

# **My Book about Healing**

**This is the Story of a Brave Person  
Who Has Been Through a Lot and  
is a Survivor!**

**The Name of this Person is:**

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**This is my Picture:**



**I have been through some bad things:**

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**I survived! Here is how I did it!**

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**Sometimes things get me upset or set me off in some way. Here are those things:**

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**Here are the ways I can calm myself down and cope with those things:**

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**Here are some things that bring me joy:**

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**Here is what I need to feel like  
everything is ok or I am cool and  
things are safe:**

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**Here are the people that mean a lot to me:**

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**Here is how I can keep in touch with them:**

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**There are some things I want to do in my life. They are:**

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**Here is my action plan:**

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**The good parts about my life are:**

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**What I am most proud of about myself is:**

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**I am a Survivor!!**

**This is what I want to tell the world!**

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**Signed by the Author**

