

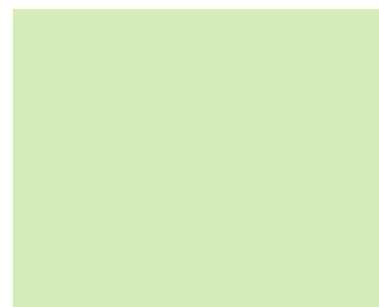
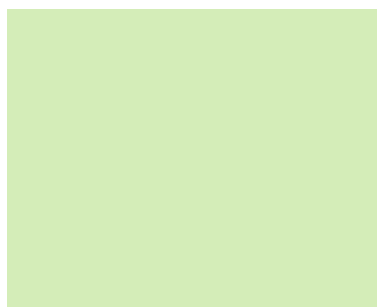
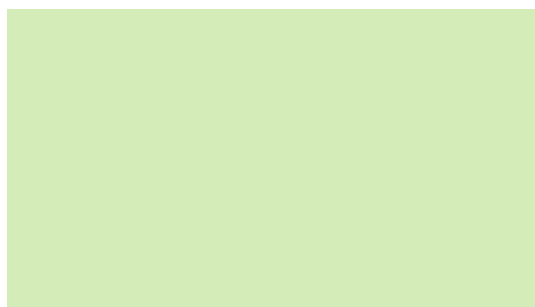
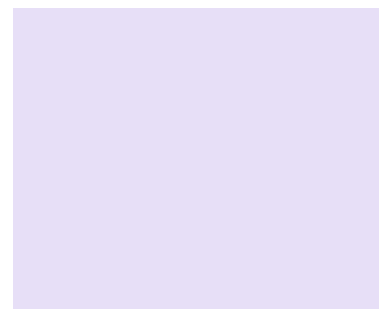
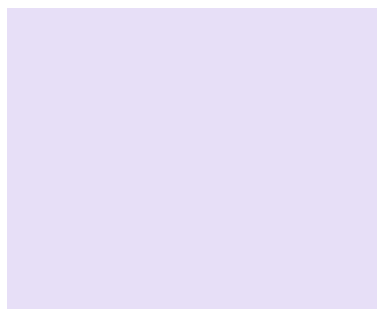
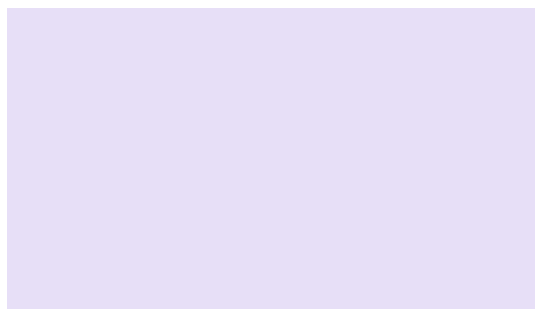
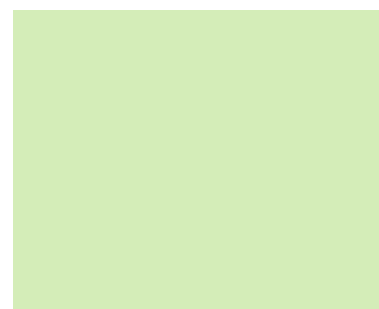
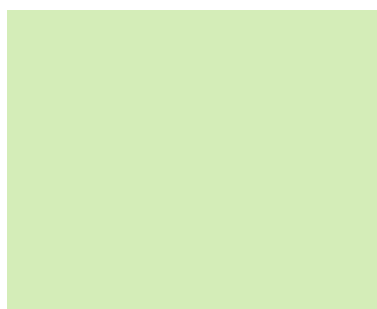
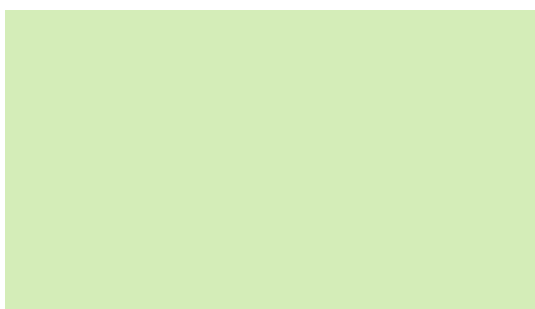
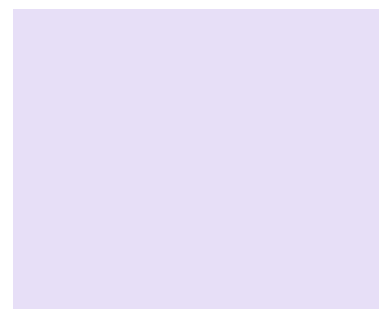
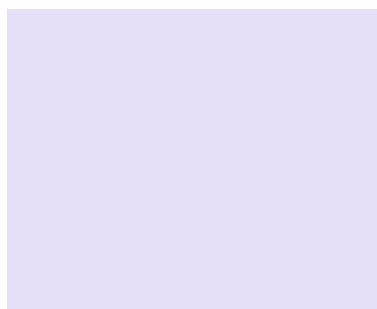
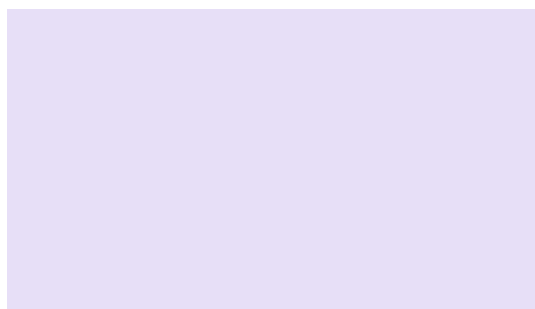
MY NEGATIVE
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Journal

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What situation triggered you?

