



BTR.ORG

# MEDITATION

Workshop

# WORKBOOK

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**Betrayal Trauma Recovery**

113 Cherry Street #92768

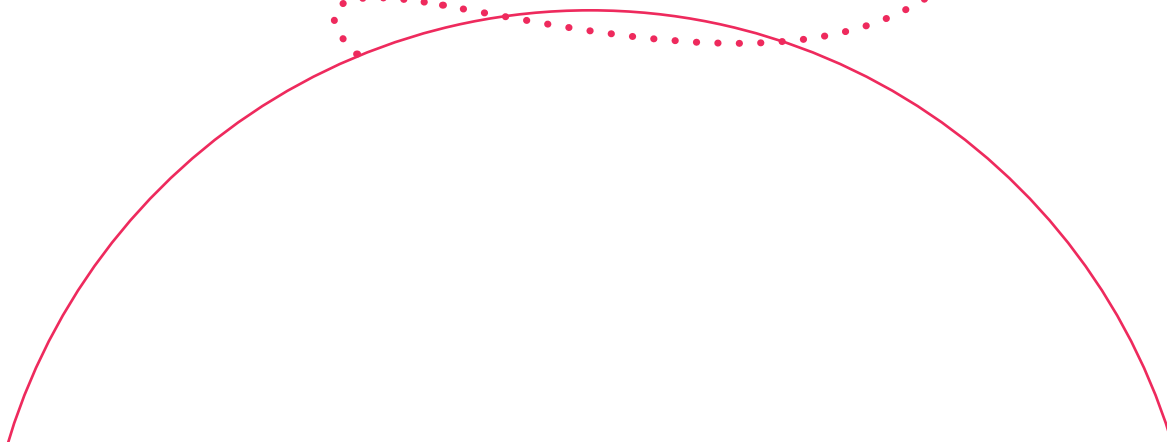
Seattle, WA 98104-2205

**BTR.ORG**



## Meditation Workshop

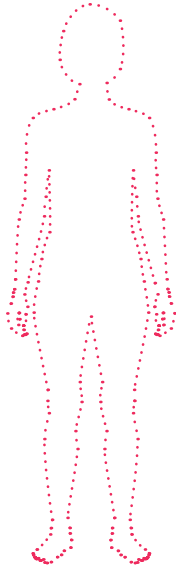
I AM RESOLUTE.....	2–3
I AM TRUTH .....	4–5
I AM PROTECTED.....	6–7
I AM JUST RIGHT .....	8–9
I AM BRAVE.....	10–11
I AM CAPABLE.....	12–13
I AM LOVED .....	14–15
I AM SECURE.....	16–17
I AM SAFE.....	18–19
I AM HEALING .....	20–21
I AM OPEN .....	22–23
I AM GRATEFUL.....	24–25
BONUS: I AM .....	26–27





## EXERCISE 01

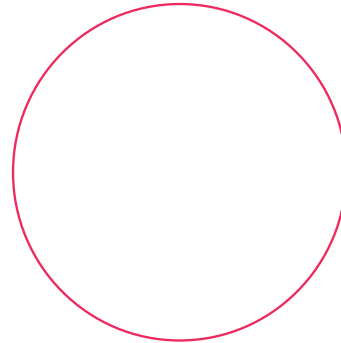
FRONT



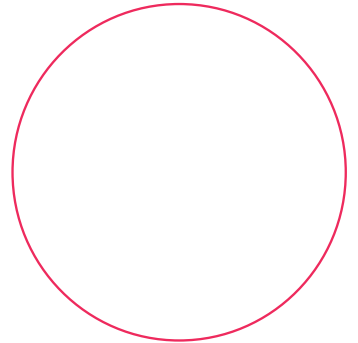
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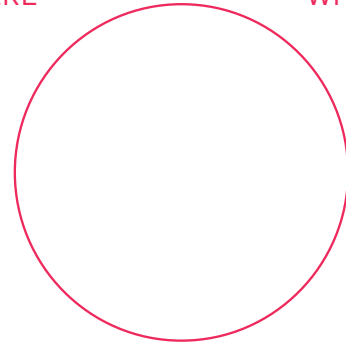
## EXERCISE 02



WHERE



WHEN



WHO

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## EXERCISE 03

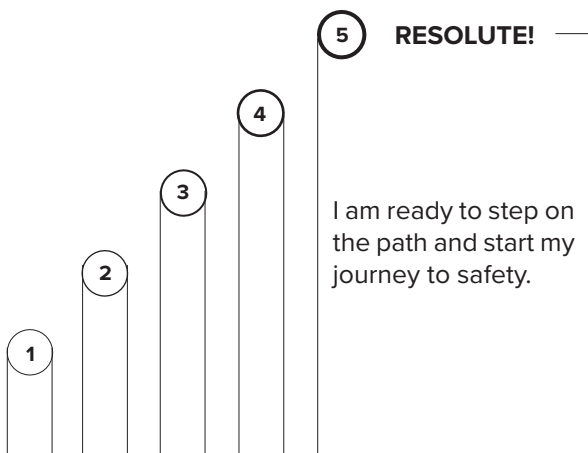
THE OBSTRUCTIONS ARE:



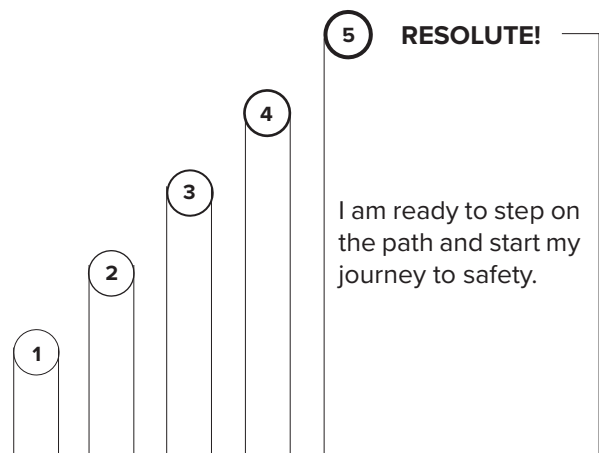
## EXERCISE 04

IF THE OBSTRUCTIONS COULD SPEAK, WHAT WOULD THEY SAY?

