

**MY  
YEAR  
OF LIVING  
MINDFULLY**

**365 WAYS TO  
SUPPORT YOUR  
MENTAL HEALTH**

**MARISSA F. COHEN**

# *Healing From Emotional Abuse*

*365 Ways To Start Your Healing Journey*

Marissa F. Cohen

# **Healing From Emotional Abuse**

365 Ways to Start Your Healing Journey

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## WHAT OTHERS ARE SAYING ABOUT MARISSA F. COHEN & HER HEALING PHILOSOPHY

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“She has a very dynamic personality. She’s very energetic. What she says works. She’s very solid, but she’s also very sweet at the same time. It comes across in a way that people trust her. I think they already do. When she talks, you can feel her passion about it. She’s strong. She’s confident. She’s not threatening. And that’s huge.”

—**Jack Canfield**, Star of the movie, *The Secret*  
Author of the Best-Selling Book, *The Success Principles*  
Co-Creator, #1 NY Times Best-Selling Book Series,  
*Chicken Soup for the Soul®*

“Marissa’s transparency is what convinces people they can do it. She gives people the power to have their voice again.”

—**Patty Aubery**, Chief Negotiator & President  
Jack Canfield’s Companies  
Creator of Permission Granted

“Marissa is very down to earth and easy to relate to.”

— **Maggie C.**, Healed Survivor

“Marissa is there for you when you need someone you can talk to honestly, and not feel ashamed or embarrassed. She is a kind-hearted, strong woman.”

— **Vivian B.**, Healing Survivor

“I have been through a couple different types of abusive relationships in my life. I’ve struggled for years to talk about it and move on, mainly because I can never find the right words. Ever since reading Marissa’s books and especially after listening to her podcast I feel like I’ve finally woken up. For the first time in eight years I was able to sit down and put into words what happened to me, what I was feeling, and with the help of Marissa’s analytical explanations I was even able to create a timeline to lift some of the confusion I’ve always had about how and why things progressed the way they did. Without Marissa’s efforts, I would probably still be in a confused and negative place and it is because of Marissa and the way she continues to help and advocate for survivors that I wanted to break my silence and give my testimony to how much she really does help every single one of us. Thank you Marissa, for sharing your story, for being the warrior that you are, and for being there for all of us.”

— **Elizabeth D.**, Healing Survivor

"I really loved Marissa’s healing tools. They made me think a lot; everything about them lingers in my mind still. Some of the concepts have become a part of my daily routine and decision making, and have really made a difference!"

— **Priscilla L.**, Healing Survivor

“Thank you so much for helping me, supporting me, and encouraging me to share my story! I’m so grateful to have you and relieve to finally, after NINE YEARS FINALLY talk about my story publicly. It warms my heart and soul to know my story has already helped one person, and that is enough for me to finally let this horrible time in my life go and move on. I can’t thank you enough for everything you’ve done <3 <3 <3”

—**Liz D.**, Healing Survivor

"Marissa is able to openly discuss sensitive topics in a truly empowering way! She uses her own experiences, education and examples to shed light on the power of taking your voice back!"

—**Kendra K.**, Healing Survivor

“Marissa was a wonderful, poised speaker. She stimulated a lot of conversation and she moved me with her story. And the discussion about resources was so important.”

— **Nursing Licensure Student**, at Simmons University  
Attended Guest Lecture

“Marissa, you are a warrior and I applaud that you have had the courage to work through your hurt to help others. You are so real and I learned so much from you being authentic and transparent.”

— **Nursing Licensure Student**, at Simmons University  
Attended Guest Lecture

“We started working with Marissa because my daughter had sexual trauma and PTSD, and we were struggling as a family! I, as a parent, was struggling through my own trauma with domestic violence and the trauma of having a child victimized by her other parent. The frustration from dealing with these problems affected my sleep patterns and affected my moods, and how I dealt with things. No matter what I did, it didn’t seem right. Marissa’s Healing from Emotional Abuse Philosophy is different because Marissa made me feel understood, and that my feelings were valid. She gave me ideas on how to cope, and what I could do to help my children. I knew this was working when I was able to not feel so overwhelmed, and was able to use her strategies and tools in my daily life. That’s a big deal!”

—**Melinda P.**, Healing Survivor and Mom of a Healing Survivor



**Maggs**

1m •



I was talking about one of my partners and I was joking about how he’s falling in love with me and I was like “I mean who wouldn’t fall in love with me I’m fucking fantastic” without missing a beat and my coworker was like wow I wish I had your self-confidence and wow self love feels amazing. Worth the wait. One true love. 10/10. Will continue to do this. It’s amazing what cutting the toxic people out of your life will do for your self worth.



You

**Natalie**

I'm already beginning to feel I'm healing from my rape trauma after lots of hard work and literally blood, sweat and tears I now feel confident, resilient and strong. I feel happy and I don't hold any guilt or fear (or at least it is reduced significantly since a few years ago). 💕🙏✨

3m **Love** Reply



**Marissa Cohen**

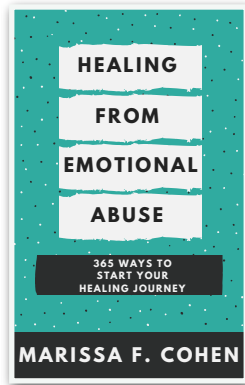
**Natalie** that's amazing!!!

2m Like Reply



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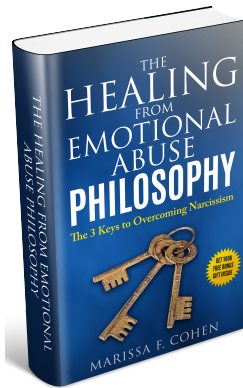
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Any organization that wants to build a foundation of understanding, trust, and advocacy for their people, and establish the importance of creating a safe and healthy environment for everyone, needs to hire Marissa for a keynote and/or workshop training!



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**Marissa F. Cohen**  
**1840 Industrial Dr. Suite 170**  
**Libertyville, IL 60048**

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[booking@MarissaFayeCohen.com](mailto:booking@MarissaFayeCohen.com)  
[www.MarissaFayeCohen.com](http://www.MarissaFayeCohen.com)

# Be Free, Confident and At Peace!

If you put a frog in a pot boiling water, it'll jump right out. But if you put a frog in a pot of luke-warm water, and gradually turn up the heat, the frog will acclimate and then burn to death.

Abuse doesn't start off horrible and aggressive, or else we would just leave. It starts off slow, and boundaries are pushed, until it becomes explosive and dangerous.

We experience a lot of deception and confusion, and it teaches us to be more weary of the people around us. But know this, there are people you can trust. There are survivors all around you that can relate to what you went through, and can be an amazing inspiration and support system for you. You have a TEAM around you, willing to be there when you need us, and to help guide you through your healing journey.

You are worthy. You are loved. You are smart. You are capable. You are enough.

Your experience doesn't define you. What you do next to overcome your narcissism and abuse, does.

**— Marissa F. Cohen**

Founder of the Healing From Emotional Abuse Philosophy <sup>TM</sup>  
Best Selling Author of the Breaking Through the Silence series  
**[www.MarissaFayeCohen.com](http://www.MarissaFayeCohen.com)**



## Before You Get Started...

This book is filled with over 365 Ways To Heal that either I have personally tried, or others have used, and helped them on their healing journey. Every one of these are suggestions — things that I recommend you try. Not everything works for everybody, but you're bound to find at least one tool throughout this work that will help you grow. Under each activity is a *Reflection* section, to allow you to keep track of what's working for you and what isn't.

