




















Heartbreak Pot

FEELINGS

-  Sad
-  Mad
-  Hurt
-  Angry
-  Scared
-  Broken
-  My fault
-  Pain
-  Shock
-  Lonely
-  Down
-  Empty
-  Memories
-  Anxious
-  Stressed
-  Don't care
-  Crazy
-  Frustrated
-  Helpless
-  Numb
-  Up & down
-  Silly
-  Confused
-  Like no one cares
-  Unloved
-  Rejected
-  Hopeless
-  Denial

HEALING WORDS

-  Jesus
-  God loves me
-  Prayer
-  Mom/Dad
-  Friends
-  Brother/sister
-  Helping someone
-  Pastor/Counselor
-  Hugs
-  Sunshine
-  Dog/Cat
-  Writing
-  Smiling
-  Laughing
-  Crying
-  Singing
-  Talking
-  Doing new things
-  Counting blessings
-  Hiking
-  Dancing
-  Swimming
-  Going for a walk
-  Going to the park
-  Happy thoughts
-  Hoping
-  Loving others
-  Create something

-  Forgiving
-  Being by yourself
-  Learning lessons
-  Loving yourself