## EXERCISE 05



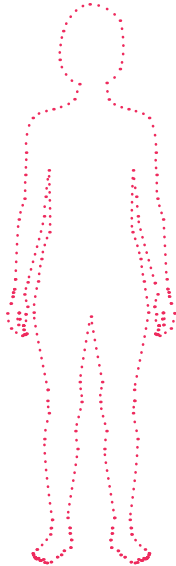
## EXERCISE 06





## EXERCISE 01

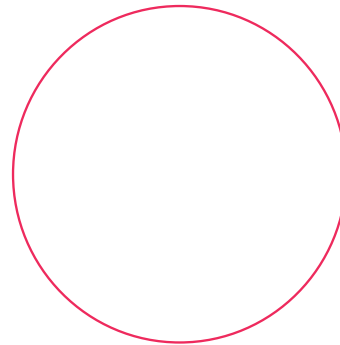
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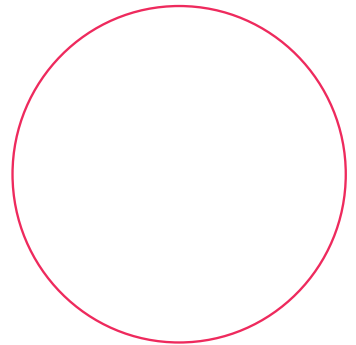
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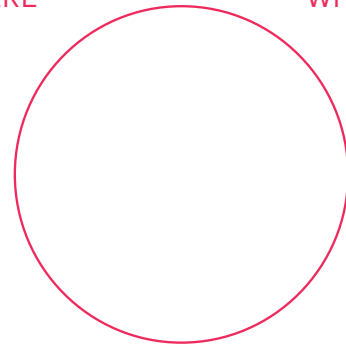
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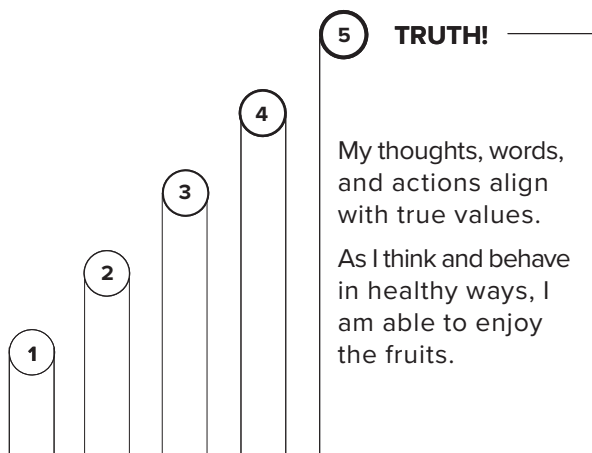
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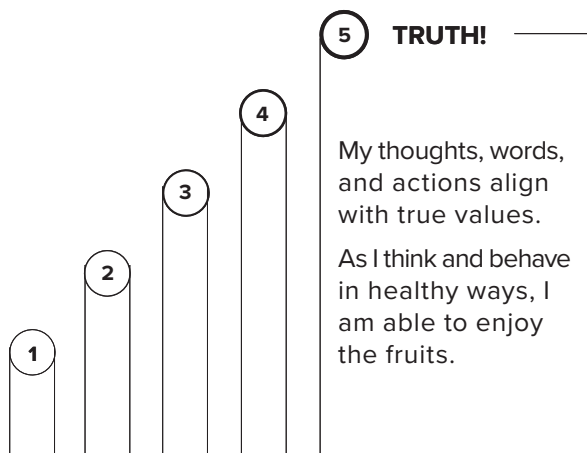
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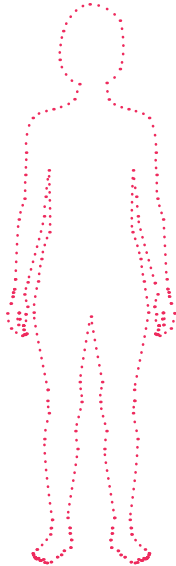
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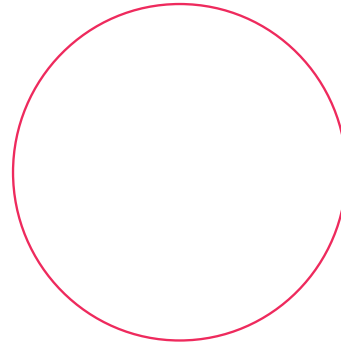
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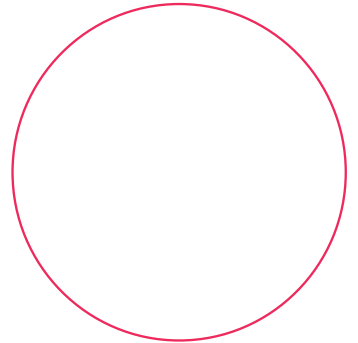
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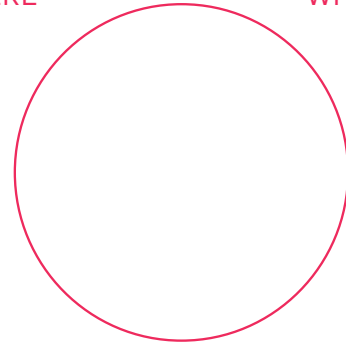
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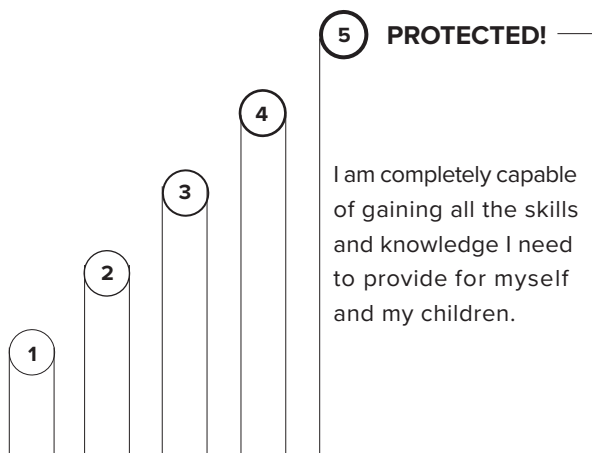




