

# Bullying Trauma



**Who did you think you needed to be in elementary school to be liked? How has that shaped your current personality?**



# Bullying Trauma



**Talk to your inner teen like she's your best friend & tell her everything you wish you could of told your friends at the time.**





# Bullying Trauma



**What did you tolerate in friendships & relationships when you were younger? What do you tolerate now?**



# Bullying Trauma



**How did your self worth change  
after being bullied?**





# Bullying Trauma



**Paint your bullies from your inner child's perspective.**

