

The Answer Model



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Empty Cup Exercise

- **When your cup is empty, when you feel bad, lost, down, etc., what do you typically do?**
- 1.
- 2.
- 3.
- 4.

Empty Cup Exercise part 2

- **When your cup is empty, when you feel bad, down, etc., what would truly nourish you?**
- 1.
- 2.
- 3.
- 4.