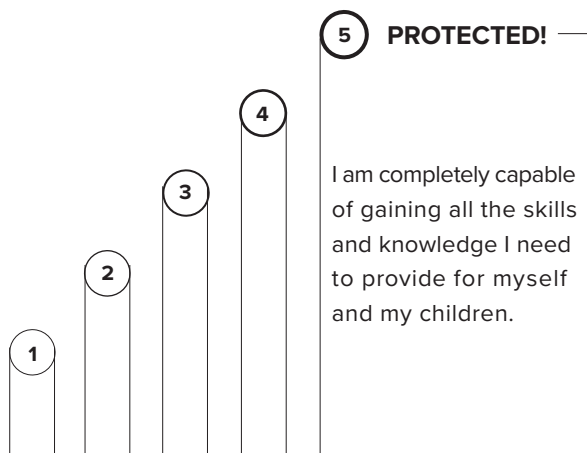
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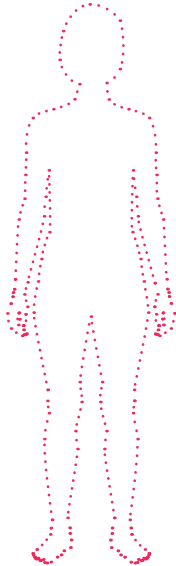
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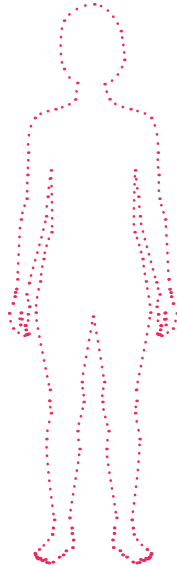


