



PUSHING AWAY
DIFFICULT THOUGHTS FEELINGS AND EMOTIONS...



DOES NOT MAKE THEM GO AWAY...
IT CAN MAKE THINGS MORE DIFFICULT !



YOU DON'T HAVE TO LIKE THEM OR WANT THEM...
YOU MAY WISH THEY WERE NOT HERE



BUT COULD YOU BE WILLING
TO ALLOW THEM TO BE HERE...
SO YOU CAN GET ON WITH
WHAT TRULY MATTERS TO YOU ?