

# Future Dead Person

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Take some time to think and write  
about the following prompts

I've been feeling:

I might be feeling this way because:

Right now, all I feel like doing is:

I've been dreading doing:

I usually enjoy doing:

# get yourself out of *an emotional rut*

**1** RECOGNIZE YOUR  
NEGATIVE EMOTIONS

**2** UNDERSTAND THAT YOUR  
NEGATIVE EMOTIONS  
SERVE A PURPOSE

**3** ACCEPT YOUR NEGATIVE  
EMOTIONS

**4** TAKE CARE OF YOURSELF

**5** TREAT YOURSELF!