



INTEGRATE TO LIVE

Restore Resilience. Cultivate Community. Impact your World

Week 7 Action Guide: Memory

This week, see if you can notice the events currently happening in your life that feel similar to those from the past. Then, see if you can identify what is different now.

Write about the current event here:

This feels similar to the event(s) from the past because:

Now, think about how it might be different. Some examples are thinking:
"It's uncomfortable to take risks, but it's worth it to me" or "It's scary to share my thoughts, but no one rejected me this time".

This feels different than the event(s) from the past because: