

Module 1 Homework

Answer the following questions to gain more awareness of the relationship you have with yourself:

How do you feel about yourself?

How did your parents feel about themselves?

Have you ever felt truly valued or loved by another person?

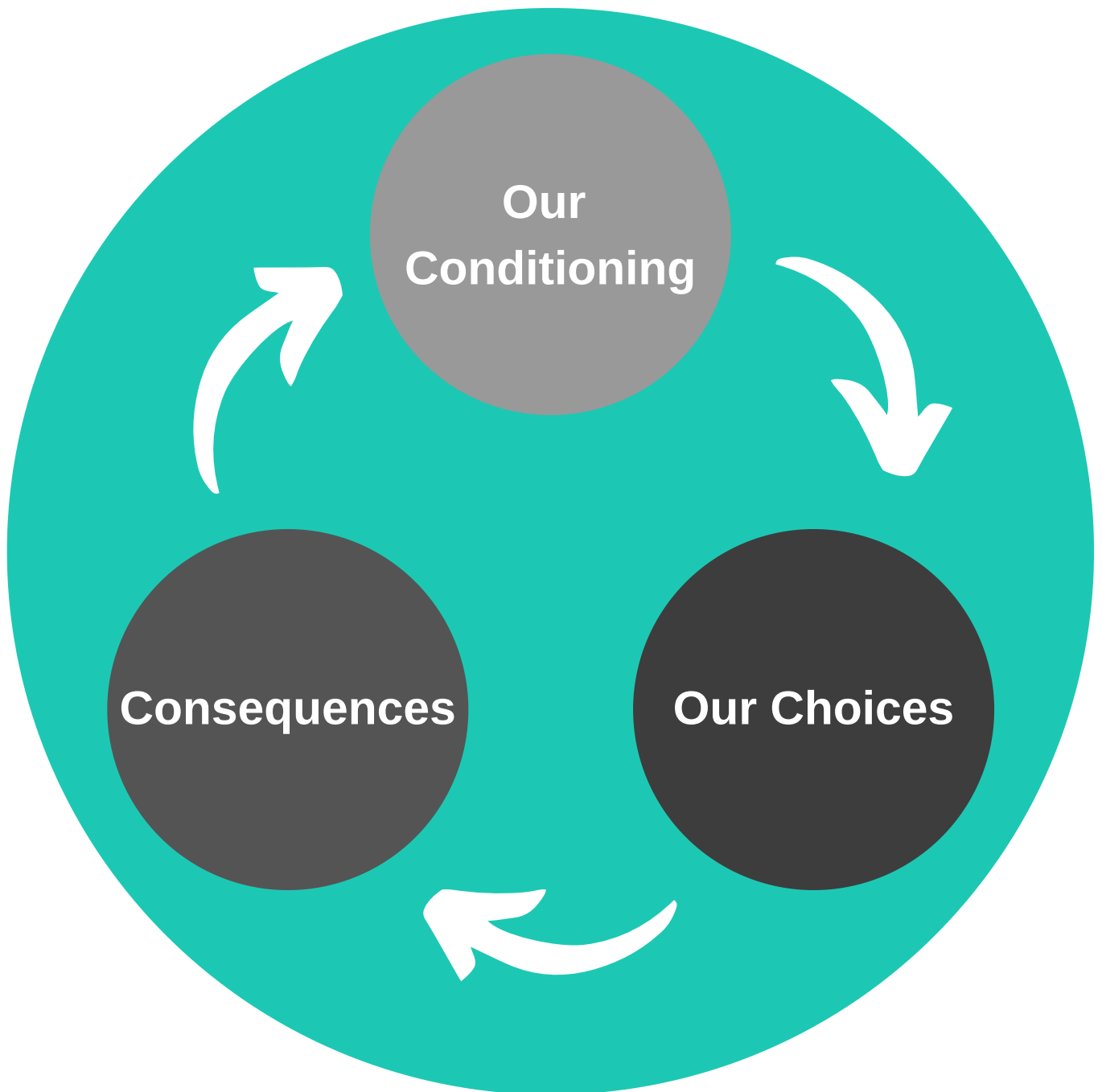
What might you have taken personally and made to mean something negative about you that had nothing to do with you? Can you let that go now?

What toxic shame thoughts or negative self-judgements can you relate to?

