

The lens through which we see, becomes the landscape of our lives. - Parvati Shallow

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What is one “bad” or painful thing that happened to you that actually ended up giving you something really beautiful?

Survival States:

Fight, Flight, Freeze or Fawn

Which is your go-to survival state?

How do you react when you are in this place of seeing the world around you as a threatening place?

Shifting States:

What are some things that help you feel calm, open, social, friendly, trusting, creative or happy?

