

CONSEQUENCE

SECURE

RELATIONSHIPS

CALMING AND
REASSURING

BEHAVIOR

PRAYER AND
MEDITATION

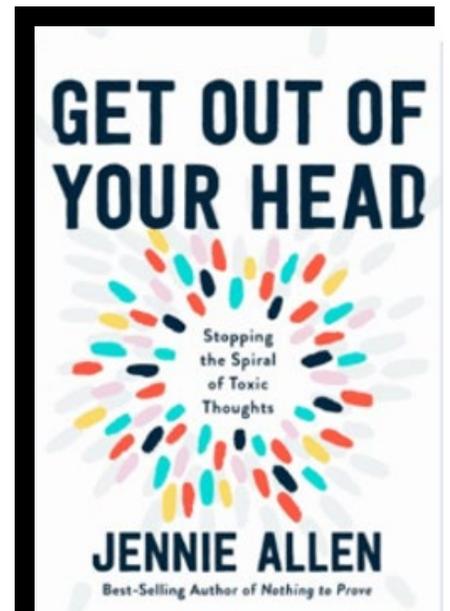
THOUGHT

ONLY BEING WITH GOD
CAN SATISFY ME

I CHOOSE TO BE STILL

EMOTION

i.e. DISCONTENT



Chapter 8:
Holding Space For Silence

*Quiet meditation
quite literally
changes our brain.
~Jennie Allen*