**WHAT ARE MY HURTS & HEARTACHES?**

**WHAT PAST OR PRESENT HURT IS MY HEART/MIND HOLDING ON TOO?**

 **EVERYBODY HAS PAST HURTS, NO ONE IS HURT FREE.**

**SOMETIMES PEOPLE HANG ONTO HURTS AND HEARTACHES THEIR WHOLE LIVES.**

**MY HURT: MY HURT:**

**WHY AM I HOLDING ONTO IT? WHY AM I HOLDING ONTO IT?**

**HOW CAN I LET IT GO AND BE SET FREE? HOW CAN I LET IT GO AND BE SET FREE?**

**MY HURT: MY HURT:**

**WHY AM I HOLDING ONTO IT? WHY AM I HOLDING ONTO IT?**

**HOW CAN I LET IT GO AND BE SET FREE? HOW CAN I LET IT GO AND BE SET FREE?**

**MY HURT: MY HURT:**

**WHY AM I HOLDING ONTO IT? WHY AM I HOLDING ONTO IT?**

**HOW CAN I LET IT GO AND BE SET FREE? HOW CAN I LET IT GO AND BE SET FREE?**

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**WHAT ARE MY PAST & PRESENT HURTS?**

**LIST THEM BELOW, BUT KEEP IN MIND THAT SOME MEMORIES OF THE PAST**

**MAY SURFACE AT A LATER TIME, FILL THEM IN AS THEY APPEAR**

 **1.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **26.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 **2.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **27.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 **3.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **28.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 **4.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **29.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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 **6.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **31.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**17.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **42.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **18.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **43.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **19.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **44.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **20.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **45.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **21.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **46.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **22.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **47.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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 **REMEMBERING THE PAST MAY BE HARD! I CAN FACE IT! I’M STRONG!**

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 **POSITIVE THINGS I WILL DO TO ACCEPT MY CURRENT HURT/PAST EVENTS**

 **1.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **26.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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 **I ACCEPT MY PAST! I ACCEPT ANY HURTS THAT MAY HAPPEN TODAY!**

**CREATED BY GALLERY OF HOPE – WWW.GALLERYOFHOPE.ME**

**LIST OF IDEAS ON WAYS TO HEAL HURT(S)**

|  |
| --- |
|  |
| **TALK TO SOMEONE/FRIEND** | **ACCEPT THERE PROBABLY WILL BE NO APOLOGY** |
|  **LIVE LIFE ONE DAY AT A TIME** | **PRAY ABOUT IT/ASK GOD TO TAKE THE PAIN AWAY** |
| **CRY A GOOD HEAVY CRY** | **LOVE YOURSELF FOR WHO YOU ARE** |
| **SAY, “I LET MY HURTS GO”** | **QUIT RE-LIVING THE MOMENT IN YOUR HEAD** |
| **SEE A COUNSELOR/THERAPIST** | **LET GO OF FEELING LIKE A VICTIM** |
| **FORGIVE THEM** | **DON’T GIVE OTHER PEOPLE POWER OVER YOU** |
| **CREATE NEW POSITIVE MEMORIES** | **DO SOMETHING SPECIAL FOR YOURSELF** |
| **JOIN A SUPPORT GROUP** | **LET GO OF WONDERING “WHY ME?”**  |
| **TAKE THIS TIME TO GROW** | **FACE THE PAIN AND DON’T AVOID IT ANYMORE** |
| **TAKE CARE OF YOURSELF** | **SURROUND YOURSELF WITH CARING PEOPLE** |
| **PLAY RACQUETBALL** | **FIND POSITIVE WAYS TO GET YOUR PAIN OUT** |
| **PUNCH INTO A PILLOW** | **IF SAFE TO DO – TALK TO THE PERSON ABOUT IT** |
| **KNOW YOU’RE NOT HELPLESS** | **QUIT REPEATING THE STORY/EVENT TO OTHERS** |
| **BELIEVE IN YOURSELF/STRENGTH** | **STOP BLAMING THE OTHER PERSON/YOURSELF** |
| **REMEMBER GOOD MEMORIES** | **GO SOMEPLACE PRIVATE AND SCREAM** |
| **DO SOME FUN ACTIVITIES** | **TRY NOT TO LET YOUR HURT AFFECT YOU** |
|  |
| **DON’T TAKE THINGS PERSONAL - MEAN PEOPLE MAY BE HURTING SO THEY HURT OTHERS**  |
| **USE YOUR PAIN TO BECOME A BETTER YOU/PERSON** |
| **DO NOT NUMB YOURSELF TO THE PAIN – FEEL IT, ACCEPT IT, THEN LET IT GO** |
| **ASK - “WHY AM I LETTING SOMEONE’S COMMENT/BAD BEHAVIOR HURT ME?”** |
| **IF YOU NEED MORE TIME TO MOURN YOUR HURT(S) – TAKE IT** |
| **WHEN MEMORIES OF A HURT APPEAR – THINK ABOUT SOMETHING ELSE – SOMETHING NICE**  |
| **TELL YOURSELF, “I’M IN CONTROL OF ME!”** |
| **CHANGE YOUR THOUGHTS TO BECOME FREE OF THINKING ABOUT YOUR HURTS** |
| **MAKE THE CHOICE TO NOT FEEL THE HURT ANYMORE** |
| **KNOW YOU ARE A WONDERFUL PERSON WHO DIDN’T DESERVE IT – AND MOVE ON** |
| **EACH MORNING TELL YOURSELF, “TODAY I’M GOING TO BE FREE!”** |
| **WRITE DOWN ALL YOUR HURTS THEN THROW THEM AWAY** |
|  |
| **FIND SOMETHING YOU ARE PASSIONATE ABOUT/HOBBY/VOLUNTEER ORGANIZATION** |
| **ACCEPT IT HAPPENED, MOVE FORWARD TO A BETTER LIFE** |
| **REALIZE YOU ARE THE ONE CAUSING THE PROLONGED PAIN TO YOURSELF** |
| **DO NICE THINGS FOR OTHERS TO GET YOU FEELING BETTER/HAPPY/JOYFUL** |
| **DON’T REPLAY WHAT YOU COULD HAVE SAID OR DONE DIFFERENTLY** |
| **WHEN PEOPLE ARE MEAN - IT’S ABOUT THEIR ISSUES/NOT ABOUT YOU PERSONALLY** |
| **DO DISTRACTIONS TO HELP FORGET ABOUT YOUR PAIN** |
| **DAYS ARE FILLED WITH GOOD & BAD EVENTS – WRITE THEM DOWN AND LET EACH DAY GO** |
| **FOCUS ON HAVING PEACE, GRATITUDE, JOY, & HOPE** |
| **KNOW THAT EVERYONE HAS ISSUES AND SOME HURT PEOPLE WILL HURT OTHERS** |
| **REALIZE THE PERSON MAY NOT EVEN KNOW THEY HURT YOU** |