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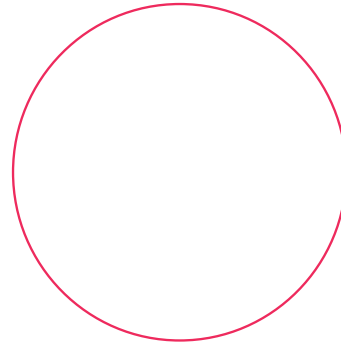
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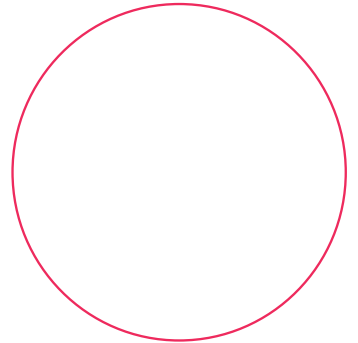
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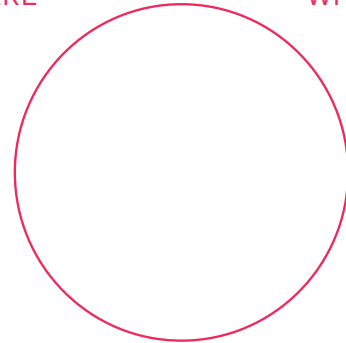
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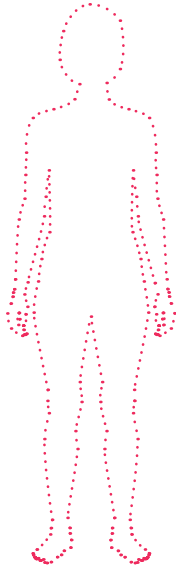
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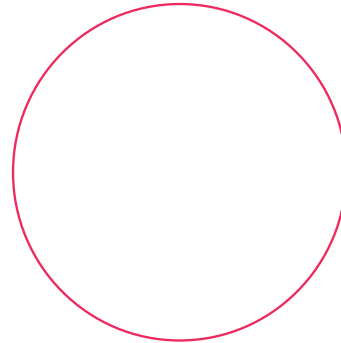
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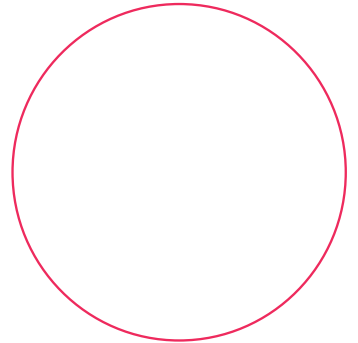
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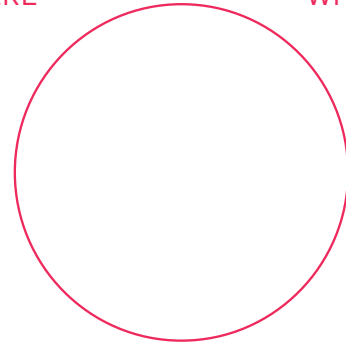
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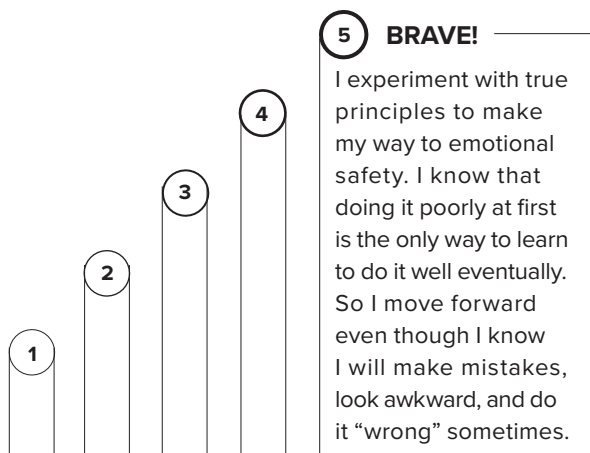
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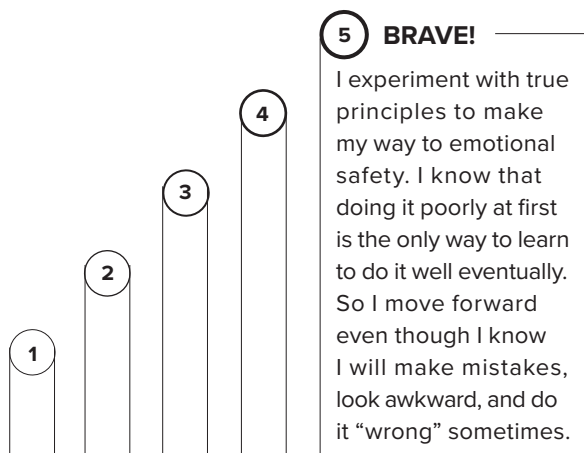
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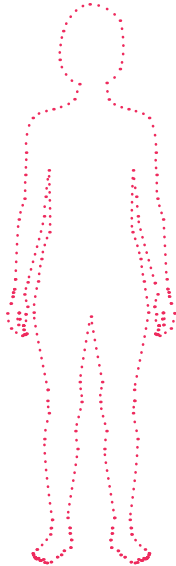
