



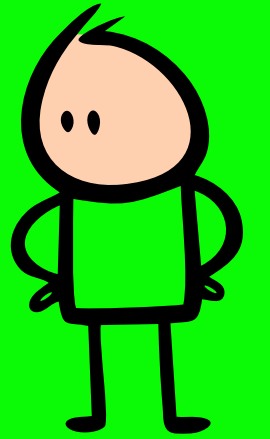
FOUR 'POST-IT' NOTES TO  
EMOTIONAL FREEDOM

I wanted to share something with you that really helped me in my fight back against social anxiety and depression...

I was at my wits end struggling with the emotional fallout from childhood trauma and I was looking for a way out from the pain. Eventually I decided, not to allow the bullies from the past to win once and for all and instead, I would finally fight back.

I wrote down on four sticky notes how I intended to manage my feelings and emotional responses going forward. It went like this:

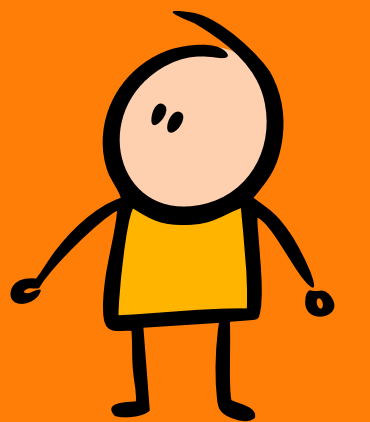
## Sticky Note 1



From this moment forward in any thought, belief, conversation, setting, or situation that feels challenging, intimidating, anxiety-inducing, or disempowering for me, I will ask myself:

## Sticky Note 2

Right now, who has control of my emotional power, who has control of my self-worth, and who has control of my voice? And if it's not me, if they're stuck somewhere in the past still controlled by someone who was unkind to me, then I'll remind myself...



### Sticky Note 3

...that whatever's been done to me or said to me, whoever once shamed, exploited, abused, rejected, criticised, and humiliated me, I am safe now; they no longer have control over me. I am free to make empowered choices, to speak up, to believe in myself, and to know that I am worthy of good things.

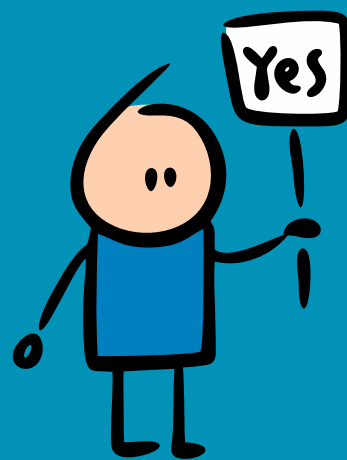
## Sticky Note 4

And with one deep calming breath, I will bring my emotional power, my self-worth and my voice home to me where they belong.



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practice makes....good enough



MENDING MENTAL HEALTH MINUTE BY MINUTE