There are prompts that require some outside materials, such as computer paper, arts and crafts materials, money, and mobility.

Look at this as a healing bucket list. You may not be able to get through all of these suggestions within one calendar year. But the hope is you'll find somethings that help you, and that you can expand on them and grow.

Some of these recommendations might seem scary to you. I want you to stay safe, and not trigger or retraumatize yourself. But I also want you to consider taking some risks. You grow in discomfort. So things like the Chair Exercises may seem silly at the beginning, but they are here for a reason. Try these with someone you trust and feel safe with the first time, if that will make you feel more comfortable.

You are in the process of finding who you are again, and becoming free, confident and at peace. The road might not be easy, but it's worth it. And know that I'm here, holding your hand, guiding you to your happiness. I've got you.

**Sincerely,**

**Marissa F. Cohen**

Founder of The Healing From Emotional Abuse Philosophy™  
Internationally Best Selling Author of the Breaking Through the Silence series  
Motivational Speaker | Thought Leader | Coach | Activist

## 1. YOGA

I recommend Yoga with Adrienne on YouTube. She has a great assortment of content, and a lot of options for beginners.

*Reflection:*

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## 2. WRITE ABOUT YOUR FAVORITE MEMORY

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper appears to be a standard notebook page or a sheet of stationery.

### 3. CREATE A ZEN GARDEN

Using sand or dirt, fill a small, shallow, decorative bowl, dish, planter, etc., about halfway. You can add crystals, rocks, statues, etc. around the dish, to create a beautiful, calming miniature garden. Anything that makes you feel peaceful and relaxed.

Place it somewhere in your home where you will see it and reminded to take deep breathes and relax.

*Reflection:*

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### 4. MAKE AN ACCOMPLISHMENT JAR

Take a jar, any jar, and decorate it with a piece of colorful paper. Fill the jar throughout the year with your accomplishments, written on small pieces of paper, with the dates. Fold them up and put them inside. Then, reread them all on New Years Eve to track how much you've accomplished this year.

*Reflection:*

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## 5. DOODLE A QUOTE

Pick a quote that you relate to, doodle it, decorate it, and hang it on a wall or mirror.

*Reflection:*

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## 6. TAKE A WALK IN NATURE

Near or far, just get out and breathe the fresh air today.

*Reflection:*

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## 7. READ AWAKEN THE GIANT WITHIN BY TONY ROBBINS

You can find used copies here: <https://amzn.to/3bzXnPh>

*Reflection:*

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## 8. WRITE A BUCKET LIST

Make a list of 100 things you want to accomplish, places you want to go, people you want to meet, and experiences and things you want to have.

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on its right side, suggesting it's resting on a surface.



## 9. WRITE SOMEONE YOU LOVE A LOVE LETTER

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

## 10. PUT TOGETHER A CHALLENGING PUZZLE

*Reflection:*

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## 11. MAKE YOURSELF A HEALING MUSIC PLAYLIST

Pick songs that give you courage, make you feel strong, brave, confident, and heard.

*Reflection:*

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## 12. DO SOMETHING ON YOUR BUCKET LIST

*Reflection:*

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**13. SET YOURSELF 3 POSITIVE REMINDERS ON YOUR PHONE  
THAT WILL ALERT YOU EVERYDAY**

*Reflection:*

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**14. VISIT YOUR LOCAL ANIMAL SHELTER AND PLAY WITH SOME  
ANIMALS**

*Reflection:*

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**15. DO A 5 MINUTE MEDITATION**

*Reflection:*

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## 16. WRITE A LIST OF CHARACTERISTICS YOU WANT TO EMBODY

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## 17. GET A DAY PASS AND GO LIFT AT THE GYM

*Reflection:*

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## 18. START A CREATIVE ART JOURNAL

*Reflection:*

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## 19. EXPLORE A NEW CITY OR TOWN

*Reflection:*

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## 20. CHAIR EXERCISE

Place two chairs facing each other. You sit in one chair, and leave the other chair empty. In your mind, put someone there that has positively impacted your life and talk to them.

*Reflection:*

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## 21. LISTEN TO A NEW AND EMPOWERING PODCAST

My podcast is called Healing From Emotional Abuse. You can listen to that or one of the millions of others available.

*Reflection:*

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## 22. SET A SHORT-TERM GOAL AND ACCOMPLISH IT THIS WEEK

*Reflection:*

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## 23. WRITE AN ENCOURAGING LETTER TO YOURSELF

*Reflection:*

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## 24. LEARN TO CROCHET

Pintrest and Youtube have a ton of step-by-step videos available.

*Reflection:*

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## 25. GIVE YOURSELF A PEP TALK IN THE MIRROR

*Reflection:*

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26. DANCE IN THE RAIN

*Reflection:*

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27. RESEARCH RELIGIONS AND SPIRITUALITIES THAT INTEREST YOU

*Reflection:*

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28. PLANT A TREE OR MAKE A GARDEN

*Reflection:*

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## 29. YOGA FOR FOCUS

Yoga With Adrienne: Yoga For Concentration and Mental Focus

*Reflection:*

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## 30. WRITE A PHILANTHROPIC GOAL

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## 31. START A JOURNAL

*Reflection:*

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### 32. TAKE A SPONTANEOUS ROAD TRIP

*Reflection:*

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### 33. TAKE A FREE CLASS AT A LOCAL LIBRARY OR COMMUNITY CENTER

Is there something you've been interested in learning or learning about? Now is the time to invest that time into yourself. Sign up for a fun, interesting class or activity.

*Reflection:*

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### 34. CHAIR EXERCISE

In the empty chair, talk to your abuser or narcissist. Tell them anything you are feeling, or anything you've been holding in. Don't hold back.

*Reflection:*

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### 35. WATCH THE SECRET

At the time of publishing, it's available on Netflix. If it's no longer available, it should be FREE at your local library, or available through another provider.

*Reflection:*

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### 36. SET A SHORT TERM GOAL TO COMPLETE WITHIN THE NEXT YEAR

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### 37. WRITE A LETTER TO YOURSELF FROM FUTURE YOU — ONE YEAR IN THE FUTURE

What will you achieve? What will happen to you? How will you feel one year from now?

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This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on its right side, suggesting it's resting on a surface.

## 38. MAKE A SCRAPBOOK

Pinterest will have some fun ideas for you.

*Reflection:*

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### 39. REORGANIZE YOUR ROOM

*Reflection:*

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### 40. DO NOTHING AND RELAX

Take a mental health day.

*Reflection:*

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### 41. SMILE AT EVERYONE YOU ENCOUNTER TODAY

*Reflection:*

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**42. DONATE SOMETHING TO A CHARITY OR CAUSE YOU ARE PASSIONATE ABOUT**

*Reflection:*

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**43. MEDITATE ON HEALING**

Youtube a Guided Meditation for Healing, and do it.

*Reflection:*

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**44. IDENTIFY ONE THING IN YOUR LIFE THAT MAKES YOU UNHAPPY AND RESOLVE IT**

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#### **45. CREATE OR DESIGN A PIECE OF JEWELRY**

Pintrest and Youtube would be good resources to use.