 **CREATED BY GALLERY OF HOPE – WWW.GALLERYOFHOPE.ME**

 **POSITIVE THINGS I WILL DO TO HELP HEAL MY HURT(S)**

 **1.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **26.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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 **MY HURT DOES NOT DEFINE ME! I’M STRONGER THAN MY HURT(S)!**

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 **WHAT ARE MY UNHEALED HURT(S) WHY AM I HANGING ON TO IT?**

 **1.**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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 **I’M GOING TO BE FREE! MY HURTS HAVE NO CONTROL OVER ME!**

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 **WHAT HURTFUL EVENT(S) HAVE I NOT HEALED FROM YET?**

 **1.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **26.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 **2.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **27.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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 **8.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **33.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 **9.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **34.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **10.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **35.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**11.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **36.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**12.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **37.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **13.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **38.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **14.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **39.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **15.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **40.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **16.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **41.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**17.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **42.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **18.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **43.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **19.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **44.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **20.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **45.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **21.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **46.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **22.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **47.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**23.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **48.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **24.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **49.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **25.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **50.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 **I MUST REMEMBER TO HEAL! I’M NOT AFRAID TO REMEMBER!**

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 **WHAT SYMPTOMS IS MY HURTFUL EVENT(S) STILL CAUSING?**

 **1.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **26.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 **2.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **27.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 **3.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **28.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 **4.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **29.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 **5.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **30.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 **6.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **31.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 **7.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **32.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 **8.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **33.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 **9.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **34.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **10.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **35.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**11.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **36.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**12.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **37.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **13.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **38.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **14.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **39.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **15.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **40.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **16.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **41.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**23.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **48.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **24.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **49.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **25.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **50.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 **I ACCEPT I WAS HURT! I WILL LEARN HOW TO HEAL MY SYMPTOMS!**

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 **POSITIVE ACTIVITIES/THINGS THAT ARE HELPING TO HEAL MY HURT(S)**

 **1.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **26.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 **2.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **27.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 **3.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **28.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 **4.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **29.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 **5.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **30.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 **6.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **31.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 **7.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **32.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 **8.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **33.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 **9.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **34.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **10.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **35.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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 **HEALING TAKES HARD WORK, AND I’M WILLING TO DO IT!**

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