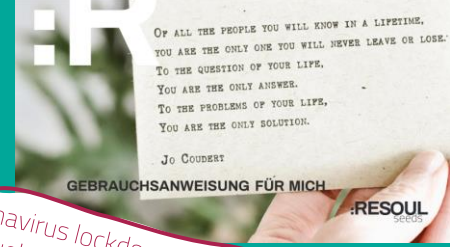


INSTRUCTION MANUAL

A few minutes later - just for fun - she wrote a guide on how to handle herself. It revealed self-knowledge on how to proceed that she wanted to share with others.



Amidst the coronavirus lockdowns and 24/7 childcare, a colleague's husband confronted her:
IT'S REALLY DIFFICULT WITH YOU RIGHT NOW!
Ouch.

She wondered:

What makes me tick?

What do I like (about myself) and what drives me crazy?

What quirks do I have?

How do I function in relationships?

Let's think ahead, even or especially in this challenging situation for all of us, and ask ourselves: How can another person work well with me right now?

We have developed an instruction manual that can be helpful in this **reflection**. Its coverage of different facets can be a wonderful basis for achieving real **contact** with oneself.

Check out the manual!



*Curious For
More Tools?
(click or scan qr-code)*

:RESOUL
seeds **#2**

