

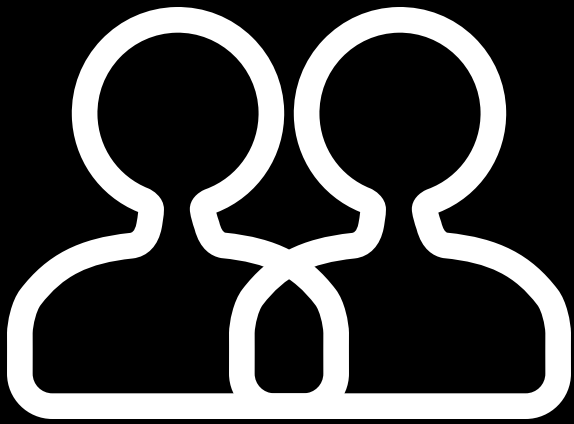
Courage Worksheet



My courage symbol is...

On the other side of courage is...

My courage affirmation is...



Codependency Worksheet



My codependency symbol is...

When I feel codependent I will...

My codependency affirmation is...



Boundaries Worksheet



My boundary symbol is...

When I practice healthy boundaries I feel...

My boundary affirmation is...