*Reflection:*

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#### **46. ADOPT OR RESCUE A SHELTER PET**

*Reflection:*

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#### **47. DRIVE TO THE NEAREST HIKE AND CLIMB TO THE TOP**

*Reflection:*

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## 48. CREATE A VISION BOARD

Make a poster with pictures of things and places you want to see and have. Use old magazines, and the internet to find and create your ideal future.

*Reflection:*

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## 49. VOLUNTEER FOR A NONPROFIT

*Reflection:*

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## 50. LIST ALL THE EMOTIONS YOU'LL FEEL WHEN YOU'RE YOUR BEST SELF

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**51. MAKE A LIST OF ALL THE CHARACTERISTICS YOU LOVE IN YOUR FRIENDS**

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**52. DIP AND DECORATE CHOCOLATE COVERED FRUIT AND SNACKS**

*Reflection:*

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**53. MAKE AN EMPOWERING MUSIC PLAYLIST**

*Reflection:*

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**54. STAR GAZE SOMEWHERE DARK, WHERE YOU CAN SEE HUNDREDS OF STARS**

*Reflection:*

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**55. ATTEND A SUPPORT GROUP**

*Reflection:*

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**56. START OR JOIN A CAUSE YOU'RE PASSIONATE ABOUT**

*Reflection:*

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## 57. DO YOGA FOR FORGIVENESS

YouTube: Yoga With Adrienne

*Reflection:*

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## 58. MAKE A LIST OF CHARACTERISTICS YOU WANT IN A PARTNER

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## 59. GO FOR A WALK-RUN

*Reflection:*

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**60. HIT A PUNCHING BAG**

*Reflection:*

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**61. GET A TATTOO THAT EMPOWERS YOU**

*Reflection:*

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**62. SWIM IN AN OCEAN, SEA, RIVER, LAKE OR POND**

*Reflection:*

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**63. READ YOU ARE A BADASS BY JEN SINCERO**

*Reflection:*

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## 64. MAKE A TRAVEL BUCKET LIST

All the places you want to see and the things that you want to do.

*Reflection:*

This image shows a full page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, typical of notebook paper. There are no margins, text, or other markings on the page.

## 65. SHOW APPRECIATE FOR YOUR SUPPORT NETWORK

The people who have helped you cope and heal. Send them a nice message or write them a kind letter telling them how important they are to you.

*Reflection:*

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## 66. LEARN ARCHERY

Youtube and Amazon can help.

*Reflection:*

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## 67. TEST DRIVE YOUR DREAM CAR

*Reflection:*

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## 68. SWIM WITH AQUATIC LIFE

*Reflection:*

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## 69. TRY EMDR THERAPY

*Reflection:*

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## 70. PARTAKE IN ORGANIZING A CLOTHESLINE PROJECT

*Reflection:*

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## 71. MEDITATE ON ABUNDENCE

## YouTube Meditation for Abundance

*Reflection:*

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## 72. WRITE A LETTER TO YOUR HERO

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper appears to be a standard notebook page or a sheet of stationery.

**73. RUN A 5K**

*Reflection:*

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**74. FILL YOUR HOME WITH LIVE PLANTS AND FLOWERS**

*Reflection:*

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**75. WATCH A METEOR SHOWER**

*Reflection:*

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**76. CARVE YOUR MANTRA OR FAVORITE QUOTE INTO A TREE**

*Reflection:*

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## 77. VOLUNTEER AT A SOUP KITCHEN

*Reflection:*

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## 78. ABDOMINAL BREATHING

Lay on your back on a flat surface, like a floor or bed. Take deep breathes in through your nose and out through your mouth, while watching your stomach expand and contract. Do this for 3 minutes.

*Reflection:*

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## 79. WHAT ARE THE QUALITIES YOU LOVE ABOUT YOURSELF?

Make a list and put them on your mirror.

*Reflection:*

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**80. FIND A CAUSE THAT YOU SUPPORT AND VOLUNTEER**

*Reflection:*

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**81. START AN ALBUM ON YOUR PHONE AND FILL IT WITH POSITIVE QUOTES AND MEMES**

*Reflection:*

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**82. CALL AN OLD FRIEND AND CATCH UP**

*Reflection:*

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**83. BE AN ADVOCATE FOR SOMEONE ELSE**

*Reflection:*

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84. LEARN ABOUT YOUR FAMILY HISTORY

*Reflection:*

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85. DO A YOGA FOR STRENGTH SESSION

*Reflection:*

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86. LIST YOUR FEARS

*Reflection:*

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## 87. LEARN TO PLAY DRUMS

*Reflection:*

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## 88. TAKE A GOOD NAP

*Reflection:*

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## 89. BUY AN OUTFIT THAT MAKES YOU FEEL FIERCE

*Reflection:*

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## 90. DRAW YOUR FAVORITE QUOTE AND HANG IT UP

*Reflection:*

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## 91. READ EMOTIONAL INTELLIGENCE BY DANIEL COLEMAN

*Reflection:*

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## 92. SET A LONG TERM GOAL

Something that you want to achieve in the next 5 years

*Reflection:*

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## 93. WRITE YOURSELF A LOVE LETTER

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This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.

## 94. JOIN A RECREATIONAL TEAM

*Reflection:*

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## 95. START A SELF-DEPRECATING JAR

Put \$1 in the jar every time you say something bad about yourself. And don't touch that money until the end of the year.

*Reflection:*

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## 96. DO SOMETHING YOU'VE ALWAYS WANTED TO DO

*Reflection:*

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## 97. CHAIR EXERCISE

Talk to a friend and tell them everything

*Reflection:*

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**98. WHO IS SOMEONE YOU WANT TO EMULATE AND WHY?**

*Reflection:*

[illegible]

## 99. MAKE A CAREER / PROFESSIONAL BUCKET LIST

*Reflection:*

[illegible]

100. WRITE ALL THE EMOTIONS YOU FEEL RIGHT NOW

*Reflection:*

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101. TAKE A HORSEBACK RIDING LESSON OR TRAIL WALK

*Reflection:*

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102. MAKE A MUSIC PLAYLIST WITH SONGS THAT GIVE YOU LIFE

*Reflection:*

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### 103. GO SKYDIVING

*Reflection:*

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### 104. GIVE 12 HUGS TODAY

*Reflection:*

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### 105. WATCH A BAKING SHOW AND TRY TO RECREATE THEIR CREATIONS

*Reflection:*

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### 106. MEDITATE ON SELF WORTH

*Reflection:*

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**107. WHAT IS YOUR IDEAL LIFE? WRITE OR DRAW IT**

*Reflection:*

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**108. LEARN TO MAKE STRING FRIENDSHIP BRACELETS OR KNIT**

YouTube has some great tutorials

*Reflection:*

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**109. EAT YOUR FAVORITE FOOD, GUILTLESSLY**

*Reflection:*

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**110. MAKE YOURSELF A PICNIC AND EAT OUTSIDE**

*Reflection:*

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## 111. WALK IN NATURE AND THINK WITH INTENTIONAL GRATITUDE

*Reflection:*

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## 112. VOLUNTEER AT A FOOD PANTRY

*Reflection:*

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### 113. MAKE A PERSONAL BUCKET LIST

Specifics that are important to your happiness

[illegible]

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114. WHAT PEOPLE IN YOUR LIFE INSPIRE YOU?

