

Boek
stempel

ik wil leven in
harmonie en
voelen dat er
een balans is
tussen geven en
ontvangen

OEFENEN MET:

DOELEN VOOR MIJN GROEI:

Als een gebeurtenis gevoels bij mij oproept, sta ik daar eerst zelf bij stil en deel ze daarna met anderen (ipv 'waarom' vragen)

TIJDENS OUTDOOR DRIEDAAGSE

Met mijn 'Waarom'-vraag pijnig ik mezelf en worstel ik met extreme onafhankelijkheid - en toch ook weer afhankelijkheid "ligt het aan mij?"

Ik voel mijn betekenis overal groeien want ik laat mezelf zien en deel mijn gevoel

In mijn uitzonderingspositie is broer-zus en zus-zus contact ingewikkeld geworden

Ik 'moeder' over het gezin en over mijn vader, nichtjes en neefjes en tegelijkertijd verken ik de wereld op een manier die ongekend is in mijn familie

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