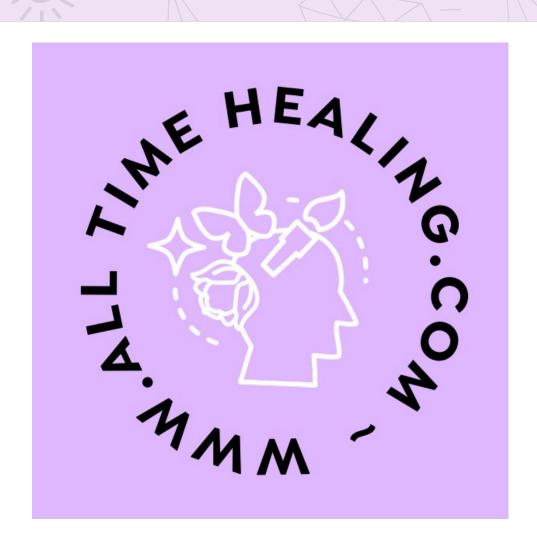
Worksheet



Use these pages as prompts for writing in your journals!



Mindset & Process

How do you dissociate?

Have you experienced Reassociating?