

The Reflection

What's been the most important insight I've gained about myself during Part One of the Summer School?

Which conversation affected me most deeply, and why?

What pattern can I now see clearly that I couldn't see before?

What have I stopped believing about myself?

What am I beginning to understand about the person I became?

What surprised me the most during these first five conversations?

What am I ready to carry forward into the next stage of my healing journey?

What am I ready to leave behind?

What would I like to thank myself for before moving into Part Two of the Summer School?

The most important thing I am taking away from Part One is: