

A photograph of two young women sitting outdoors on a paved surface, facing each other in conversation. The woman on the left has long brown hair and is wearing a dark blue leather jacket over a black top and blue jeans. The woman on the right has long dark hair, is wearing a grey knitted beanie with pom-poms, a purple long-sleeved shirt, and red pants with a white star pattern. The background is a blurred outdoor setting with some greenery.

Werkboek

Mijn verhaal & wat heb ik nodig

Naam

Nazorg



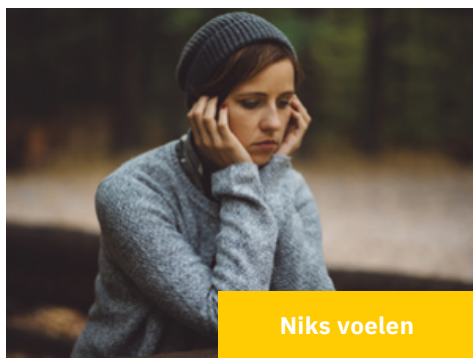
Niet goed voelen



Vermijden en
terugtrekken



Snel boos
en geïrriteerd



Niks voelen



Niet goed slapen



Angstig

Nazorg

Wat heb je meegemaakt waar je aan blijft denken?

Waar denk je aan?

Wat voel je?

Wat merk je daarvan in je dagelijks leven?

Wat heb je hierbij nodig?

Hoe gaat het nu met je?

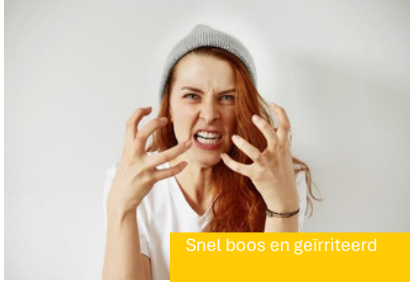
Schrijf hier je verhaal



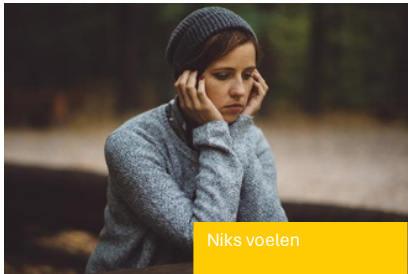
A large, empty, rounded rectangular box with a yellow border, intended for writing a story.



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Teken of plak hieronder foto's