*Reflection:*

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115. CREATE A PODCAST

*Reflection:*

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**116. CALL A TRUSTED FRIEND OR FAMILY MEMBER JUST TO CHAT**

*Reflection:*

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**117. DO SOMETHING NICE FOR A STRANGER**

*Reflection:*

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**118. BUY A COLORING BOOK AND COLOR FOR AT LEAST AN HOUR**

*Reflection:*

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**119. READ HAPPIER BY TAL BEN-SHAHAR**

*Reflection:*

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## 120. DO YOGA FOR HEALING

*Reflection:*

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**121. WRITE A LETTER TO YOURSELF ABOUT A SHORT TERM GOAL AND HOW YOU PLAN TO ACCOMPLISH IT**

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

**122. TAKE A MARTIAL ARTS OR BOXING CLASS**

*Reflection:*

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**123. SAY “NO” TO SOMETHING THAT YOU DON’T WANT TO DO**

*Reflection:*

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**124. FIND A PRIVATE SPACE AND DANCE TO YOUR FAVORITE SONG**

*Reflection:*

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## 125. CHAIR EXERCISE

Talk to Yourself in the empty chair. Tell yourself what you would want someone else to say to you.

*Reflection:*

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## 126. HELP ON A FARM

*Reflection:*

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## 127. DRAW A SELF-PORTRAIT OF HOW YOU FEEL WHEN YOU SEE YOURSELF

*Reflection:*

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## 128. WHO IN YOUR LIFE BOTHERS YOU THE MOST?

Cut them out.

*Reflection:*

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## 129. GO ROCK CLIMBING

Outdoors or Indoors

*Reflection:*

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## 130. LEAVE YOURSELF LOVE NOTES IN YOUR PURSE OR BACKPACK

*Reflection:*

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### 131. GO TO A MUSIC STORE AND PLAY SOME INSTRUMENTS

*Reflection:*

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### 132. BREATHING EXERCISE

Set a 3 minute timer. Breathe in for 8 seconds. Hold for 16 seconds. Breathe out for 12 seconds. Repeat until the timer goes off.

*Reflection:*

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### 133. PICK SOME FRESH FRUITS AND VEGGIES

Best if you pick it off the tree or vine.

*Reflection:*

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## This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

### 135. WRITE AN HONEST LETTER TO A FRIEND

[illegible]

**136. DRAW A COMIC BOOK ABOUT YOU AS A SUPER HERO**

*Reflection:*

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**137. READ A LOVE LETTER TO YOURSELF IN THE MIRROR**

*Reflection:*

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**138. GET A PIERCING**

*Reflection:*

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**139. WALK IN NATURE WITH A DIFFERENT PERSPECTIVE**

*Reflection:*

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**140. READ THE BIG LEAP BY GAY HENDRICKS**

*Reflection:*

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**141. MEDITATE ON FOCUS**

YouTube again

*Reflection:*

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**142. WHAT DOES RESPECT LOOK LIKE TO YOU?**

*Reflection:*

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## 143. GO SNORKELING

*Reflection:*

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## 144. WATCH YOUR FAVORITE MOVIE OVER AND OVER AGAIN

*Reflection:*

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## 145. START A SMALL BUSINESS

*Reflection:*

[illegible]

146. BOOK A HEALING RETREAT

[www.marissafayecohen.com/events](http://www.marissafayecohen.com/events)

*Reflection:*

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147. HAVE A SPA DAY

*Reflection:*

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148. MAKE A LIST OF PEOPLE IN YOUR LIFE WHO SUPPORT YOU

*Reflection:*

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## 149. DO SOME STREAM OF CONSCIOUSNESS WRITING

[illegible]

### 150. PLAY TENNIS

*Reflection:*

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### 151. BUY CANVAS AND PAINT SOMETHING INSPIRING

*Reflection:*

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### 152. RETAIL THERAPY

*Reflection:*

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### 153. GIVE YOURSELF 10 COMPLIMENTS

*Reflection:*

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[illegible]

**154. READ WILD BY CHERYL STRAYED**

*Reflection:*

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## 155. WRITE A “MUST HAVE” BUCKET LIST

[illegible]

**156. WRITE ABOUT AN AWKWARD MOMENT YOU'VE OVERCOME**

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**157. TRY KRAV MAGA**

*Reflection:*

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**158. WRITE YOUR STORY**

And if you're feeling brave, send it to me to use in a Breaking Through the Silence Anthology : [me@MarissaFayeCohen.com](mailto:me@MarissaFayeCohen.com)

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### 159. BINGE WATCH A FEEL-GOOD SHOW

Like New Girl, Schitts Creek, Friends, Full House, The Office, etc.

*Reflection:*

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### 160. GET A MASSAGE

*Reflection:*

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### 161. UNPLUG FOR THE DAY

Turn off your phone and computer, and enjoy some stress-free relaxing

*Reflection:*

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162. WHAT THREE THINGS/PEOPLE MAKE YOU HAPPIEST?

Reflection:

163. CREATE A MOOD-TRACKER CALENDAR

Emotions Calendar

You might want to keep this page dog-eared or flagged. You’ re going to use it every day!

- Red

→ Angry/Upset
- Yellow

→ Happy/Excited
- Green

→ Stressed/Anxious
- Blue

→ Calm/Peaceful/Relieved
- Purple

→ Other - Write feeling next to day
- Orange

→ Fear
- Pink

→ Anticipation

	Week 1	Week 2	Week 3	Week 4	Week 5
M					
Tu					
W					
Th					
F					
Sa					
Su					

### 164. GO WHITE WATER RAFTING

*Reflection:*

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### 165. PHOTOGRAPH THE BEAUTY OF NATURE

*Reflection:*

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### 166. VISIT A ZOO OR MUSEUM

*Reflection:*

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### 167. CHAIR EXERCISE

Tell a trusted friend or family member in the empty chair your story

*Reflection:*

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## 168. MAKE A LIST OF YOUR KNOWN TRIGGERS

*Reflection:*

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## 169. WHAT QUALITIES DO YOU WANT IN A PARTNER?

*Reflection:*

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## 170. WRITE A LETTER TO SOMEONE WHO HURT YOU

[illegible]

### 171. START A COLLECTION

*Reflection:*

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### 172. CREATE A BLOG OR WEBSITE

*Reflection:*

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### 173. SPEND TIME WITH SOMEONE WHO BOOSTS YOU UP

*Reflection:*

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### 174. WRITE AN AFFIRMATION

*Reflection:*

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**175. READ PERKS OF BEING A WALLFLOWER BY STEPHEN CHBOSKY**

*Reflection:*

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**176. START DEEPAK CHOPRA'S 21 DAYS OF ABUNDANCE MEDITATIONS**

You can find it on YouTube

*Reflection:*

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**177. WRITE A LIST OF THINGS YOU BLAME YOURSELF FOR; THEN BURN IT**

*Reflection:*

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## 178. DO 30 MINUTES OF CARDIO

*Reflection:*

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## 179. WRITE ALL OF YOUR STRESSORS AND UNFINISHED HOUSEHOLD PROJECTS

*Reflection:*

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

### 180. START AN ETSY OR SHOPIFY SHOP

*Reflection:*

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### 181. TALK TO A THERAPIST

*Reflection:*

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### 182. DO SOMETHING TO MAKE THE WORLD BEAUTIFUL

*Reflection:*

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### 183. WRITE A ONE YEAR PLAN

*Reflection:*

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184. HOW CAN YOU USE YOUR EXPERIENCE TO HELP OTHERS?