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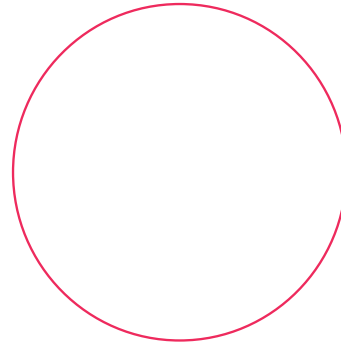
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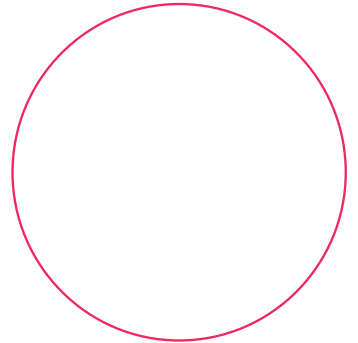
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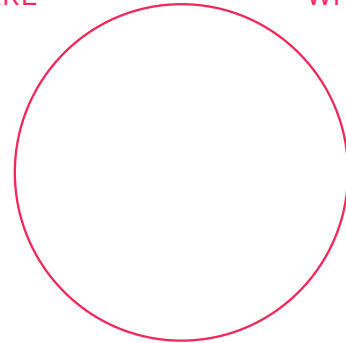
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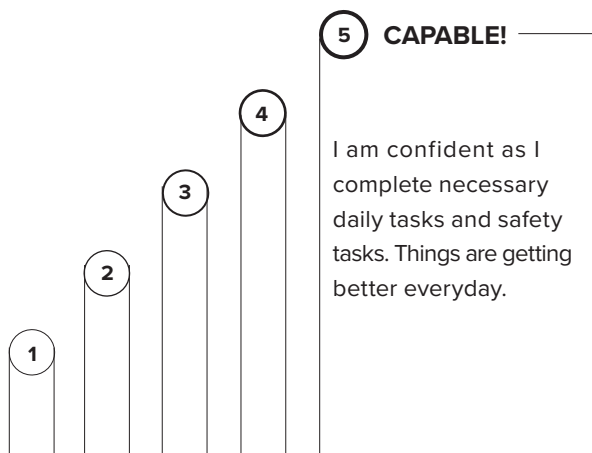
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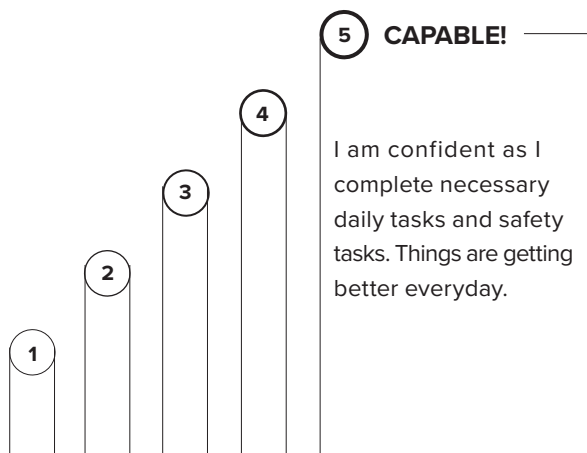
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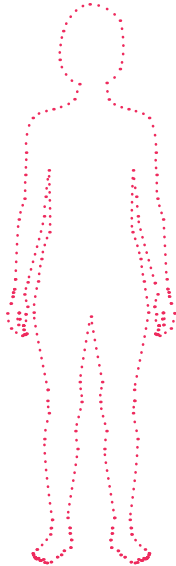
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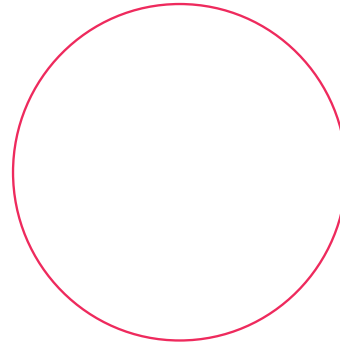
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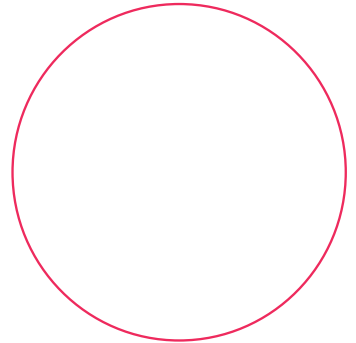
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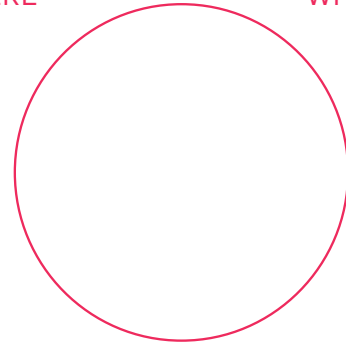
## EXERCISE 02



