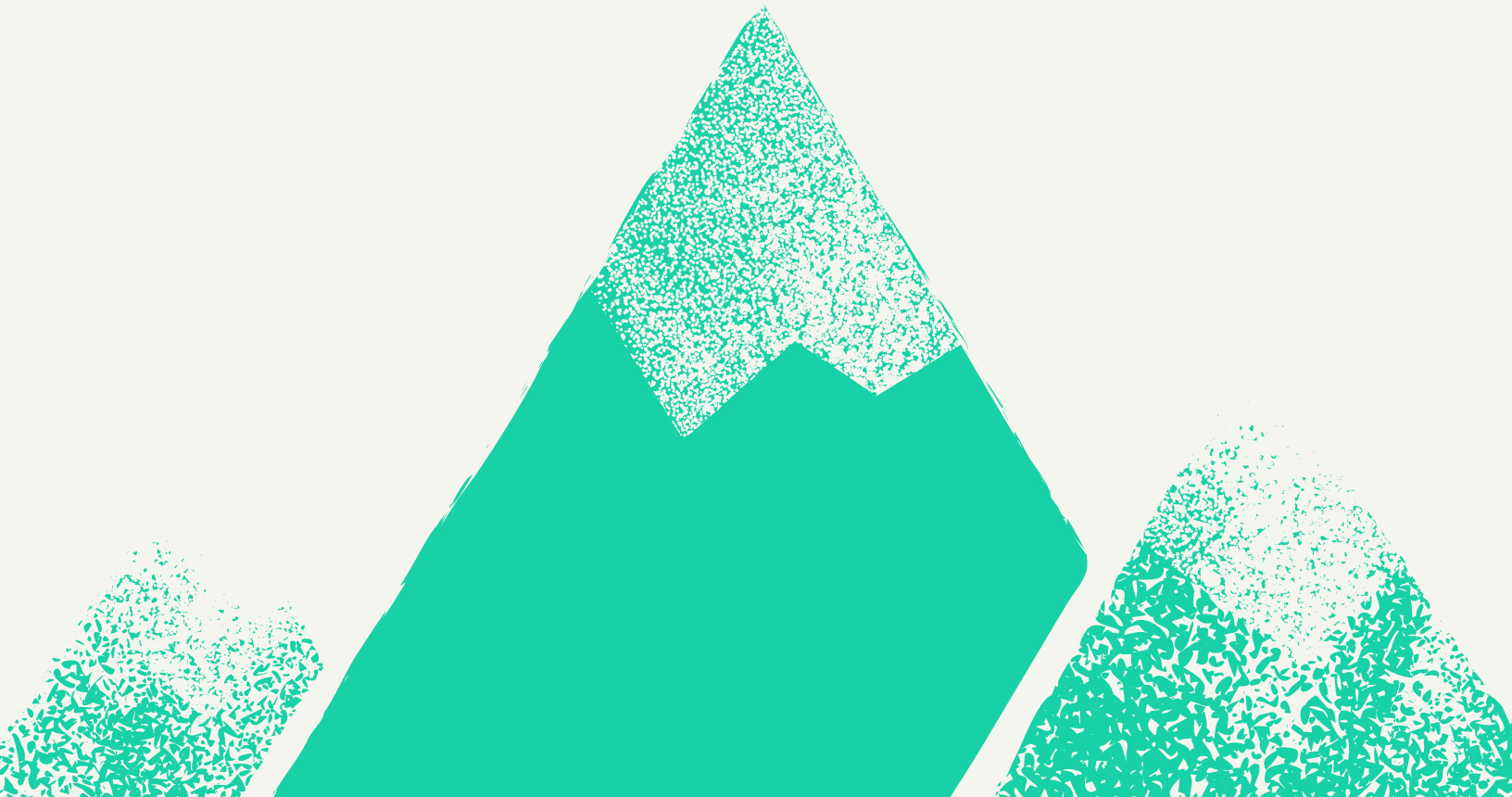


**BRAVE PROCESS
VIDEO COURSE
WORKSHEET**

BRIAN KING



BRAVE PROCESS COURSE PART 1

REFLECTING ON THE ROOTS



Another word for Root is Trigger. Something that sets off an emotion or makes your nervous system want to take action.

Something that violated one of your shoulds.

Think about a time when this happened and answer these questions:

Was one of my beliefs challenged? _____

Was your perception of yourself contradicted? _____

What was the trigger for you? _____

BRAVE PROCESS COURSE PART 1

REFLECTING ON THE ROOTS

Read the prompts below and respond by filling each space provided with images and words that come into mind.



The best things that happened today:

Things I wish I can change about today:

I am proud of myself today because...

I think I still need to work on....