THE HEALING FROM EMOTIONAL ABUSE SUMMIT JULY 2021

ACTIVITY GUIDE

Healing From Emotional Abuse
Virtual Summit

July 15, 6pm-8pm CST
FREE & On Zoom, Accessible Everywhere
Reserve Your Spot at:
HealingFromEmotionalAbuseSummit.com

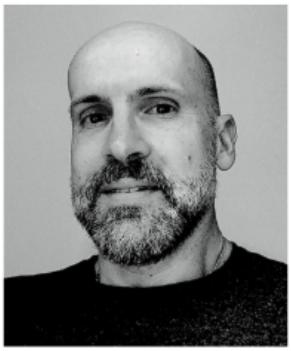
Marissa F. Cohen

Sherrry Yetter

Nana Ponceleon

HealingFromEmotionalAbuseSummit.com

Orsika Julia


Will Wissmiller

Deborah McPhilemy

These incredible speakers have overcome their trauma and committed their lives to helping others do the same!

Hosted by: Marissa F. Cohen www.MarissaFayeCohen.com

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RELEASE ACTIVITY

In this exercise, we're going to determine the people in your life that make you feel safe, supported, validated, heard and loved. Your Heart Family

1

2

3

4

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RESILIENCE ACTIVITY

What 3 pieces of advice, compliment, encouragement, motivational quip, would you give to a friend?

1

2

3

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REBUILD ACTIVITY

Who motivates and inspires you? Who lives life with a positive outlook? Who do you want to live like - for their outlook and mindset and luck?

These are the people that you should surround yourself with more often. Spend time learning about them and from them. We start to pick up the mannerisms and attitude of the people we spend time with. So, pick the people who you want to emulate, and whose attitude and characteristics you want.

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