

# The Angel From 1 Minute Before



Suppose there was an angel on your shoulder one minute before the trauma you experienced. Although she couldn't stop what happened, let's suppose she was able to give you a message to help you get through your trauma. What would she say? Would you like to close your eyes so you can hear what she might have said?

Write down what you think the angel would say:

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The next time you have a flashback or an uncomfortable thought about the trauma, you may want to remember what the angel said.

