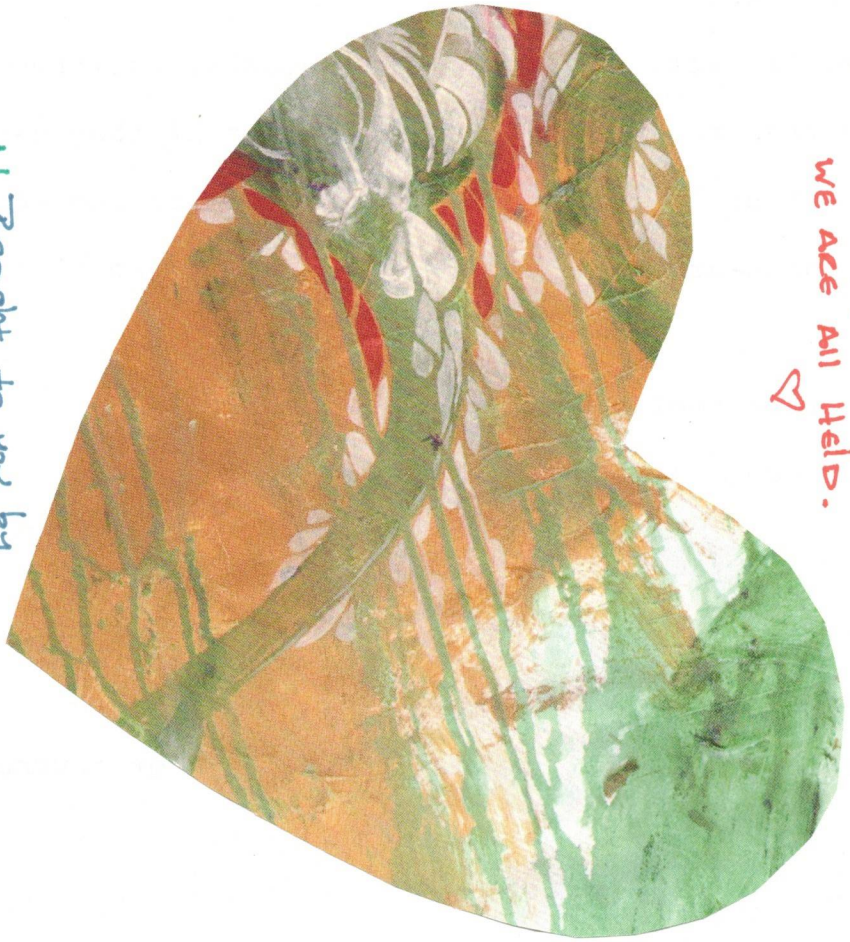


You,
Along with All beings,
Exist in + thanks to AN
Inextinguishable web
of INTERDEPENDENCE
in which we are all holding
AND
we are all held.
♡



Brought to you by

♡ SB RAWG ♡

coach, zine maker, whole messy human

sk@rawzcoaching.com

rawzcoaching.com

Cover collage includes AET by Row English

+ Mike Miss

A ROCKY

PART

OF

NORMAL



Hi friends,

Part of a normal human life is painful times. For a lot of us, that can include feelings of isolation and fear, anxiety and even our behaviors telling us really harmful and unwise things.

I made this for you based on a notebook I keep for myself. It's purple & I wrote on its cover the same thing I wrote on this cover:

A Rocky Part of Normal

I hope that you, too, find that what you write in here makes it a tiny bit easier to return to yourself, to your wisdom, and to slightly firmer ground when life feels rocky.

You are inherently important.

You are inherently worthy of love.

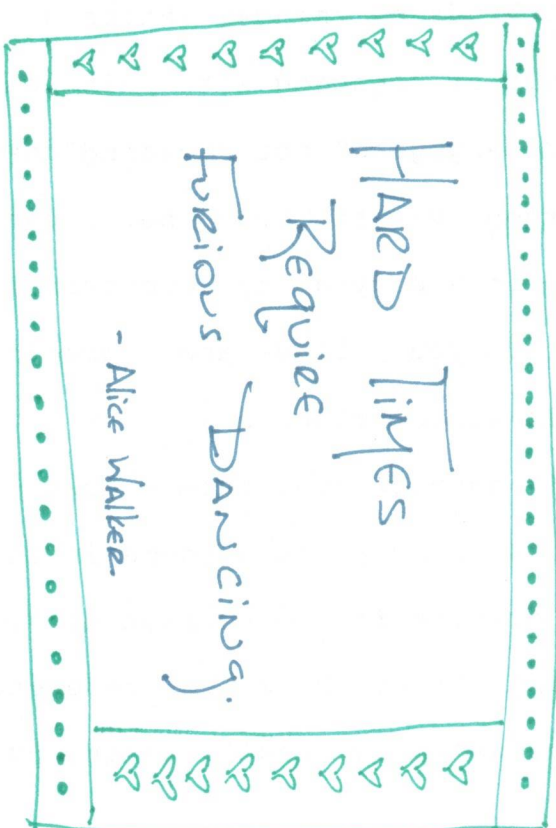
You deserve your own nurturing care.

High fives to you for showing up for yourself by using this workbook.

With love + gratitude for ALL you are,

SBS Raw2

Nov 10, 2024



P.S. Keep this workbook somewhere your eyes will fall on it now + then. What you've written here tends to be the kinds of important info that is hardest to remember when you most need it. You've given yourself great advice here; follow it.

SBS

Youe Most ImpoRTANT Issues

As is, how do you feel best showing up in the world? What are the ideas that help you be brave + kind + Authentic?

LETTER to yourself

From the you of an alright day to the you of a rocky one:

You People (of whatever species)

BE SURE NOT to just note their names but also where they shine. Are they playmates or deep convo partners? Can they hang with your tears or do they show up best when you're dried your face before reaching out? No judgment, only guidance.

A Happy Place

Write, draw, or otherwise capture - in as much sensory detail as possible - a happy place, real or imagined.

You Sensory Experiences

Cozy sweater or cuddly blanket? A playlist or movie?
The smell of something baked or steeped or familiar?
The feeling of grass on the soles of your feet?
List your go-to sensory experiences!

Helpful Quotes + Reminders

One of mine to start you off: All feelings change
or end. This terrible feeling won't last forever.

Things that are easier

When you're feeling better

We can all fall into the story that will do the self-care things when we're feeling more self-caring. Those are the most important things to just do the things - the little brushing your teeth things + the bigger reaching out to your people things; things that could just help you feel more worthy of your own attention.

Things that might lift you up or provide a healthier distraction

Occasional, intentional avoidance can give us space to settle our nervous systems + rebuild some energy. Avoidance as a coping mechanism, though, changes interest that we will inevitably have to pay, often when we have the slimmest of emotional budgets.