WHERE



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## EXERCISE 03

THE OBSTRUCTIONS ARE:





## EXERCISE 04

IF THE OBSTRUCTIONS COULD SPEAK, WHAT WOULD THEY SAY?

## EXERCISE 05

1 2 3 4

5 LOVED! —

Even though I am far from perfect, I am loved and lovable just the way I am.

## EXERCISE 06

1 2 3 4

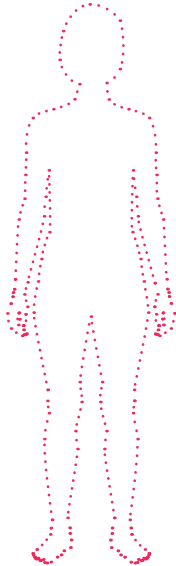
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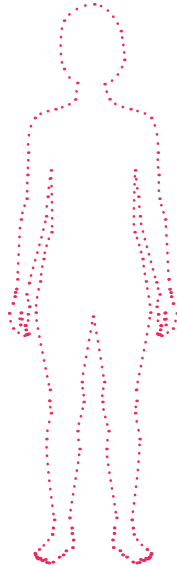


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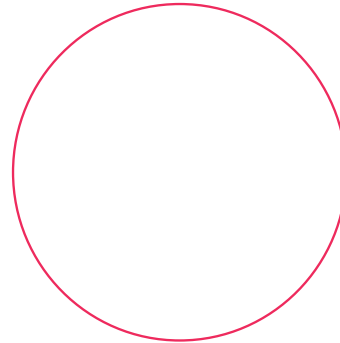
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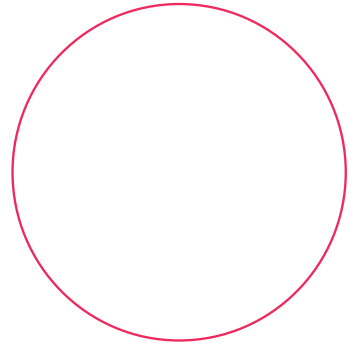
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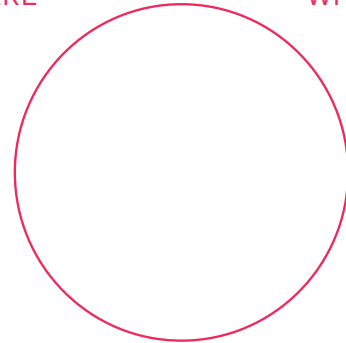
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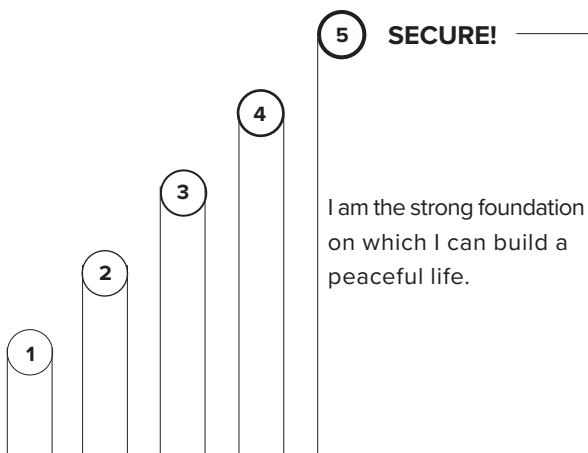
THE OBSTRUCTIONS ARE:



