

Module 2: Moving Beyond

Workbook 8: Promises



Today exercises concentrated on the following:

- How abandonment looks and feels
- Effects of abandonment on relationships
- What is jealousy
- Jealousy and relationships
- Fear
- Trust
- Monsters
- Voices—from home and school

PORTFOLIO ASSIGNMENT



Create what the biggest monster is in your life?



There is no right or wrong answer and this is not about being an artist. You can do a collage, draw stick men or whatever you wish—you just have to make sure that you are able to put something down.