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**Betrayal Trauma Recovery**

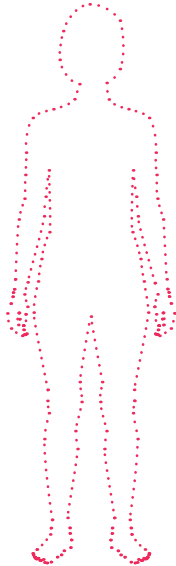
113 Cherry Street #92768  
Seattle, WA 98104-2205

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## EXERCISE 01

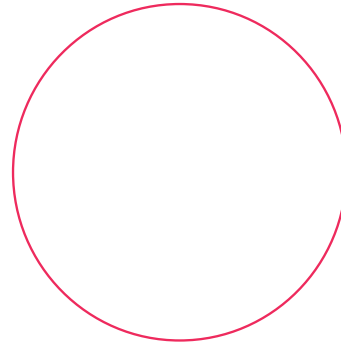
FRONT



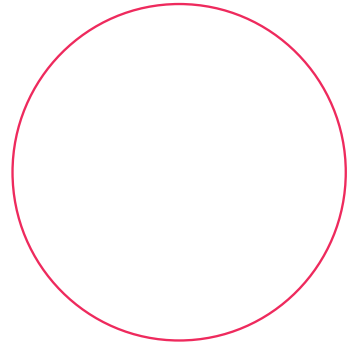
BACK



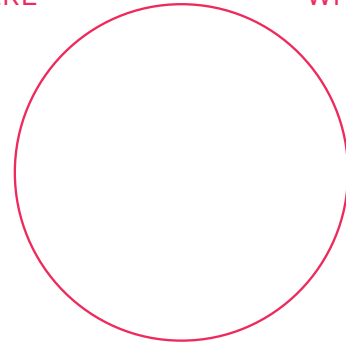
## EXERCISE 02



WHERE



WHEN



WHO

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## EXERCISE 03

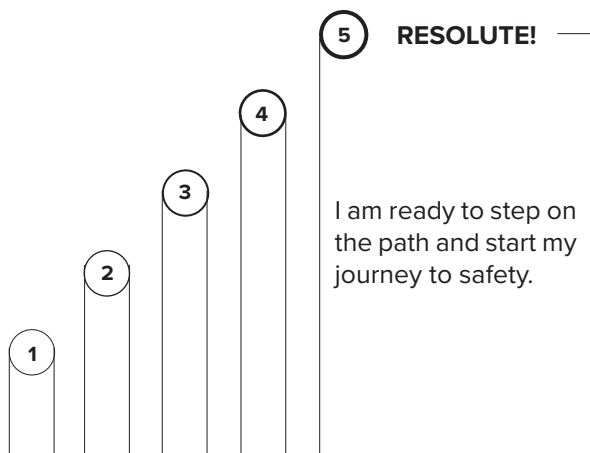
THE OBSTRUCTIONS ARE:



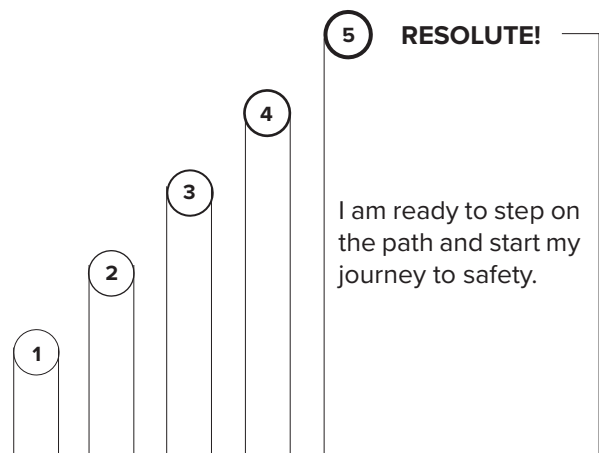
## EXERCISE 04

IF THE OBSTRUCTIONS COULD SPEAK, WHAT WOULD THEY SAY?

## EXERCISE 05



## EXERCISE 06





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