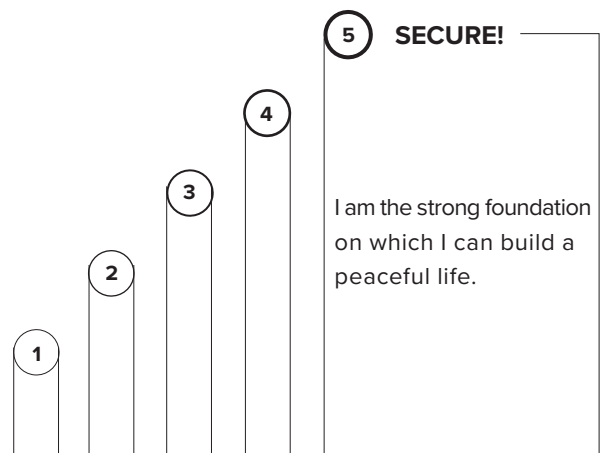
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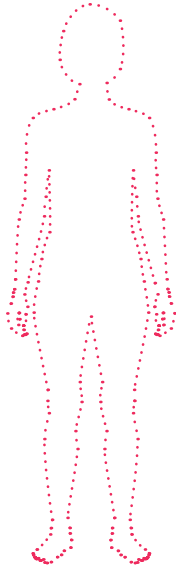
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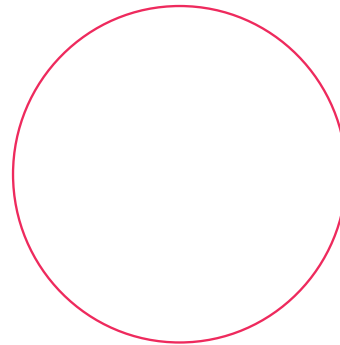
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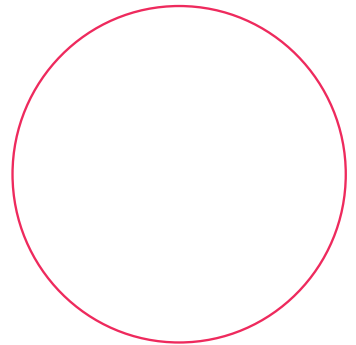
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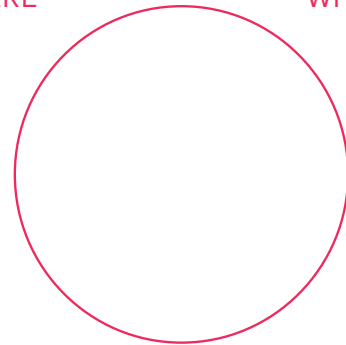
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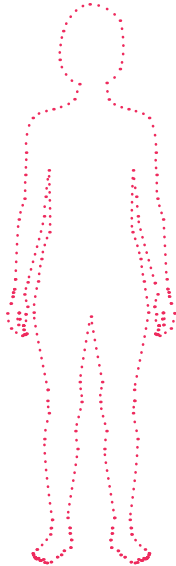
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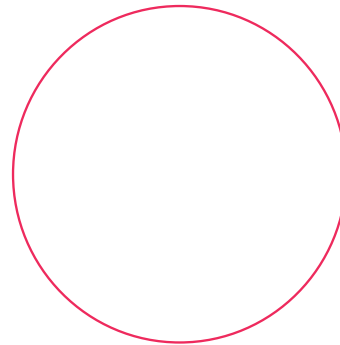
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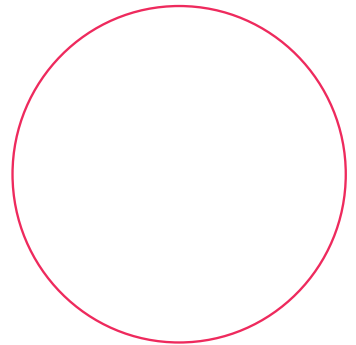
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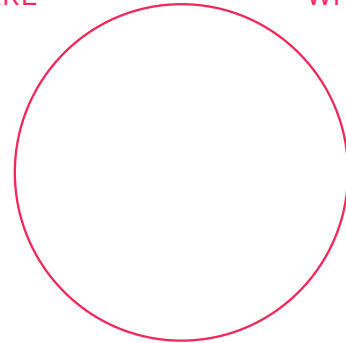
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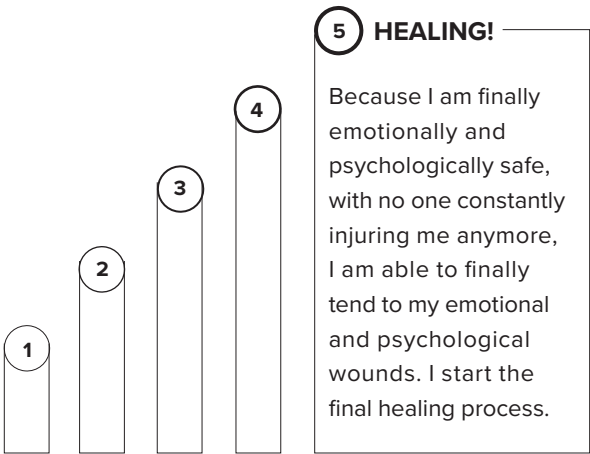
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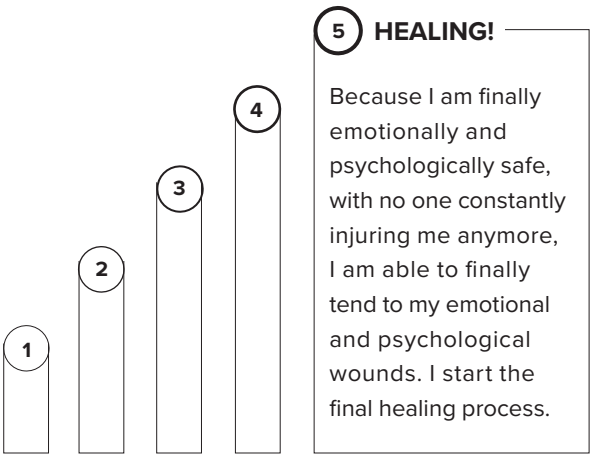
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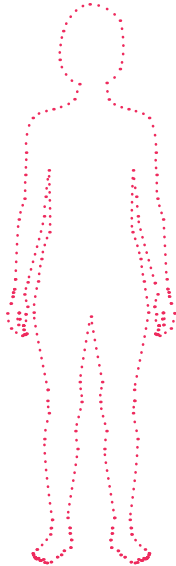
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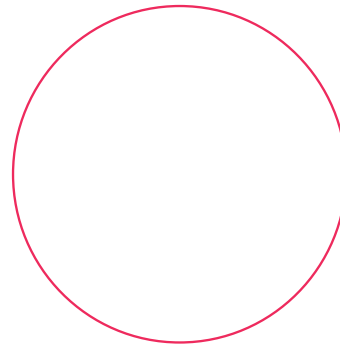
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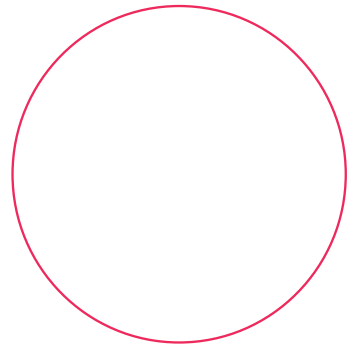
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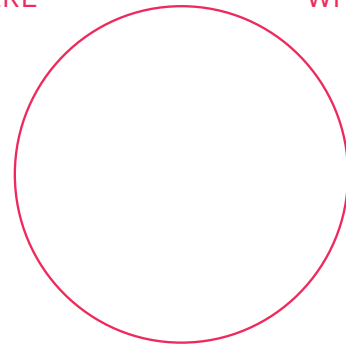
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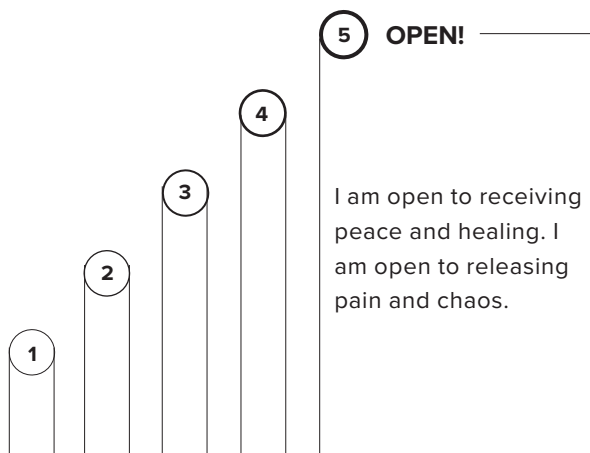




