

# YOU MATTER!

*A 4-day Engagement with Ra Shawn-Renée*

## EXAMINE

1) When did I ignore the signs that something was wrong in a relationship(s)?

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2) Why did I choose to ignore it?

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3) How did that choice(s) impact the way I value myself?

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4) What judgements have do I hold about myself for making that choice(s)?

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