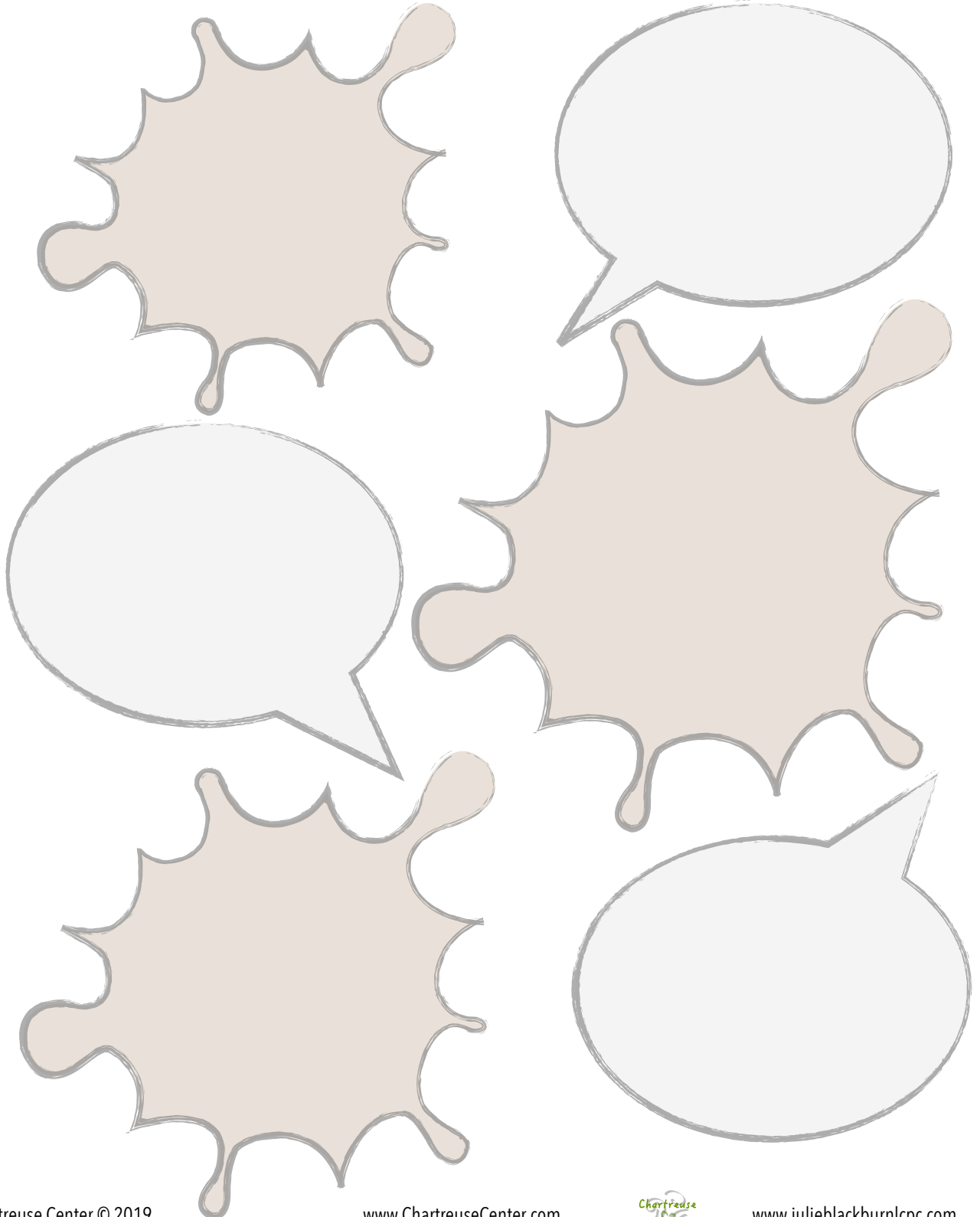


# Splats & Warm Fuzzies

## SPLATS

Write in the splats what you have experienced that has been uncomfortable, hurtful or down-right insensitive. These splats become areas for evaluating relationships, setting kind limits, or practicing forgiveness.



# Splats & Warm Fuzzies

## Warm Fuzzies

Write in the warm fuzzies you have experienced supported, authenticity, and even love. These warm fuzzies become areas for evaluating relationships, leaning into different aspects of life and areas to further explore for support and coping.