*Reflection:*

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185. WALK-RUN ONE MILE

*Reflection:*

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186. ELIMINATE ALL TOXICITY FROM YOUR ENVIRONMENT

*Reflection:*

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**187. ASK A PHOTOGRAPHER OR FRIEND TO DO A PHOTOSHOOT WITH YOU**

*Reflection:*

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**188. FIND A CHAMPION RETREAT OR EVENT**

[www.marissafayecohen.com/events](http://www.marissafayecohen.com/events)

*Reflection:*

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**189. TELL A FRIEND YOUR STORY**

*Reflection:*

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### 190. MEDITATE ON SELF LOVE

*Reflection:*

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### 191. CUT SOMEONE TOXIC OUT OF YOUR LIFE

*Reflection:*

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### 192. TAKE A KICK-BOXING CLASS

*Reflection:*

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### 193. GIVE YOURSELF PERMISSION TO EAT JUNK FOOD AND LAUGH

*Reflection:*

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## 194. WRITE A CREATIVE STORY

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



**195. LOOK AT YOURSELF IN THE MIRROR AND ACKNOWLEDGE YOUR BEAUTY**

*Reflection:*

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**196. LISTEN TO A FUNNY PODCAST**

*Reflection:*

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**197. YOGA FOR SPIRITUAL HEALING**

*Reflection:*

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**198. LIST ALL OF YOUR GOOD QUALITIES**

*Reflection:*

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### 199. GO SCUBA DIVING

*Reflection:*

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### 200. BUY VALOR ESSENTIAL OIL AND PUT IT ON YOUR HEART

[www.marissafayecohen.com/oils](http://www.marissafayecohen.com/oils)

*Reflection:*

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## 201. ORGANIZE A PICKUP GAME

*Reflection:*

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## 202. CALL A LIFE COACH

[www.marissafayecohen.com/private-coaching](http://www.marissafayecohen.com/private-coaching)

*Reflection:*

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## 203. READ THE SUCCESS PRINCIPLES BY JACK CANFIELD

*Reflection:*

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## 204. WRITE A TEN YEAR GOAL

*Reflection:*

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## 205. REFLECT ON ALL THE GOOD THINGS THAT HAPPENED TO YOU TODAY

*Reflection:*

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## 206. CLIMB A MOUNTAIN

*Reflection:*

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## 207. MOVE YOUR FURNITURE AROUND

*Reflection:*

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## 208. HAVE A GIRLS NIGHT/ GUYS NIGHT

*Reflection:*

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## 209. RESEARCH HEALING ESSENTIAL OILS

*Reflection:*

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## 210. READ OTHER SURVIVOR STORIES

[www.marissafayecohen.com/the-books](http://www.marissafayecohen.com/the-books)

*Reflection:*

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## 211. FIND A MEDITATION RETREAT

*Reflection:*

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## 212. WRITE A LETTER TO YOURSELF TODAY FROM FUTURE YOU THREE YEARS FROM TODAY

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

## 213. WRITE A SONG OR POEM

[illegible]

## 214. MAKE AN “I SURVIVED” MUSIC PLAYLIST

*Reflection:*

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## 215. GO TO A CONCERT

*Reflection:*

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## 216. TALK TO AN ENERGY HEALER

*Reflection:*

---

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---

## 217. SUPPORT A LOCAL OR NATIONAL MOVEMENT

*Reflection:*

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---

## 218. MEDITATE NEXT TO A BODY OF WATER

*Reflection:*

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---

---

## 219. WRITE A LETTER TO YOURSELF FROM FUTURE YOU FIVE YEARS FROM NOW

[illegible]



## 220. GO CAMPING

*Reflection:*

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---

## 221. REORGANIZE YOUR CLOSET

*Reflection:*

---

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## 222. PLAY A HARMLESS PRANK

*Reflection:*

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## 223. CALL A FLOWER ESSENCE PRACTITIONER

[www.strongestminds.com](http://www.strongestminds.com)

*Reflection:*

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## 224. MAKE A SHORT TERM GOAL TO ACCOMPLISH THIS MONTH

*Reflection:*

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## 225. WRITE A THREE YEAR PLAN

*Reflection:*

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

**226. DESCRIBE YOUR DREAM HOME**

*Reflection:*

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**227. TAKE A POTTERY CLASS**

*Reflection:*

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**228. WRITE A SCREENPLAY ABOUT YOUR LIFE**

*Reflection:*

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**229. PARTAKE IN DENIM DAY**

*Reflection:*

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### 230. TRY REIKI

*Reflection:*

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### 231. START A MEMORY JAR

*Reflection:*

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### 232. MEDITATE ON FORGIVENESS

*Reflection:*

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### 233. MAKE A LIST OF TEN MAJOR ABUSE SITUATIONS YOU'VE OVERCOME

*Reflection:*

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This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

## 234. TAKE A PHOTOGRAPHY CLASS

*Reflection:*

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## 235. PUNCH A PILLOW

*Reflection:*

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### 236. WATCH A BAD MOVIE

Rotten Tomatoes will give you some awesome ideas of bad movies.

*Reflection:*

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### 237. TELL YOUR STORY IN FRONT OF A GROUP

*Reflection:*

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### 238. REWRITE YOUR FEARS AS IF YOU'VE OVERCOME THEM.

*Reflection:*

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## 239. DO TRAUMA-INFORMED YOGA

*Reflection:*

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## 240. WRITE A LETTER TO THE PERSON THAT ABUSED YOU

[illegible]

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241. START A BAND

*Reflection:*

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242. GET IN THE CAR AND DRIVE

*Reflection:*

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243. PICK WILDFLOWERS

Reflection:

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244. TAKE A WALK IN THE PARK

Reflection:

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245. VOLUNTEER AT A CHILDREN’S HOSPITAL

Reflection:

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246. MAKE A 5 YEAR PLAN

Reflection:

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This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.[illegible]



248. JOG AROUND A LAKE

Reflection:

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249. MAKE AN HONEST POST ON SOCIAL MEDIA

Reflection:

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250. PLAN A GROUP ACTIVITY

Reflection:

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251. ASK FOR HELP WITH SOMETHING

Reflection:

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## 252. DO A TOUGH MUDDER

*Reflection:*

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## 253. TRY TRAUMA-INFORMED MEDITATION

*Reflection:*

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## 254. REFLECT ON THINGS YOU STRUGGLE WITH AND BRAINSTORM WAYS TO HEAL

*Reflection:*

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## 255. CAMP ON A MOUNTAIN

*Reflection:*

---

---

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## 256. FIND A MENTOR

*Reflection:*

---

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## 257. PLAN A DREAM VACATION

*Reflection:*

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## 258. TAKE A RISK

*Reflection:*

---

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---

## 259. BE A MENTOR

Reflection:

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---

## 260. SAY A PRAYER OF GRATITUDE

*Reflection:*

---

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---

## 261. WRITE A LETTER FORGIVING SOMEONE IN YOUR LIFE

[illegible]

## 262. LEARN TO DJ

*Reflection:*

---

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---

## 263. PLAY WITH PUPPIES

*Reflection:*

---

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## 264. MAKE THE CRAZIEST MILKSHAKE EVER

*Reflection:*

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## 265. WALK IN NATURE AND REFLECT ON YOUR JOURNEY

*Reflection:*

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266. REFLECT ON WHAT HAS HELPED YOU HEAL

*Reflection:*

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267. READ THE PASSION TEST BY CHRIS AND JANET ATWOOD

*Reflection:*

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268. IDENTIFY YOUR HEART FAMILY

*Reflection:*

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## 269. RIDE A HOT AIR BALLOON

*Reflection:*

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## 270. TAKE A RELAXING BUBBLE BATH

*Reflection:*

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## 271. STARGAZE ON A BEACH

*Reflection:*

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## 272. CHAIR EXERCISE

Talk to your child self. Tell them anything they should know about life.

