

WHAT'S IN YOUR EMOTIONAL BACKPACK?

How would you describe where you are in your journey through life?

Circle the issues that weigh down your emotional backpack and use any blank area to add anything not listed.



What is preventing you from emptying your emotional backpack?

Which steps is the Holy Spirit calling you take to heal from emotional baggage?

How will your life improve when you empty your emotional backpack?



RESOURCES

Counseling

www.CatholicTherapists.com

www.MyCatholicDoctor.com

Books

Be Healed: A Guide to Encountering the Powerful Love of Jesus in Your Life

Dr. Bob Schuchts

St. Dymphna's Playbook: A Catholic Guide to Finding Mental and Emotional Well-Being

Tommy Tighe

365 Dates to Renew Your Christian Marriage: Increasing Your Emotional Intimacy One Date at a Time

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