



THAT WAS THEN AND THIS IS NOW

Past Pain	Past Solution	Today's Solution
<p>Examples:</p> <p><i>In the past to avoid judgment and criticism</i></p> <p><i>In the past to feel loved</i></p> <p><i>In the past when I felt overwhelmed</i></p>	<p><i>I chose to run away and hide to become invisible</i></p> <p><i>I ate something sweet</i></p> <p><i>I chose to give up or give in and quit on my goals</i></p>	<p><i>NOW - I release the need to please anyone but myself.</i></p> <p><i>NOW - I love and accept myself and that is enough.</i></p> <p><i>NOW - I remember that I am the boss and I choose to GET GOING!</i></p>