



Lesson #8 Checklist: 3 Big Things to think about for the week...

- 1. Be gentle and compassionate with yourself as you go through your TAHL.**
 - You may have dreams and memories revealing all kinds of related incidents, people and places that are related to these events.

- 2. These are old Wounds, they carry a lot of power, you were one way before and another way after.**
 - Do you really understand that there's no going back?

- 3. We cannot undo the Wounds - but we can continue to heal them:**
 - They do not have to be Wounds that control our Beliefs
 - They do not have to be Wounds that cause pain and trigger us today
 - They can be scars that carry the memories but have now been transformed into healing
 - This is the Transformation of Addiction into Medicine
 - This is the Transformation of Addiction into Freedom

Again, be gentle with yourself. This is powerful material that we will be diving deeper in the next Lessons.