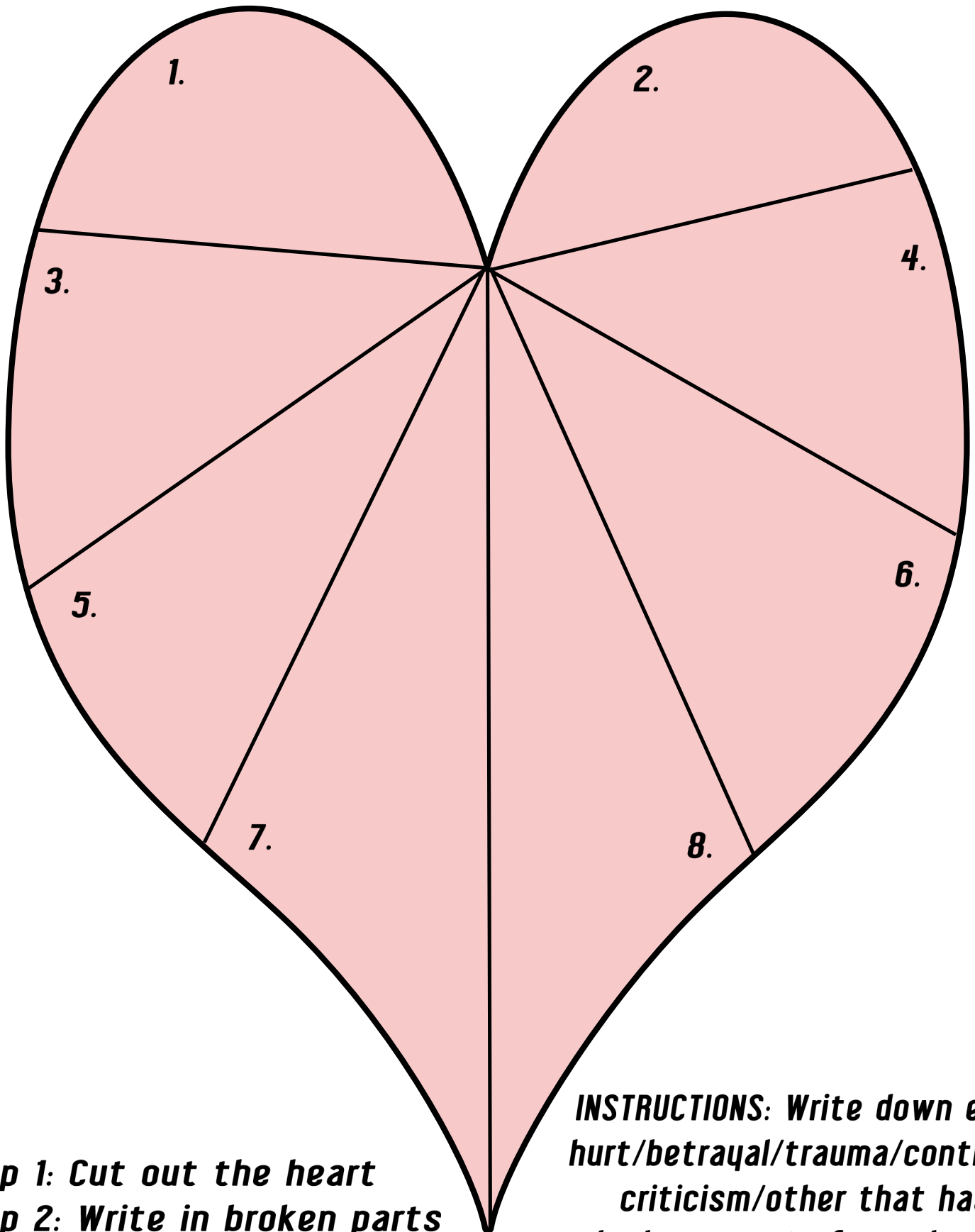


# ***Heart Reconstruction Model***



***Step 1: Cut out the heart***

***Step 2: Write in broken parts***

***Step 3: Cut broken parts away***

***Step 4: Pray and put heart back together***

***INSTRUCTIONS: Write down each hurt/betrayal/trauma/continual criticism/other that has broken a part of your heart.***