



REFLECTIONS FOR THE RESCUE

REFLECT:

When was the last time you let out an ugly cry?
What caused it?

What difficulties are you facing that you feel buried underneath?

Even if there is some darkness in your life now, there is always light if you will just look for it. What is one thing in your life that is right?

RESPOND:

Put this book down and look in a mirror. Go to your bathroom or pull a compact mirror out of your purse. Tell yourself you are okay and smile. Force the smile if you have to.

CHAPTER 2: FULL-BLOWN UGLY CRY ACTION PLAN