

## [BLOCK]

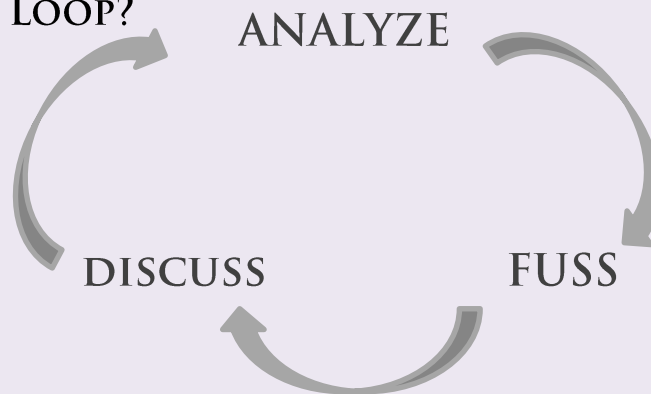
## [LOOP]

## [PLAN]

### AM I BLOCKED?

- Avoiding An Argument or confrontation
- Harboring "This is unfair" Thoughts
- False Comfort
- Being led by Fear
- imagining Discomfort and Pain
- Embarrassed about my needs

### AM I STUCK IN AN A.F.D. LOOP?



### AM I WORKING MY SELF CARE PLAN?

SET GOALS | GET SELF CARE TOOLS | CHECK IN WITH BUDDY | DEVELOP A DREAM TEAM

#### BABY STEPS & GOALS

Spiritual & Emotional \_\_\_\_\_

Economic \_\_\_\_\_

Artistic: \_\_\_\_\_

Physical: \_\_\_\_\_

Educationally: \_\_\_\_\_

Socially: \_\_\_\_\_