

'because of you' journaling task

Listen to the Kelly Clarkson song, "Because of you".

I want you to think about who you have blamed, and what effect do you believe it's had on you as a person.

Write down some notes... "I am (and/or) I am not X because of you..."

Also maybe think about and write down things that **WERE** a problem in the past, but are no longer, due to the work we have done together.