



Self Trust Writing

Shared Lotus

[Join our community on Facebook](#)





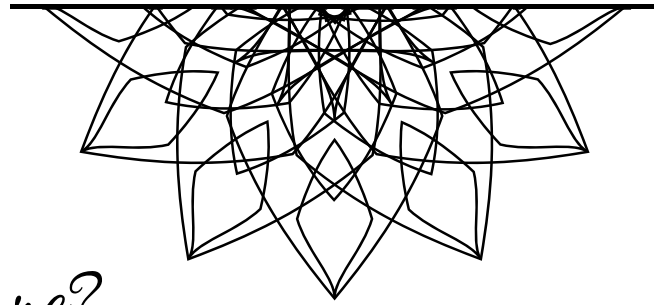
Self-Trust Writing

Get out your journal:

- Being in the present moment helps build self trust-What are you doing to practice mindfulness?
- Spending time alone in self-dialogue can help you build self-trust-How are you connecting with yourself? Can you make plans to spend some quality time with yourself?
- We often self-abandon because of social and cultural pressures. Even trauma can represent a time when we were forced to ignore our boundaries-How can you get in touch with your instincts and begin to follow them? What are your red flags that signal that you need space and time to reflect and think?

Join the Community on our Facebook Page





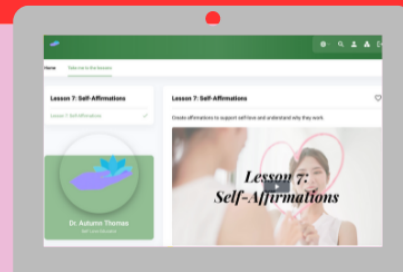
Want More?

Techniques for Self Love and Acceptance

TAKE 10 STEPS WITH THIS MINI-COURSE



PDFs and Journal Activities



Online Videos



Meditations and Visualizations



Join the Community on our Facebook Page

