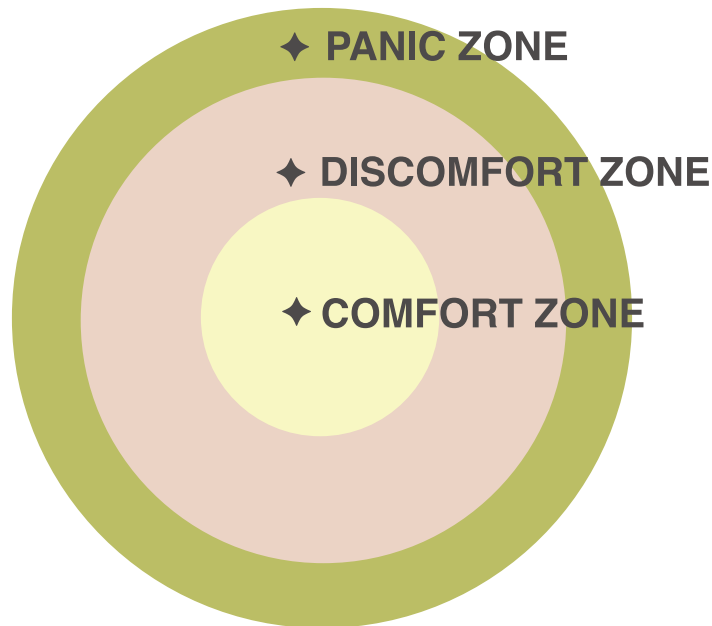




The Wounded Healers

FOLLOW THE DISCOMFORT



THE WAY OF CHANGE: LEARNING / HEALING

THE SOURCE OF DISCOMFORT

We tend to identify with our Assumptions
(COMFORT ZONE)

SO

We feel threatened (triggered) when they are challenged
(DISCOMFORT ZONE)

HOWEVER

If we follow the Discomfort it will lead to new awareness
(AWAKENING)

The Challenge is to stay out of the Panic Zone
(NO CHANGE)

THE QUESTION IS THE KEY



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