

Mijn ervaringsverhaal NAH

Jeannette Heijting

Het verlies en de
herontdekking van
mijn ik



26 juli 2009

26 augustus 2009

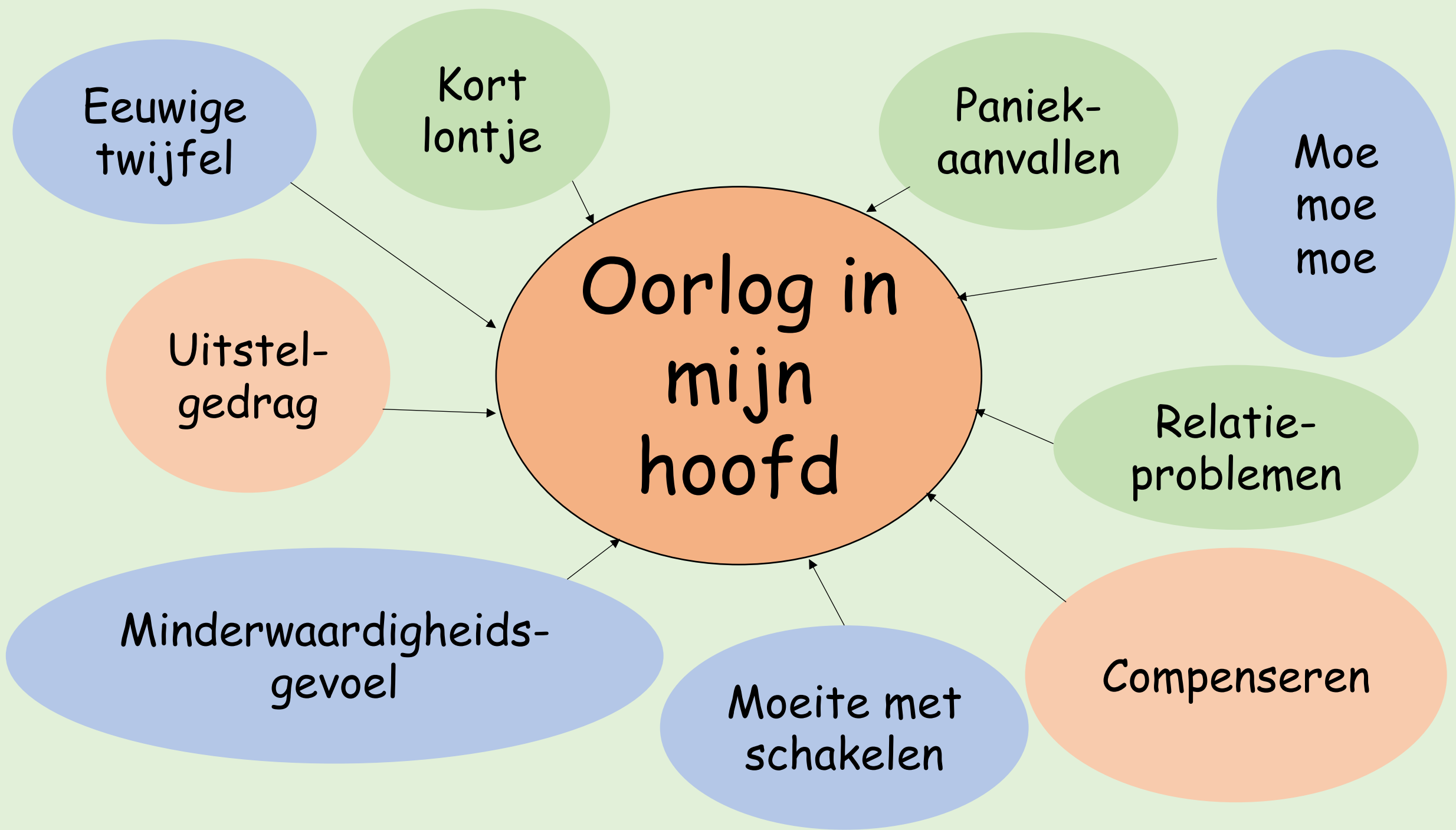
Vol vertrouwen de berg op



Ik ben er weer!



Dacht ik...
Wilde ik zo graag...





