

*Journey*  
**SELF-AWARENESS**

**SELF-AWARENESS**  
AS A TOOL FOR  
SOLVING OUR  
MENTAL HEALTH CRISIS

PRESENTED BY:  
MARY JO VAN HORN

**"GUIDED WORKSHEETS"**

MY  
*untrue*  
BELIEFS

*Childhood Experience*

*Belief I Created*

*Childhood Experience*

*Belief I Created*

MY  
*untrue*  
BELIEFS

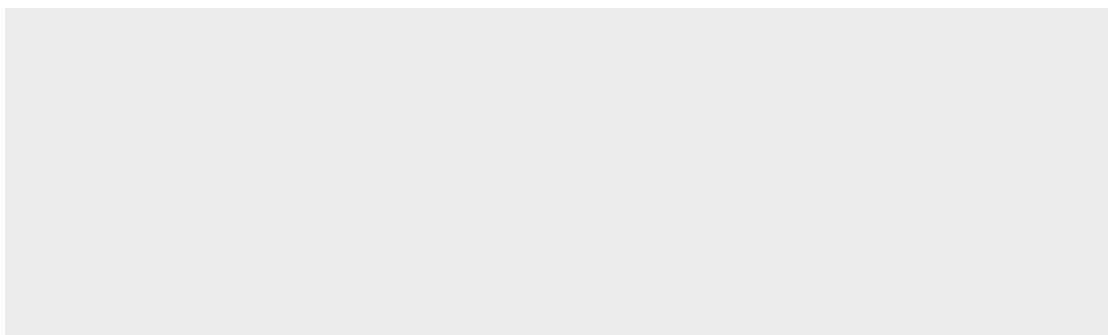
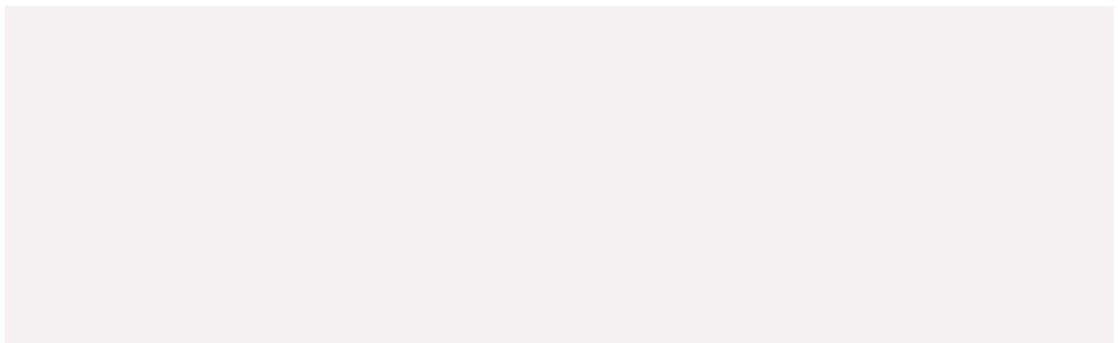
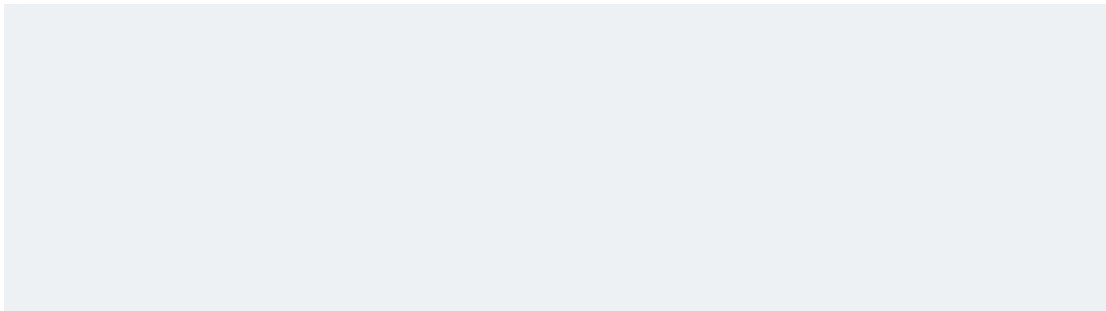
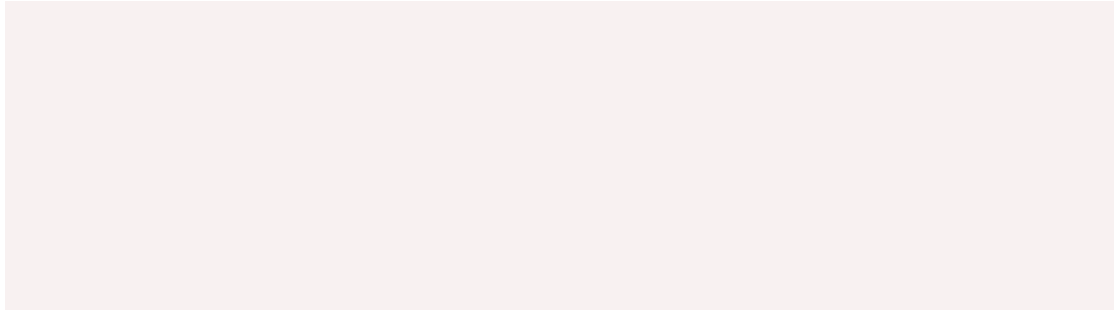
*Childhood Experience*

*Belief I Created*

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WHAT'S  
*inherently*  
TRUE FOR ME



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*inherently*  
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