pensio

Deep Dive

20 min

A longer exploration of a single topic, feeling, or event that's on your mind.

SECTION 1

What's on my mind?

SECTION 2

Why does this matter to me?

SECTION 3

What emotions come up when I think about this?

SECTION 4

What would I tell a friend in this situation?

SECTION 5

What's one small step I can take?

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