# C:\Users\Onwer\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.Outlook\KAK33YFL\header2.JPG

# Pathway to Wellness: Reframing to Reset

1. What am I afraid of?
2. How realistic is that fear?
3. What steps have I or can I take?
4. One good thing that came (or may come) from this bad event:
5. A lesson I have learned from this is: