

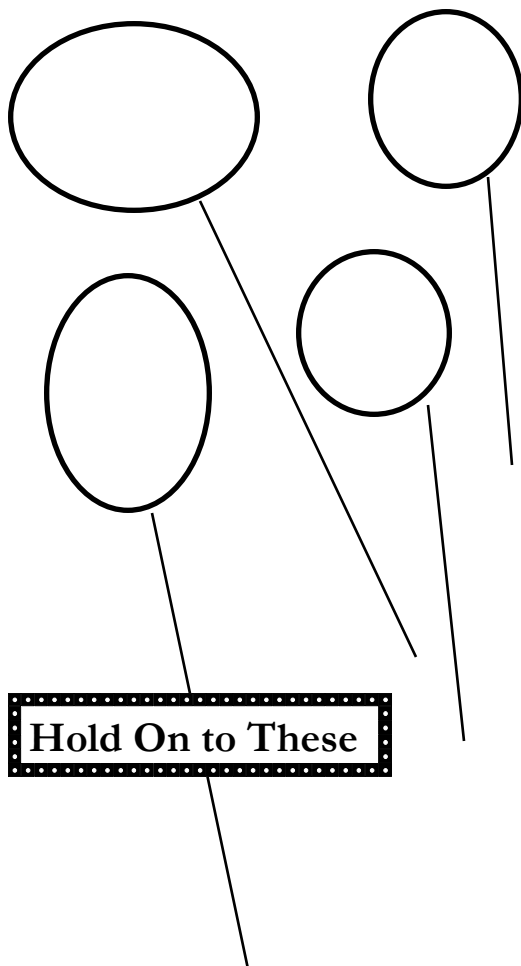
# A Piece From the Past

REMEMBER the abuse you survived is now just one piece from your past. It is not about who you are NOW!

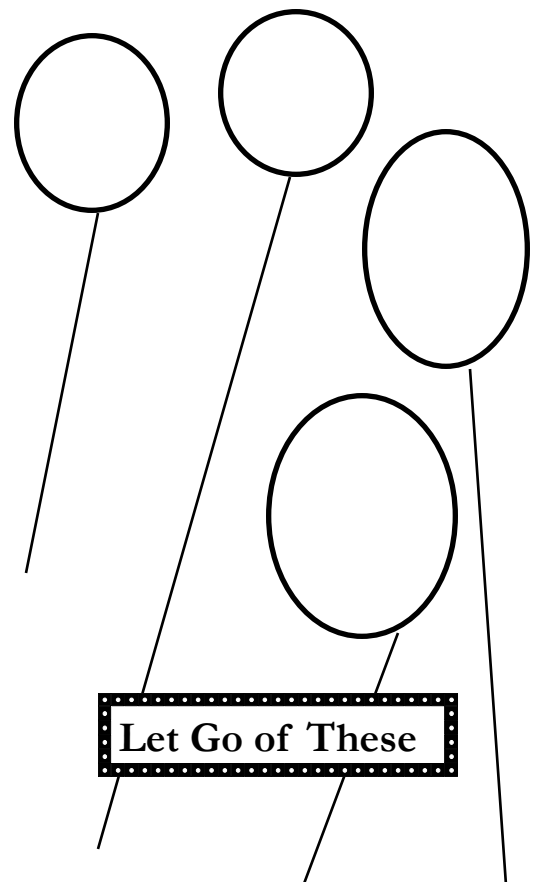
There may have been some other unpleasant things in the past that you have already let go and forgotten. There may also have been some pleasant things you want to remember.

Fill in the balloons with the memories and colors you want to hold onto and those you are ready to let go.

The Good in My Life I  
Want to Remember



The Bad Things in My  
Life I Don't Need to Keep  
Thinking About Anymore



*Resource: Feeling Good Again.*  
Harborview CBT+ 03