

The deadly sin of Self Pity - Week One

Self Acceptance



Notes from Video on Self Pity:

Reflections:

Which area of my life do I fall into self pity?

How do I feel like a victim?

What would I like to begin to change?

*'Its ok to
have a
meltdown,
just dont
unpack
and stay
there
Cry it out
anf
re-focus
on where
you are
headed.'*