

TRACING THE PATHWAY OF YOUR REBELLION

Use the below example to guide you as you begin constructing your Rebel Timeline. You are free to print and work with these sheets, or simply use them as a guide as you map your timeline in your journal or on butchers paper. Here we are attuning to the moments in your life you distinctly rebelled OR felt silenced OR when rebellion was required but suppressed.

Big stuff. Small stuff. Tiny acts of rebellion. Huge acts. There's room whatever is on your heart, here.



Moved out at home
at a young age

I'm not safe here

I can't trust anyone

AGE

Approximately how old were you in this moment?

CIRCUMSTANCE

What happened?

THOUGHT

(that preceded the circumstance)

BELIEF

(that resulted from the circumstance)



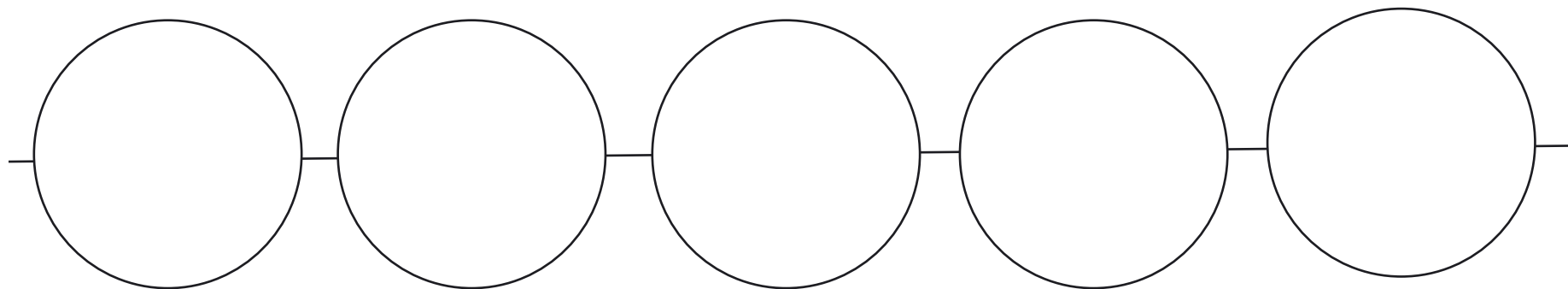
Stopped singing when
my brother said I
sounded bad

I'm not safe to
express myself

It's better if I keep
my art secret

CREATE YOUR REBEL TIMELINE

BELIEF THOUGHT CIRCUMSTANCE AGE



BELIEF

THOUGHT

CIRCUMSTANCE

AGE

