

# Reflective Questions:

LESSON 2

LESSON 1

**Date:** \_\_\_\_\_

*In hindsight, what were some of the warning signs you noticed?*

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*What are some of the ways you've blamed yourself?*

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# Reflective Questions:

## LESSON 1

**Date:** \_\_\_\_\_

*Imagine if you were talking to a friend in your situation, what would you say to their self-blaming thoughts?*

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*What are some questions you have about how your partner views your relationship?*

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