

# UNLEARN.

letting go  
the things  
that no  
longer fit  
who you  
are.



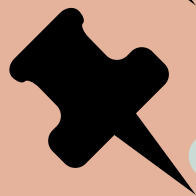
TOXIC FAMILY PATTERNS



NEGATIVE SELF TALK



AGE IS A LIMITATION



UNHEALTHY  
COMMUNICATION SKILLS



"WHAT GOES ON IN THIS  
HOUSE STAYS IN THIS  
HOUSE"

\*GO TO THERAPY!



INEFFECTIVE COPING  
SKILLS

Actually,  
**ICAN**

SELF CARE — MENTAL HEALTH  
[actuallyican.net](http://actuallyican.net)