Healing your past

Time period	Relationships	Addictive Dependencies	Job related	Emotional Spiritual	Physical
Example Age 15-25	Gr. 11 bully √	Control? Perfection √	Pushed out of a job I enjoyed	Short bouts of Depression?	Did not feel athletic √

You can change the heading to suit your experiences. Take a maximum of five minutes to write down some key words that fit under each heading. Put a check mark beside those events that you feel you have healed from or that are not currently holding you back. Put a question mark beside the words or experiences that you feel you might need some support or healing from.