



## DON'T WORRY ABOUT WHAT OTHER PEOPLE THINK

If you're an obsessive thinker like me, take this tip seriously and learn how NOT to go down the shame spiral, rabbit hole. There's no room for it in a healthy recovery.

# OCTOBER 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
11	12 Indigenous Peoples' Day	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31 Halloween