











*Free resources*



## Key Takeaways:

-  **#1 COURAGE:** Drop the brave face. Go toward the hard part.
-  **#2 COHERENCE:** Make sense of your life by understanding “why”.
-  **#3 COGNITION:** Change the story you tell yourself. You are not your situation.
-  **#4 CONNECTION:** Seek first to understand, not solve the problem.
-  **#5 CHEMISTRY:** Treat your body well because it always keeps the score.
-  **#6 CALM:** Learn what to care about to find some inner peace.
-  **#7 CONTROL:** Manufacture stability through a routine.
-  **#8 CRAPPY TV:** Have something that you do...simply because it brings you joy.
-  **#9 CELESTIAL:** Try tapping into something bigger than yourself.
-  **#10 CALLING:** Service is purpose. Help others to help yourself.

# Pretending is Painful

The path to emotional freedom and internal strength