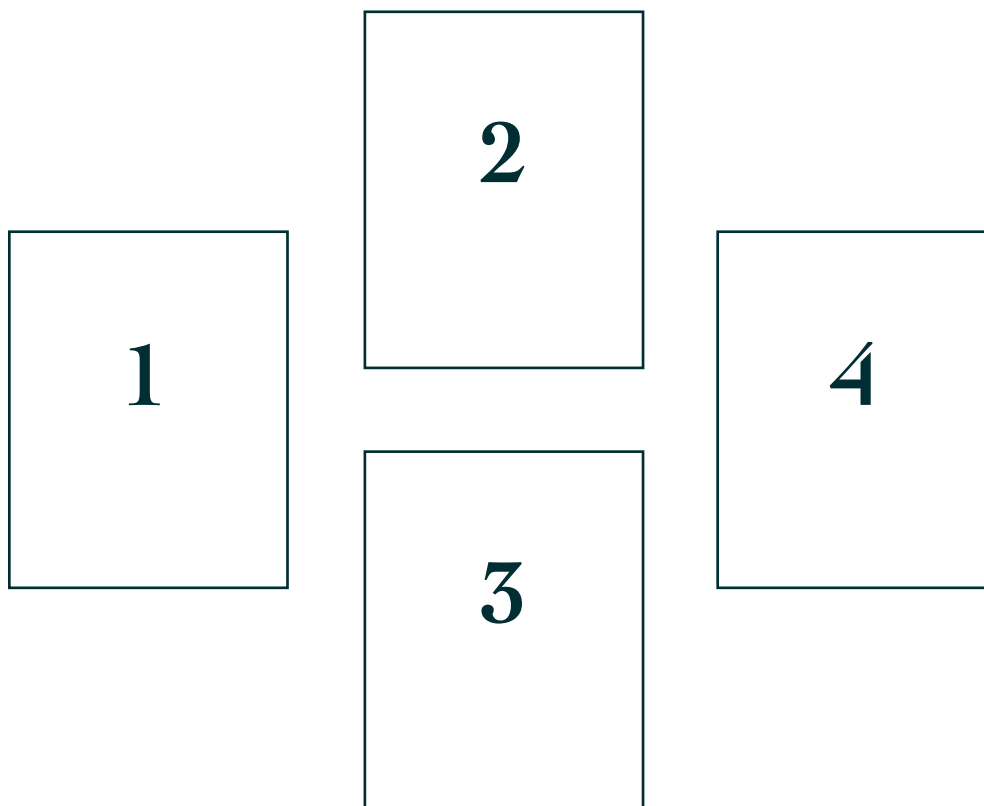


Shadow Work to Heal Triggers Spread



1. What am I triggered?
2. What needs healing?
3. What steps can I take to heal?
4. What will being healed look like?

