



VULNERABILITY

[illegible]

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.



Pick a core belief you have about yourself. When is the first time you remember telling yourself this? Where do you believe this belief comes from? Is this negative belief hindering your inner healing?

[illegible]

[illegible]

[illegible]

[illegible]

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