*Reflection:*

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**273. DO SOMETHING GOOD FOR YOUR COMMUNITY**

*Reflection:*

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**274. MEDITATE EVERY MORNING THIS WEEK**

*Reflection:*

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**275. REFLECT ON YOUR MOMENT OF CLARITY — WHEN YOU  
DECIDED TO HEAL**

*Reflection:*

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## 276. MAKE A QUILT

Or send things that are meaningful to put into a quilt to someone who will make it for you.

*Reflection:*

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## 277. PAMPER YOURSELF

*Reflection:*

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## 278. LAY IN A HAMMOCK

*Reflection:*

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279. FACE A FEAR

Reflection:

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280. MAKE A GIANT ICE CREAM SUNDAE

Reflection:

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281. DO YOGA EVERY DAY THIS WEEK

Reflection:

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---

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282. WRITE A LETTER FORGIVING YOUR ABUSER

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**283. LEARN TO SHOOT AT A SHOOTING RANGE**

*Reflection:*

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**284. SHOW YOURSELF A GRAND ROMANTIC GESTURE**

*Reflection:*

---

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**285. SPEND THE DAY AT A USED BOOK STORE**

*Reflection:*

---

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---

**286. TRY HYPNOSIS**

*Reflection:*

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**287. READ THE FIVE LOVE LANGUAGES BY GARY CHAPMAN,  
AND TAKE THE QUIZ**

*Reflection:*

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**288. VISIT A NATIONAL PARK**

*Reflection:*

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**289. MAKE A LIST OF ALL OF YOUR BEST QUALITIES AS STATED  
BY YOUR LOVED ONES**

*Reflection:*

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## 290. BELT AN EMPOWERING ANTHEM

*Reflection:*

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## 291. BLAST MUSIC AND DANCE AROUND THE ROOM

*Reflection:*

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## 292. TAKE A FREE ONLINE CLASS THAT INTERESTS YOU

[coursera.com](https://www.coursera.com)

*Reflection:*

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---

## 293. ACKNOWLEDGE YOUR ACCOMPLISHMENTS

Make a list of 3 accomplishments you've had during each phase of your life.  
Split your life into three sections. (Example: Birth-10; 11-20; 21-30)

(Birth - )

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( - )

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( - )

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**294. LIST YOUR “COULD HAVES” AND “SHOULD HAVES” AND BURN IT**

*Reflection:*

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**295. DRAW THE LIFE YOU WANT TO LIVE**

*Reflection:*

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---

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**296. ATTEND A PAINT NIGHT**

*Reflection:*

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**297. TAKE A LONG BIKE RIDE**

*Reflection:*

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**298. SCREAM INTO A PILLOW**

*Reflection:*

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### 299. SWIM IN A WATERFALL

*Reflection:*

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---

### 300. GET A DEEP TISSUE MASSAGE

*Reflection:*

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### 301. VOLUNTEER AT A STABLE

*Reflection:*

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### 302. WRITE A ROMANTIC STORY

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### 303. PAINT A ROCK AND PLACE IT SOMEWHERE

*Reflection:*

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### 304. PAINT A WALL

*Reflection:*

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---

### 305. PLAY WITH KITTENS

*Reflection:*

---

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---

### 306. GET A MAKEOVER

*Reflection:*

---

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---

### 307. TELL A STRANGER YOUR STORY

*Reflection:*

---

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---

### 308. CREATE A MOVEMENT

*Reflection:*

---

---

---

### 309. MEDITATE ON CONSCIOUSNESS

*Reflection:*

---

---

---



### 310. WHAT HAVE YOU LEARNED THROUGH THIS JOURNEY?

*Reflection:*

[illegible]

### 311. REPURPOSE AN ITEM

*Reflection:*

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### 312. TAKE YOURSELF ON A DATE

*Reflection:*

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### 313. MAKE A CRAZY PIZZA

*Reflection:*

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### 314. CHAIR EXERCISE

Speak to yourself at the age you were abused.

*Reflection:*

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---

### 315. READ GIRL, STOP APOLOGIZING BY RACHEL HOLLIS

*Reflection:*

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### 316. YOGA FOR EMOTIONAL BALANCE

*Reflection:*

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### 317. WRITE A LETTER TO THE PERSON WHO HELPED YOU MOST

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### 318. TAKE FLIGHT LESSONS

*Reflection:*

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### 319. CHANGE YOUR EATING HABITS TO A HEALTHY DIET

*Reflection:*

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### 320. DECORATE A DENIM PIECE OF CLOTHING

*Reflection:*

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### 321. BREATING EXERCISE

Set a time for three minutes. Breathe in for 10. Hold for 20. Exhale for 15.  
Repeat until timer runs out.

*Reflection:*

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### 322. BUILD A JEWELRY BOX OR BIRD HOUSE

*Reflection:*

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### 323. PRACTICE MINDFUL BREATHING

*Reflection:*

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### 324. CAMP BY A LAKE

*Reflection:*

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### 325. MAKE YOUR OWN WINE OR BEER

*Reflection:*

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### 326. DISTANCE YOURSELF FROM EXHAUSTING PEOPLE

*Reflection:*

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### 327. HAVE A DINNER PARTY WITH FRIENDS

*Reflection:*

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328. MAKE YOUR BED

*Reflection:*

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329. PLANT A GARDEN

*Reflection:*

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330. SET A LIFETIME GOAL

*Reflection:*

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**331. GIVE EVERYONE YOU SEE TODAY A COMPLIMENT**

*Reflection:*

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**332. LEARN TO PLAY YOUR FAVORITE SONG ON GUITAR OR PIANO**

*Reflection:*

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**333. HIRE A PERSONAL TRAINER**

*Reflection:*

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**334. TAKE A COOKING CLASS**

*Reflection:*

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**335. DOODLE AN EMPOWERING QUOTE AND HANG IT ON YOUR WALL**

*Reflection:*

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**336. MARCH OR PROTEST FOR SOMETHING YOU BELIEVE IN**

*Reflection:*

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**337. SET A 5 YEAR GOAL**

*Reflection:*

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## This image shows a full page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for handwriting practice or general writing. There are no margins, text, or other markings on the page.

### 339. WRITE A FAIRY TALE

This image shows a full page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for handwriting practice or general note-taking. There are no margins, text, or other markings on the page.

