



Chapter 7

THE RAINSTORM

1.

Where do you feel lost right now? Where do you feel numb?

Where do you feel resigned or hopeless?

2.

What comes up when you think about fully allowing and accepting whatever you feel?

How might you let your emotions rise to the surface safely?

What might help you to feel and feel safe?

3.

Do you need help? Who or where could you go to for help?

4.

What could you look forward to daily? What is one small step you could take to feel better?

Any step. It can be totally unrelated to the problem.