

NAME IT. DRAW IT. DEFEAT IT.

Give the chaos a name so you can take back your power.

DIRECTIONS:

1 Think of the feelings and thoughts that feel the heaviest or hardest to describe.

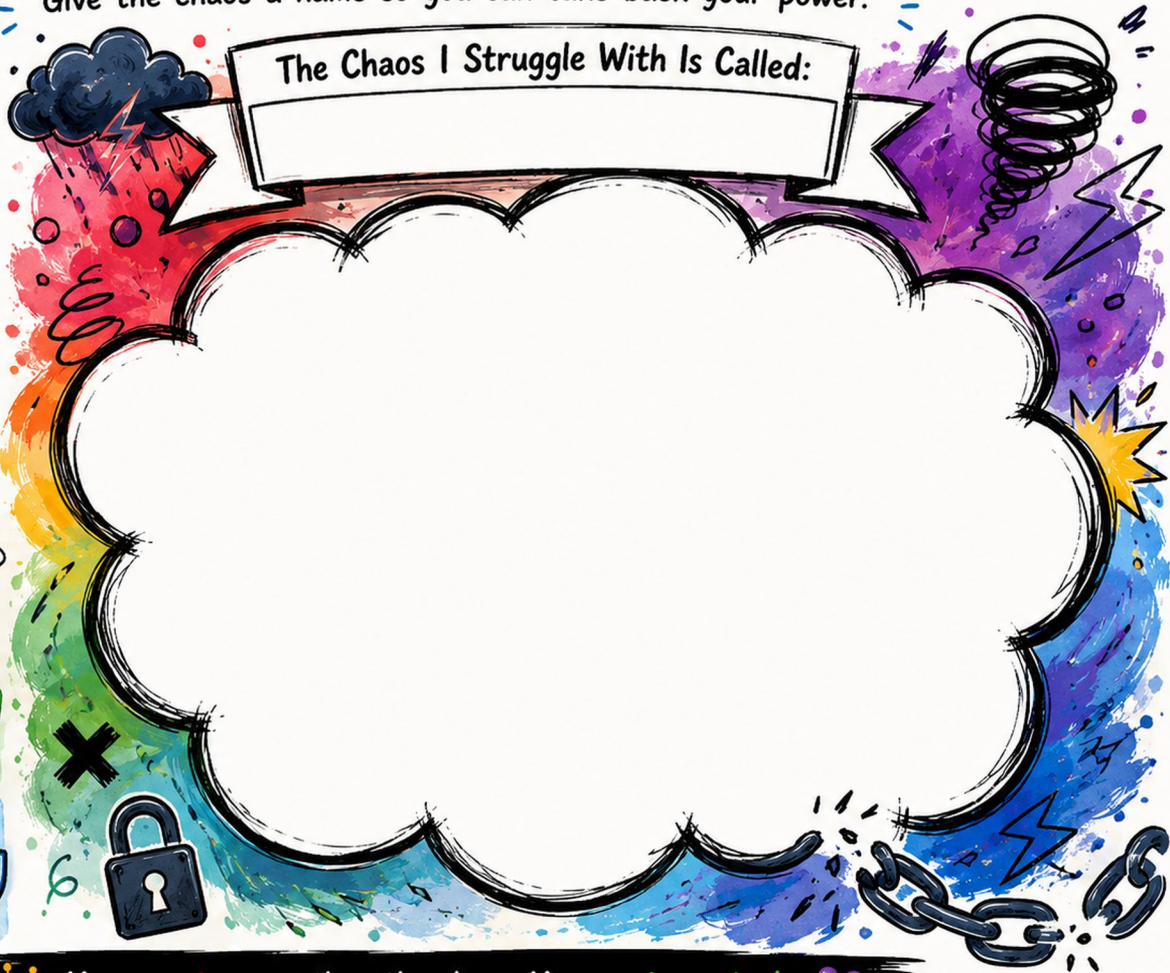
2 Use colors, shapes, lines, words, or symbols to show what it looks like.


3 Fill the space with everything you can't always put into words.

4 Give it a name. You can't defeat what you don't acknowledge.

5 Once it has a name, you have the power to face it and let it go.

The Chaos I Struggle With Is Called:



 You are **stronger** than the chaos. You are **in control**. 