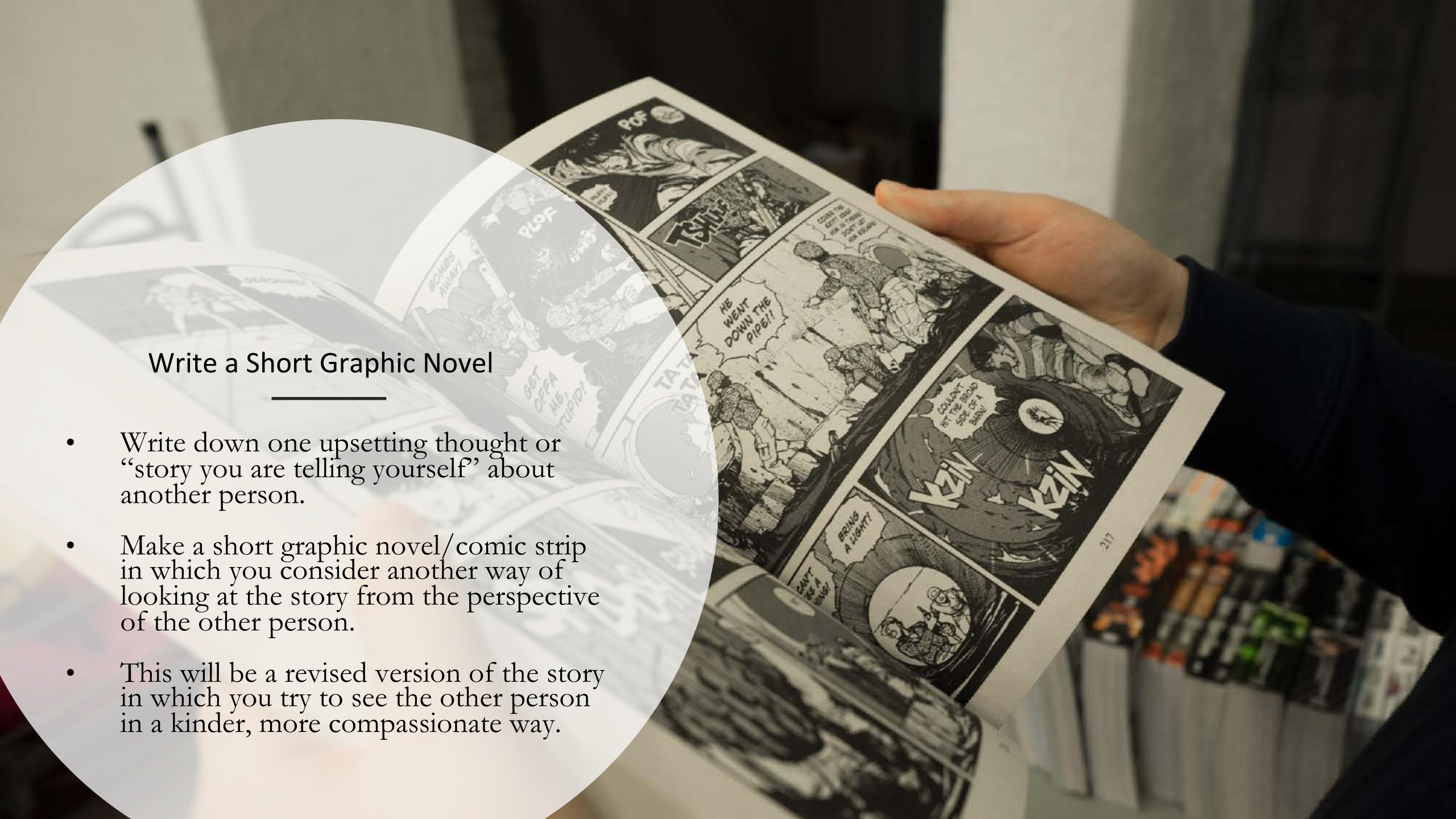
K E V I N

LOVE FUND

Everyone is Going Through Something

Today

- What is "The Story I'm Telling Myself" About Another Person?
- Expert Video
- Creative Activity: Create a Graphic Novel



Write a Short Graphic Novel

- Write down one upsetting thought or "story you are telling yourself" about another person.
- Make a short graphic novel/comic strip in which you consider another way of looking at the story from the perspective of the other person.
- This will be a revised version of the story in which you try to see the other person in a kinder, more compassionate way.