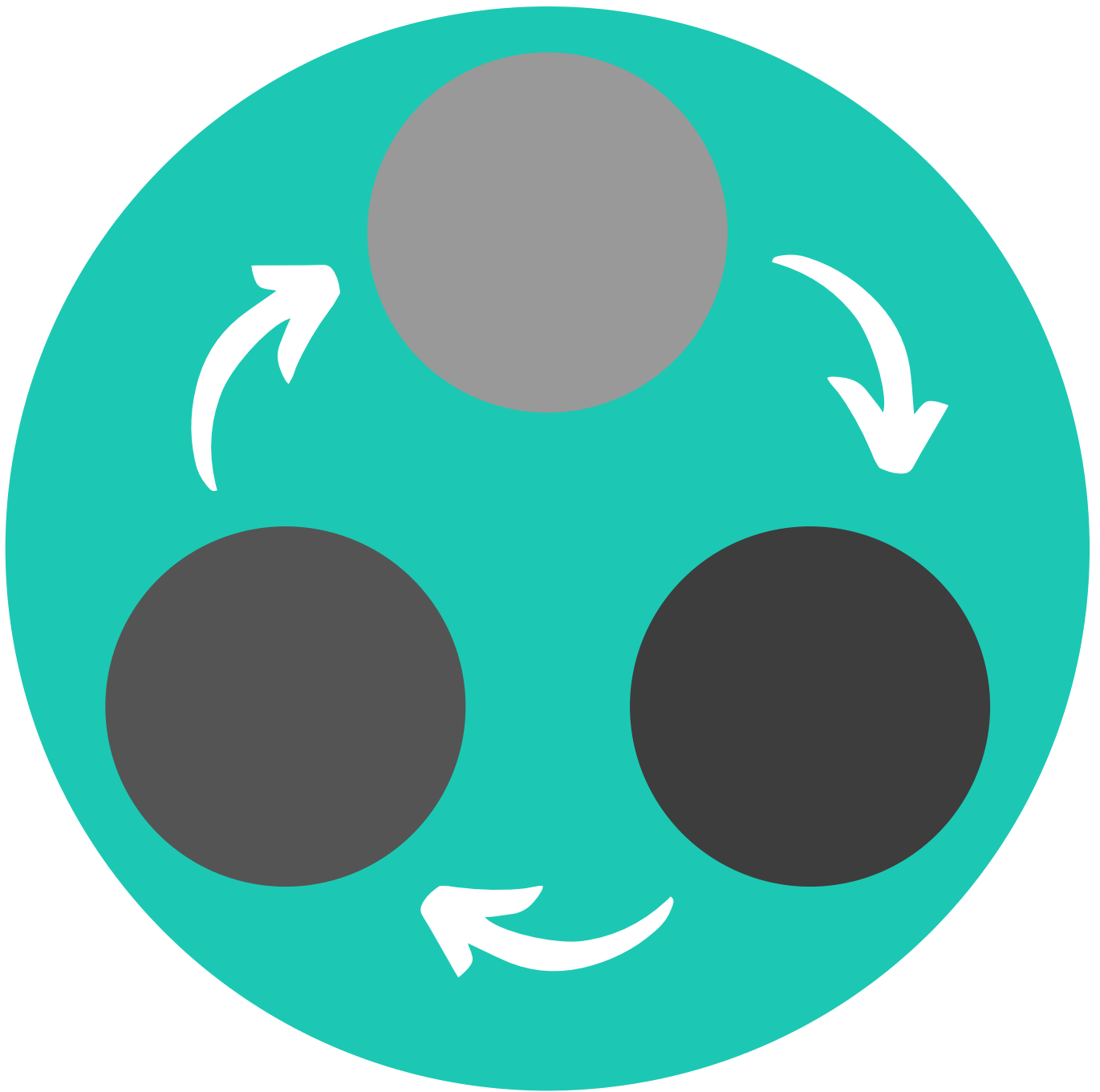
What other thoughts could you replace toxic shame thoughts with? What could be true about you that's positive and more helpful? Find the real-life evidence for it - it exists!

Map out your cycle using the cycle worksheets.

Cycle of Codependency



Your Cycle of Codependency



Module 1 Reflections

What did Module 1 bring up for you?

What questions do you have? Is there anything that's difficult to understand?

How do your struggles and experiences make sense to you now based on what you've learnt in Module 1?