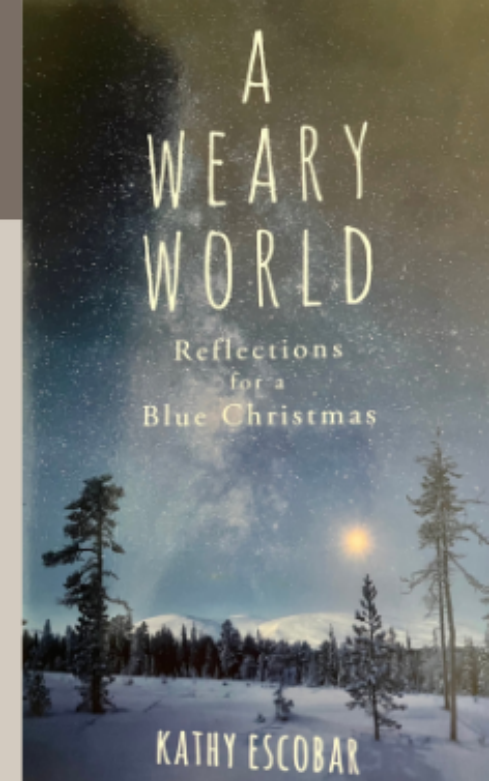


A WEARY WORLD: Week Two

PRACTICING HONESTY

Friday: Disorientation

While a person might experience different emotions like anger, sadness, fear, or shame; they all can lead to a feeling of being lost or confused. The loss of something "normal" can leave a person feeling like their identity is now missing. Unsure how to move forward, feeling like they don't belong, or other thoughts of doubt can creep into daily thinking. During the holiday season many countdown the days until Christmas with eagerness to experience feelings of joy. However in real life many put one foot in front of the other with no joyous end date in sight. We can all become lost at times, it is nothing to feel ashamed about. What helps bring you peace during these times?



Today's Reflection Question:

*What do you
feel lost and
confused
about right
now?*