

# SELF LOVE

# SCHOOL JUNIOR

## WEEK 2 WORKBOOK

### **I SHOULD:**

List all the ways you could end that sentence. All the things you should do, should have done, be doing, or should get done.

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**“If I really wanted to I could...”**

Why haven't you?

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Where did these beliefs come from? Who's voice? Who told you?

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What negative messages did you hear growing up?

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What do you criticize yourself for? What is *wrong* with you?

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**TAKEAWAYS FROM PHOTO EXERCISE:**

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**I love you first name. I am here for you. You are safe.**