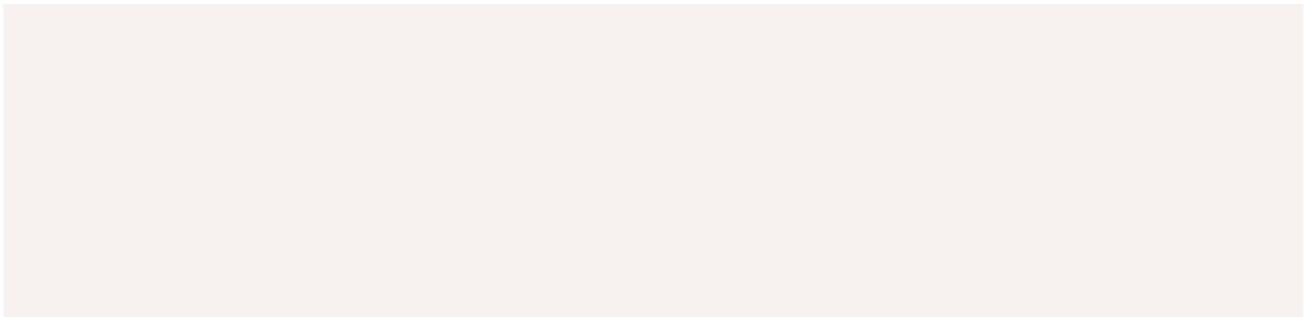
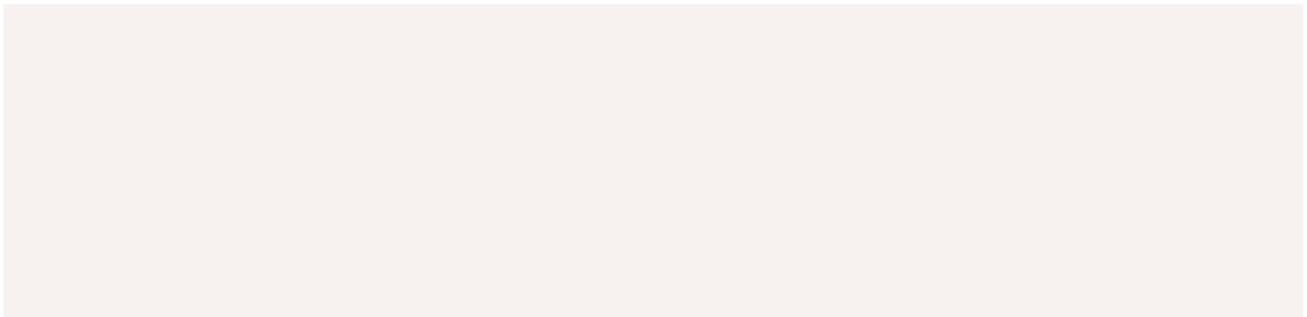


Self-Love Worksheet

How difficult is self-love and self-care for you? What do you struggle with or need more support around?



What are some things you love about yourself, and some things you find difficult to love about yourself



How do you think your past sexual trauma impacts your ability to love yourself?