Optimisme
Zelfvertrouwen



Angst

Onzekerheid

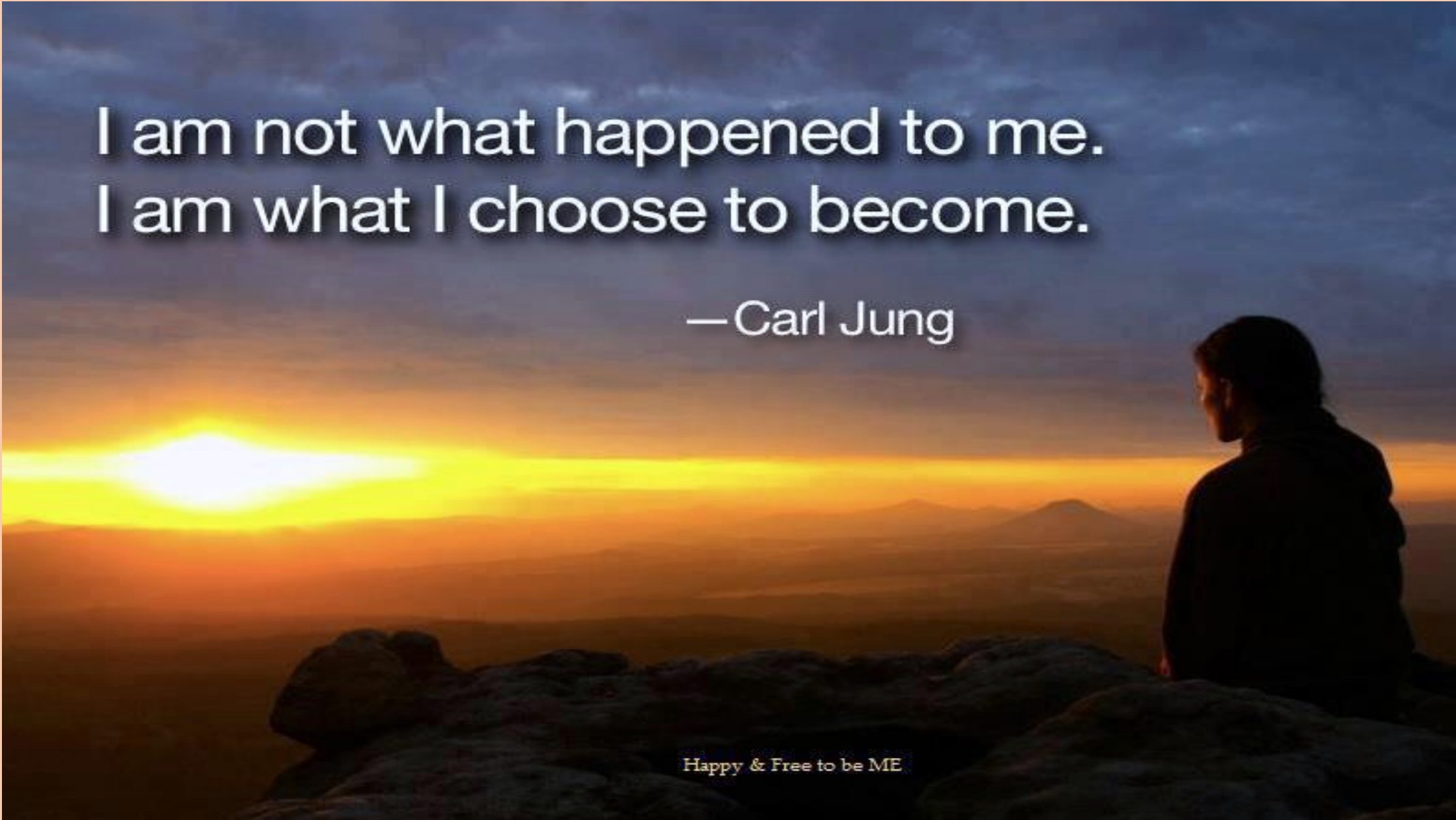
Minderwaardigheidsgevoel



Van ontkenning naar
herkenning en acceptatie

'Moeten' → 'Kunnen' en 'Willen'



A person is silhouetted against a vibrant sunset over a mountain range. The sun is a bright, glowing orb on the horizon, casting a long, horizontal band of orange and yellow light across the sky. The person is standing on a rocky outcrop in the foreground, looking out over the vast landscape. The sky transitions from a deep blue at the top to a warm orange near the horizon. The mountains in the distance are layered and hazy, adding depth to the scene.

I am not what happened to me.
I am what I choose to become.

—Carl Jung

Happy & Free to be ME