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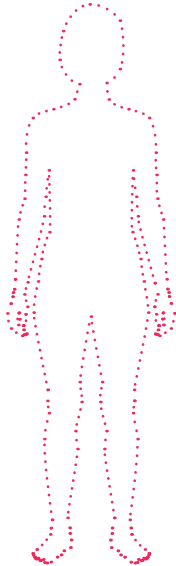
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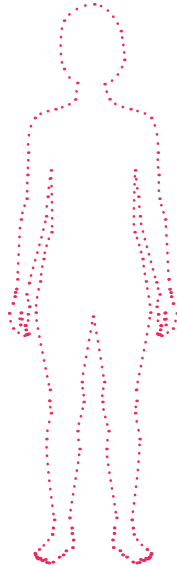


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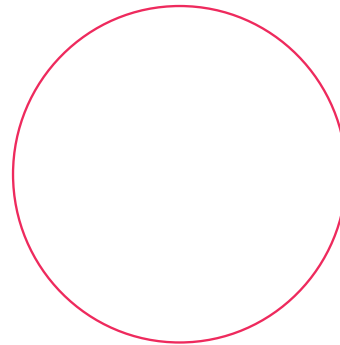
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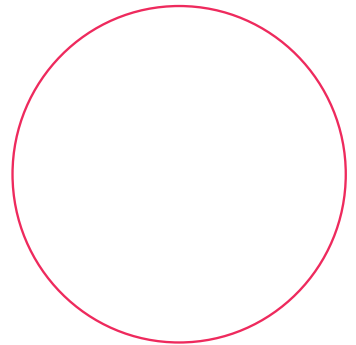
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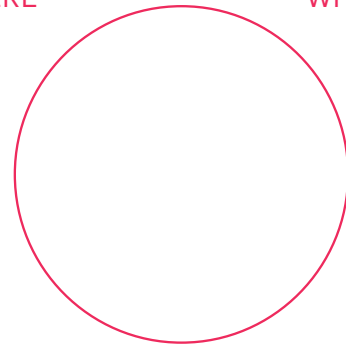
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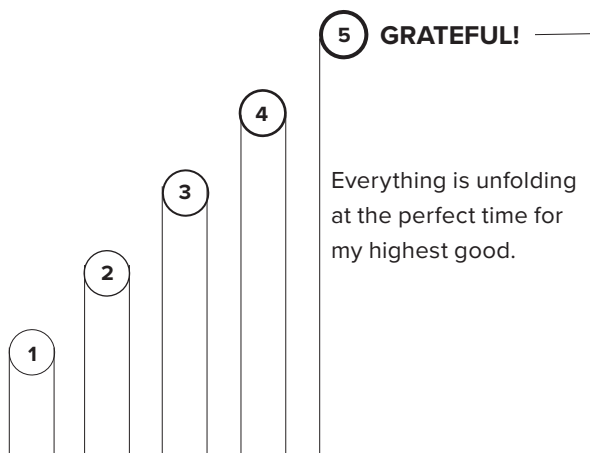
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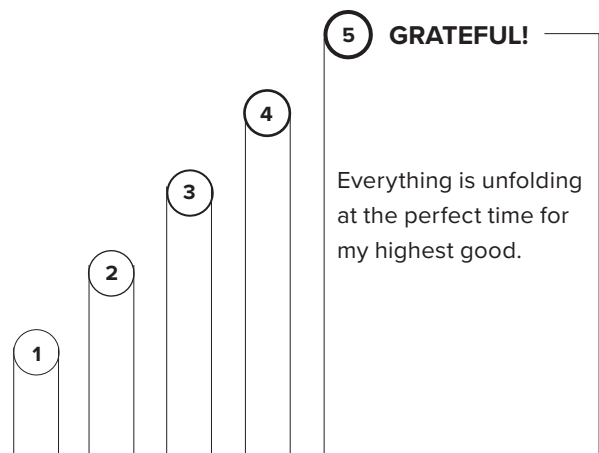
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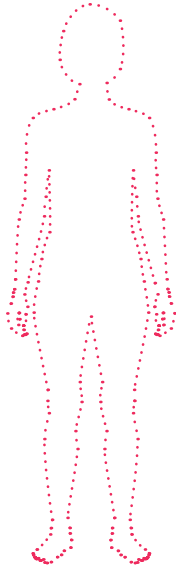
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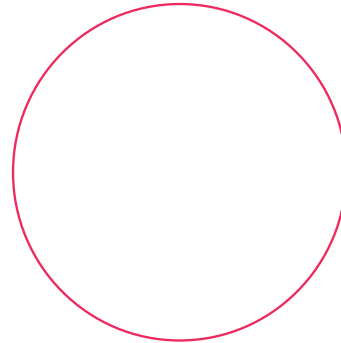
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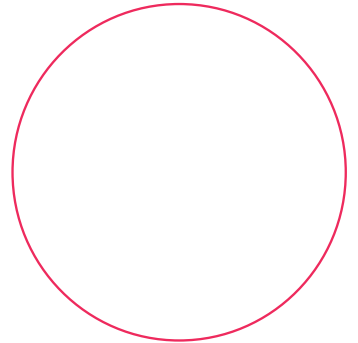
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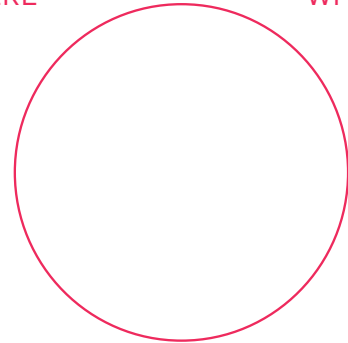
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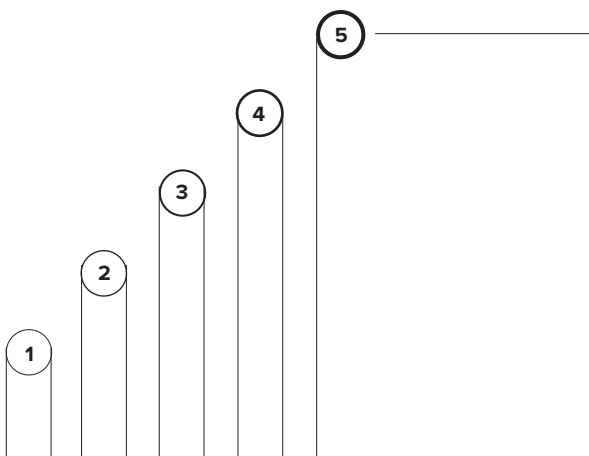


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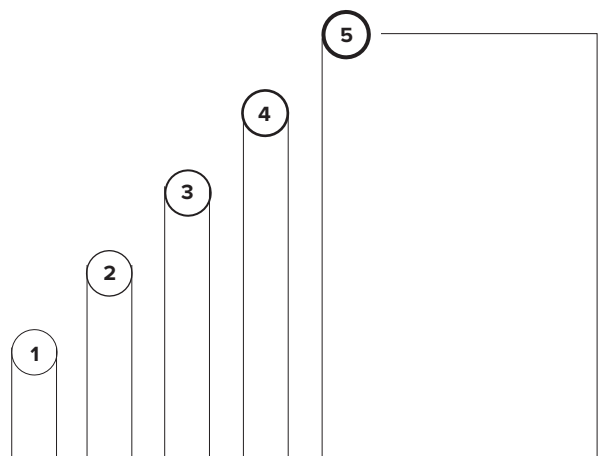
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### EXERCISE 05



### EXERCISE 06





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