

# Drama Free Guide

from *Nedra*  
GLOVER TAWWAB



## 3 Journal Prompts

- 1 What dysfunctional family patterns have you carried into adult relationships?
- 2 Who do you feel comfortable talking to about your upbringing, and why are you comfortable with that person?
- 3 What happens in your family when someone goes against what's considered normal?

## 3 Affirmations When Struggling with Codependency

- 1 "I am willing to allow others to take care of themselves."
- 2 "I am releasing overinvolvement in other people's problems."
- 3 "I am discovering that people can manage their own lives."

Are you ready for more Journal Prompts & Affirmations from Nedra?



# DRAMA FREE

A guide to managing  
unhealthy family relationships.



From the bestselling author of *Set Boundaries, Find Peace*, a road map for understanding and moving past family struggles — and living your life your way.

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