### 340. GO AXE THROWING

*Reflection:*

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### 341. CREATE AN ALIAS AND LIVE IT FOR A DAY

*Reflection:*

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### 342. GET A FACIAL

*Reflection:*

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### 343. CELEBRATE YOUR LIFE

*Reflection:*

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### 344. MEDITATE ON EMOTIONAL WELLBEING

*Reflection:*

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### 345. CLOUD WATCH

*Reflection:*

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### 346. LEARN TO PLAY ANY SONG ON GUITAR OR PIANO

*Reflection:*

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**347. DECIDE WHAT YOU CAN AND CAN'T CONTROL OR CHANGE**

Accept what you cannot change and change what you can.

*Reflection:*

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**348. EAT THE BEST CHOCOLATE CAKE YOU CAN FIND**

*Reflection:*

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### 349. DO A RANDOM ACT OF KINDNESS

*Reflection:*

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### 350. BUILD A WALL OF PAINTED BRICKS AND STONES

*Reflection:*

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### 351. YOGA FOR CORE STRENGTH

*Reflection:*

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### 352. REFLECT ON YOUR HEALING JOURNEY AND HOW FAR YOU'VE COME

*Reflection:*

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### 353. GO THRIFTING AND CREATE SOMETHING NEW

*Reflection:*

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### 354. STRETCH YOUR MUSCLES

*Reflection:*

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### 355. HAVE A BONFIRE WITH FRIENDS

Optional: Burn items that have negative emotions attached to them

*Reflection:*

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### 356. TOSS AWAY ALL YOUR REGRETS

Write them on a piece of paper and burn it

*Reflection:*

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### 357. BUILD A PILLOW FORT / TENT AND SPEND TIME WITH FRIENDS

*Reflection:*

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### 358. MEDITATE ON SUCCESS

*Reflection:*

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**359. WRITE A LETTER TO YOURSELF, FORGIVING YOURSELF FOR ANYTHING YOU BLAME YOURSELF FOR**

This image shows a blank sheet of white paper with horizontal blue or grey ruling lines, typical of notebook paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

### 360. PAY IT FORWARD

*Reflection:*

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**361. TAKE TIME WHERE YOU CAN REDUCE INTERRUPTIONS,  
REFLECT, STRETCH, AND SIMPLY BE**

*Reflection:*

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**362. MAKE AND DECORATE YOUR FAVORITE DESSERT**

*Reflection:*

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**363. REBUILD YOUR ROUTINE**

*Reflection:*

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**364. REFLECT ON THE HAPPIEST MOMENTS OF YOUR LIFE**

*Reflection:*

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### 365. TAKE A POLE DANCE CLASS

*Reflection:*

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## **BONUS IDEAS:**

### **1. WRITE AND PUBLISH A BOOK**

[www.marissafayecohen.com/publishing-services](http://www.marissafayecohen.com/publishing-services)

*Reflection:*

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### **2. GO SAILING**

*Reflection:*

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### **3. GO SNOWBOARDING OR SKIING ON A MOUNTAIN**

*Reflection:*

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#### 4. JOIN A SPEAKERS BUREAU

*Reflection:*

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#### 5. HIRE A HEALING COACH

[www.marissafayecohen.com/private-coaching](http://www.marissafayecohen.com/private-coaching)

*Reflection:*

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#### 6. GO FISHING

*Reflection:*

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## 7. TRY A WATER SPORT — WAKEBOARDING, WATER SKIING

*Reflection:*

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## 8. MAKE A GRATITUDE JAR

*Reflection:*

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## 9. LEARN A NEW LANGUAGE

*Reflection:*

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## 10. TAKE BOUDOIR PICTURES THAT MAKE YOU FEEL UNSTOPPABLE

*Reflection:*

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# How To Live Happily

So now what? Among the other things you've accomplished today, you've finished this book. But your journey is just beginning. Now, you have a choice, and the ball is in your court. You can put this book on the shelf, and not touch it or think about it ever again. You can cross it off your reading list and not take action, which would leave you exactly where you are. Or, you can follow the Healing From Emotional Abuse Philosophy and take your life back. You can feel free, confident and at peace. But in order to do that, you have to use this framework and mix it into your new, rebuilt routine.

I don't need to hear any of this stuff, I didn't write it for me. I wrote it because I've been where you are. I've sat exactly where you are - , sulking and wishing my life was different.

Finally, I decided I wanted to make a change. I wanted to start having healthy friendships and ridding myself of the toxic energy. I wanted to take my life and voice back from Dave and start healing. I wanted to feel free, and light, and at peace. I wanted the constant chatter and negative self talk in my head to just shut up. I made it all go away. I did that by following this philosophy.

Abuse isn't the end of your life. It doesn't define you. And it can't stop you unless you allow it. Release it, be Resilient, and Rebuild your life. The person who did this to you isn't worth the amount of control you're giving them. So force their voice out of your head.

A brave survivor allowed me to share this story with you.

She took her life back and is living the life she dreamed of four years ago.

*"I left my narc 4 years ago. I was married to him for 8 years and friends for longer. Just as a wee-bit of positive inspiration. I want you to know we do make it."*

*I went unconditional on a house today that I never thought I'd be able to buy. I'm going to live by a beach. I'm able to live peacefully. My kids are by my side and are my best friends.*

*My new friends I made after leaving my narc ex 4 years ago are helping me celebrate moving and helping me move, of course.*

*Continue knowing who you are. Continue being who you are. We are all fu\*king amazing people who have survived. Now it's about living.*

*Have the peace and knowledge knowing that we were discarded because we deserve better. We survived them... And we will always fight for better and will get it."*

As a survivor-sister, I could not be more proud of her and her incredible accomplishment. This could be your life, too. There is nothing stopping you but your own reservations, fear and self-doubt. Release that, build resilience, and rebuild your life. If I can do it, so can you.

# One Last Message

## Congratulations!

I am so proud of you for making the great decision to better yourself by reading this short book. I truly admire and respect you for wanting to improve your life, health and happiness.

My mission with this book was to address your needs and make a more positive difference in your life by inspiring you to take your life back.

My hope is that you have become more empowered and excited to BE MORE, DO MORE AND LIVE HAPPIER!

Whether you achieve your dreams and goals is solely you. No one can promise guarantee what will happen

However, by following the healing strategies like in this book, YOU CAN to live a FREE, CONFIDENT, and PEACEFUL life!

YOU CAN DO IT —  
THE TIME TO START  
IS NOW!

Again, congratulations!

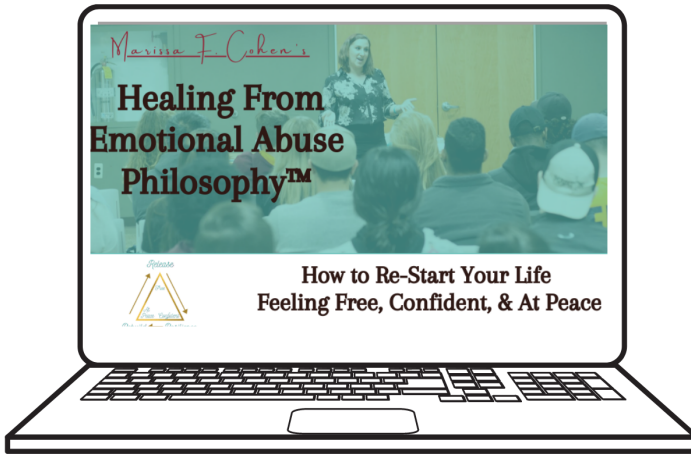
“  
"Life isn't about  
waiting for the storm  
to pass. It's about  
learning to dance in  
the rain."  
--Vivian Greene  
”

up to  
or  
next.

