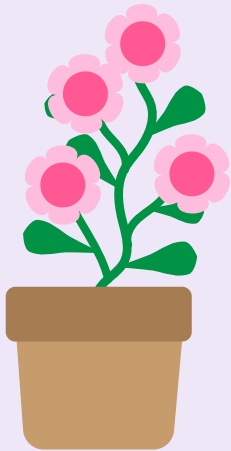
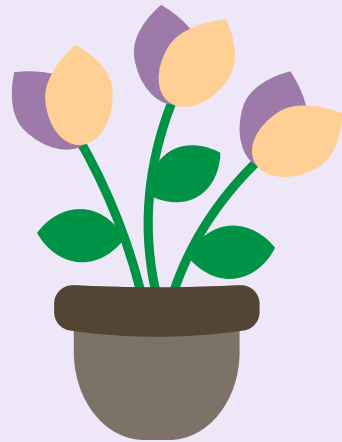


WHEN "I'M SORRY" ISN'T ENOUGH TO REPAIR A BOND



I understand
how I hurt
you



I'm going to make
sure I don't hurt
you again



I hear you, it
would hurt
me too



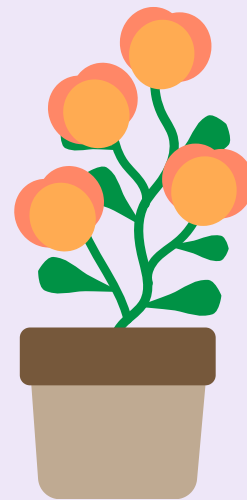
I'm going to
work on
myself



Your feelings
matter more
than defending
myself



What do
you need to
heal?



How could I
help our trust
to regrow?



I'm willing to be
patient- I know
it might take
time



Dr Clare Rosoman

AUTHOR | PSYCHOLOGIST | TRAINER