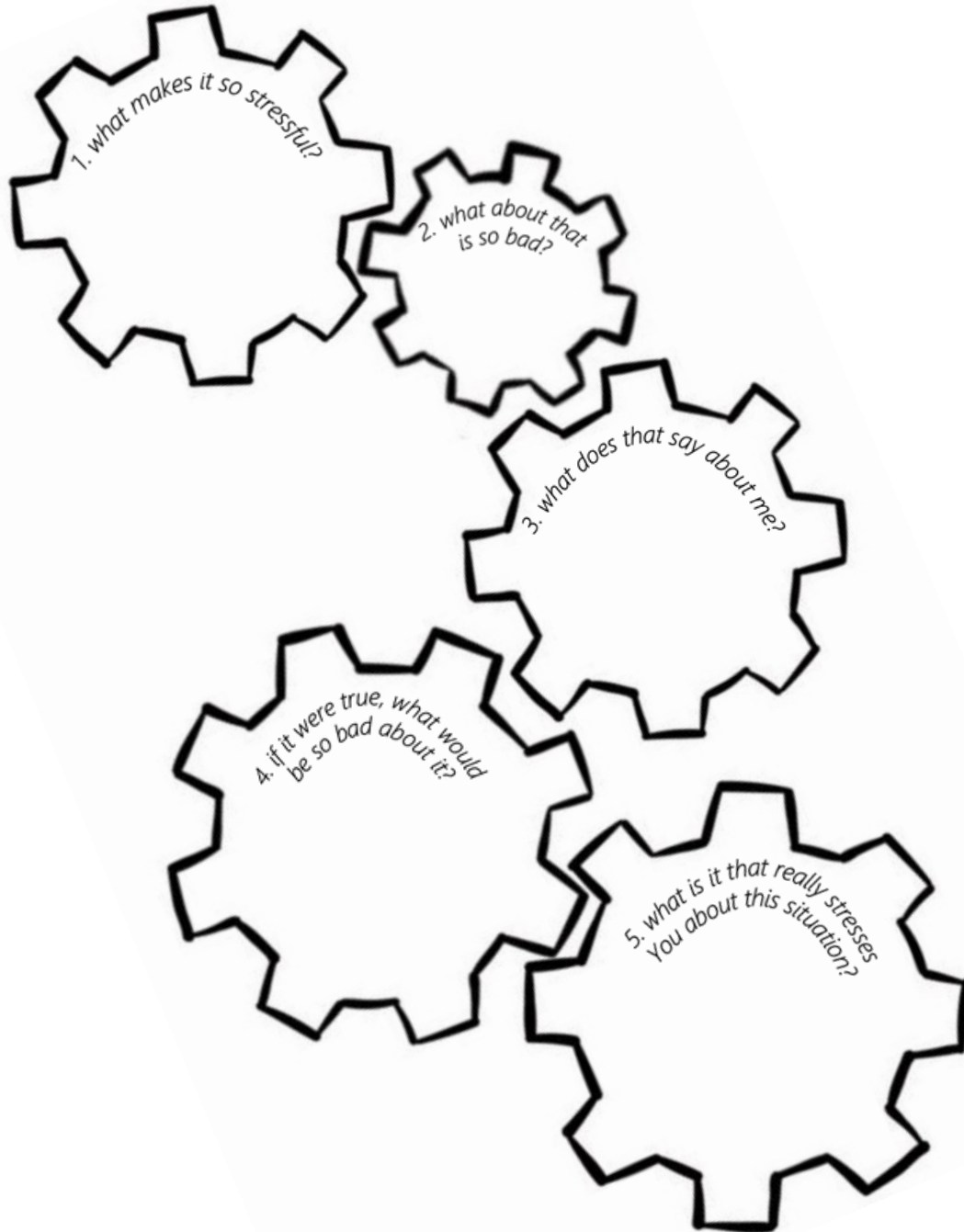
take a moment to think about your current stressors.

now, use the space below freely to pen any or all of these thoughts down.

don't hesitate to be descriptive or to use drawings to express your thoughts. this page is for you and only you!

ALL STRUNG OUT

select one of the stressors you described in the last page, and let these prompts guide your train of thought.



how does this help me understand myself better?

e.g. i value my interpersonal relationships and am worried that others might lose faith in me.

finally, write down one action statement that you can put into practice from today!

e.g. i will communicate my feelings to my loved ones so they understand what i am going through too!