simple  
those  
begin

## Additional Resources

***Don't just live with trauma. Overcome it.***



### **Podcast: Healing From Emotional Abuse**

Hosted on: Spotify, iTunes, iHeartRadio, Stitcher, Youtube, Google Podcasts, Hubhopper

[www.MarissaFayeCohen.com/podcast-videos](http://www.MarissaFayeCohen.com/podcast-videos)

### **Coaching Programs:**

[www.MarissaFayeCohen.com/private-coaching](http://www.MarissaFayeCohen.com/private-coaching)

### **Self Esteem Workshop:**

<https://marissafayecohen.com/self-esteem-workshop/>

### **Confidence Building Mini-Course:**

<https://marissafayecohen.thinkific.com/courses/empowered-confident-with-marissa-f-cohen>

### **Other Healing Materials:**

[www.MarissaFayeCohen.com/the-books](http://www.MarissaFayeCohen.com/the-books)

## Healing From Emotional Abuse: Heal With Marissa

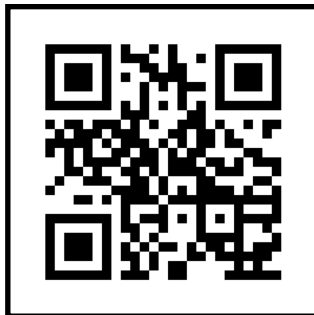
Using my signature healing philosophy, The Healing From Emotional Abuse Philosophy, together, we identify the area's where you're struggling to overcome your trauma, and build you a program around that. This is a personal journey, but you're not alone.

To claim your **3 FREE coaching** sessions with me (\$750 Value), scan the QR code below and fill out the information; or visit:

**<https://marissafayecohen.com/bonus-free-coaching/> !**

**I have healed and overcome my abuse. It doesn't define you. Let's give you a fresh start!**

**Scan QR Code for Details**



*But don't take my word for it. Listen to your community members who are living free, confident and peaceful lives with healthy partners and lot of love!*



"I really loved the healing tools. It made me think a lot, everything about it lingers in my mind still. Some of the concepts have become a part of my daily thinking and decision making and it has really made a difference!"

**—Priscilla L.  
Healing Survivor**



"This program is different because Marissa would call me when I needed to just talk and she made me feel like my feelings were valid. She gave me ideas on how to cope and what I could do to help my children. I know this was working when I was able to not feel so overwhelmed and was able to decompress and work through things with logic."

**—Melinda P.  
Healing Survivor**



"Thank you so much for helping me, supporting me, and encouraging me to share my story. I'm so grateful to have you and relieved to finally, after NINE YEARS FINALLY talk about my story publicly. It warms my heart and soul to know my story has already helped one person and that is enough for me to finally let this horrible time in my life go and move on. I can't thank you enough for everything you've done <3 <3 <3"

**—Liz D.  
Healing Survivor**



## Start Healing From Emotional Abuse Right Now!

*Special Bonus Gift For You*

In order to celebrate you taking  
your life back,

Use Code:

**THREEKEYS**

for \$500 off a 10-pack of  
coaching calls

To order go to:

[www.MarissaFayeCohen.com/Private-Coaching](http://www.MarissaFayeCohen.com/Private-Coaching)  
or

Email: [Me@MarissaFayeCohen.com](mailto:Me@MarissaFayeCohen.com)

## How To Be A Writer (And How To Publish A Book)

Writing and Publishing my story in Breaking Through the Silence: The Journey to Surviving Sexual Assault, was a game changer for me. More than ever before, I felt strong and supported in my experiences, and was contacted by friends and strangers to tell me how much my stories helped them break their silence, and start healing from their abuse.

It is my belief that writing is one of the strongest ways for us to release our emotional abuse and trauma. I urge you to consider doing the same. There is no better revenge than a life well lived. And to do that free of your trauma and the chains it used to hold you down with, AND while helping other survivors find there voice. That's the best revenge you can have.

*Special Bonus Gift For You*

To help you find your voice and  
help others, use code

**THREEKEYS**

for 20% off all publishing  
packages

**[www.MarissaFayeCohen.com/  
Publishing-Services](http://www.MarissaFayeCohen.com/Publishing-Services)**



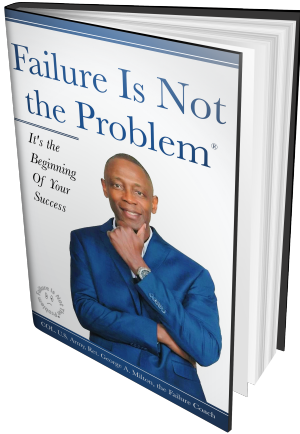
*Before I connected with Marissa and her publishing company it was a nightmare trying to understand how the process work. I emailed and called several organizations prior to linking up with Marissa. During those conversations the potential publishers were either aloof, too expensive or demonstrated very poor customer service skills. There was one who even thought they were entitled to my book; And I would be lucky to work with their organization.*

*My frustration with these organizations were twofold. One, I thought it would be easy to find a skilled, customer service focused publisher. Looking for a company proved to be extremely difficult landscape to navigate. Two, way more costly than I anticipated. Of course it's a business but I thought there would be organizations who would be more reasonable than what I found.*

*What I really enjoyed about Marissa right up front was her customer service focus. From the moment I met her and long before I used her to help me publish my books, she was willing to give me great advice on how the process worked. She is unbelievably knowledgeable and made me a lot smarter about how the publishing arena operates. Her diversification in regard to connecting me other services which promotes and support publishing a book was second to none. I had no idea how to publish a book.*

*I am someone who puts a lot of emphasis on researching the topic that I am involved in. Because I had spoken with several companies over about a two month period of time almost daily, by the time I began my conversations with Marissa, it was immediately clear that any issues and concerns I had reference to her assisting me with publishing my books would be resolved. And her work proved to be right.*

*After utilizing Marissa to help me with publishing my first books, life has gotten much better for me. I am more confident in my abilities to understand the publishing process, I now have a company who I am comfortable with in helping me publish my future books, and finally, I am a published author which give me credibility.*



**—George A. Milton,  
Colonel (Retired) United States Army  
Founder of Failure Is Not The Problem  
Canfield Success Coach**

## About the Author

Marissa F. Cohen is the Founder of the Healing From Emotional Abuse Philosophy™. She is the Award-Winning and Best Selling Author of the Breaking Through the Silence™ Anthology series, in which survivors break their silence and tell their stories of survival.

In her first book, Breaking Through the Silence: The Journey to Surviving Sexual Assault, she breaks her own silence about her sexual assaults starting at age nineteen. This book was awarded by Readers Favorite International Book Awards.

In addition to writing, Marissa uses her experiences as a platform to help others overcome the abuse, sexual assault and narcissism that survivors face daily. She feels that survivors have been shamed and silenced for too long, and it's time that we take our voices back, take our lives back and teach society that Enough is Enough!

For over 11 years, she has been working to help survivors of through private and group coaching, online and live programs, and creating resources, using the same tools and techniques she used to overcome her own.

Marissa currently resides in Chicago with her two dogs, Charlotte and Eevee, and her fiancé. New York pizza is better than Chicago pizza, and pineapple doesn't belong on either of them.