How did you feel?

What did you think?

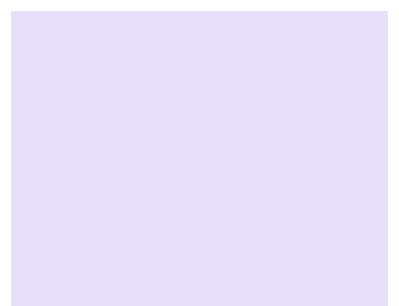
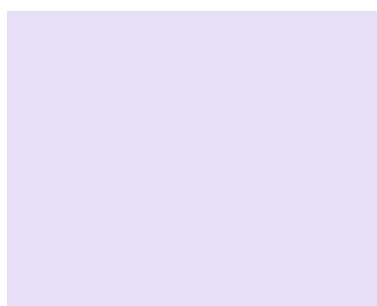
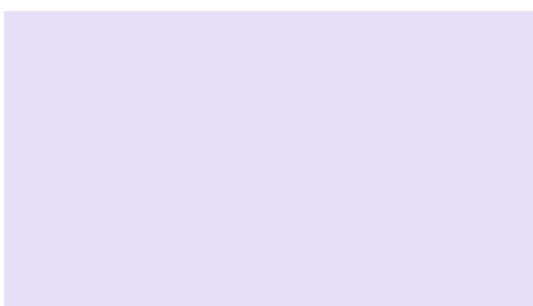
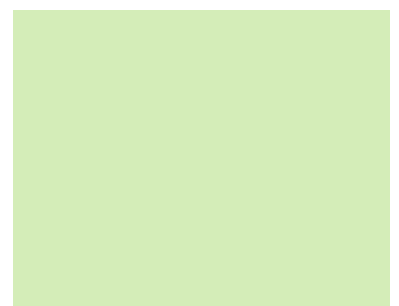
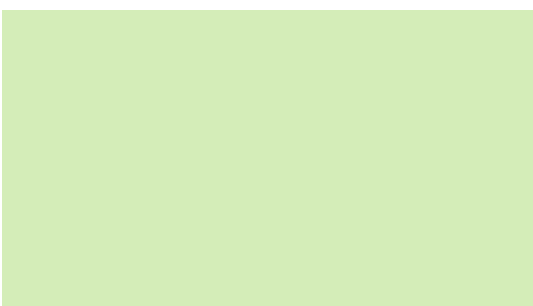
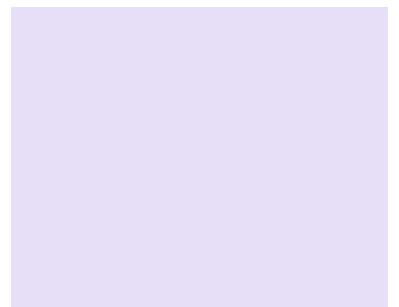
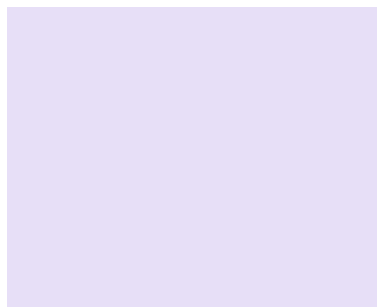
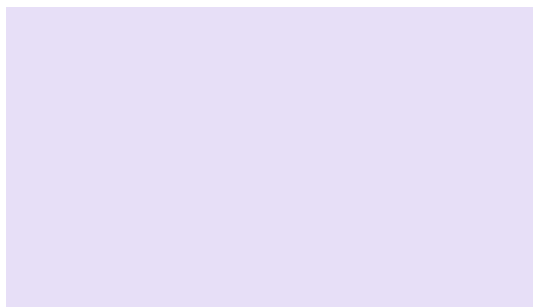
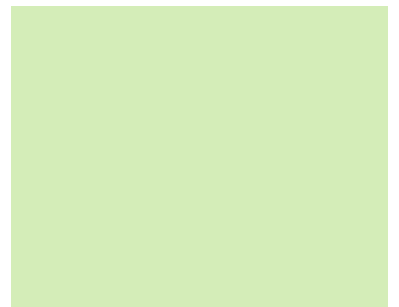
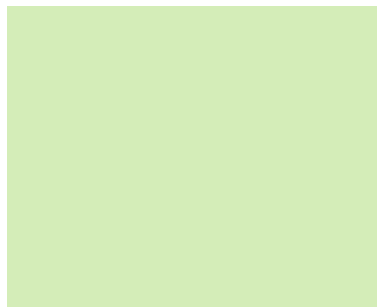
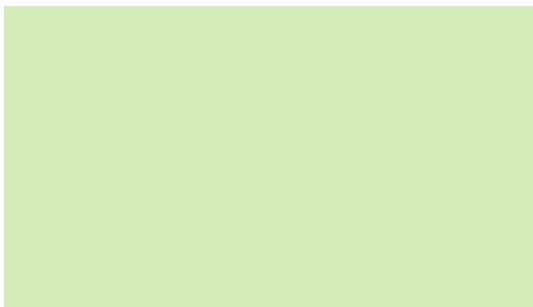


* Click [here](#) to return to the blog article.

What situation
triggered you?

How did you
feel?

What did you
think?



What situation
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P.S. Want help to stop beating yourself up? Have a look at my **coaching services**.