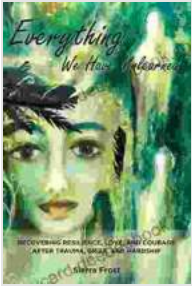


Everything We Have Unlearned



Everything We Have Unlearned: Recovering Resilience, Love, and Courage after Trauma, Grief, or Hardship

by Sierra Frost

★★★★★ 5 out of 5

Language : English
File size : 300 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 160 pages



We have unlearned so much in the past few years. We have unlearned how to communicate with each other, how to trust each other, and how to work together.

We have unlearned how to be kind, how to be compassionate, and how to be empathetic.

We have unlearned how to be critical thinkers, how to solve problems, and how to make decisions.

We have unlearned how to be independent, how to be responsible, and how to be self-reliant.

We have unlearned how to be happy, how to be content, and how to be grateful.

We have unlearned so much that it is hard to know where to start learning again.

But we must start somewhere.

We must start by relearning how to communicate with each other. We must learn how to listen to each other, how to understand each other, and how to disagree with each other respectfully.

We must learn how to trust each other again. We must learn how to be honest, how to be reliable, and how to keep our promises.

We must learn how to work together again. We must learn how to cooperate, how to compromise, and how to achieve our goals together.

We must learn how to be kind again. We must learn how to be compassionate, how to be empathetic, and how to help others.

We must learn how to be critical thinkers again. We must learn how to question our assumptions, how to gather evidence, and how to make sound judgments.

We must learn how to solve problems again. We must learn how to identify problems, how to generate solutions, and how to evaluate the effectiveness of our solutions.

We must learn how to make decisions again. We must learn how to weigh the pros and cons, how to consider the consequences, and how to make the best possible decisions.

We must learn how to be independent again. We must learn how to take care of ourselves, how to make our own decisions, and how to be responsible for our own actions.

We must learn how to be responsible again. We must learn how to be accountable for our actions, how to make amends for our mistakes, and how to contribute to our communities.

We must learn how to be self-reliant again. We must learn how to provide for ourselves, how to protect ourselves, and how to be happy with ourselves.

We must learn how to be happy again. We must learn how to find joy in life, how to appreciate the good things, and how to be content with what we have.

We must learn how to be content again. We must learn how to be satisfied with what we have, how to be grateful for our blessings, and how to find peace in our hearts.

We must learn how to be grateful again. We must learn how to appreciate the good things in life, how to be thankful for our blessings, and how to express our gratitude to others.

We have unlearned so much. But we can learn it all again.

We can start by relearning how to communicate with each other, how to trust each other, and how to work together.

We can start by relearning how to be kind, how to be compassionate, and how to be empathetic.

We can start by relearning how to be critical thinkers, how to solve problems, and how to make decisions.

We can start by relearning how to be independent, how to be responsible, and how to be self-reliant.

We can start by relearning how to be happy, how to be content, and how to be grateful.

It will not be easy. But it is worth it.

Because we need to learn how to be human again.

1. **We need to learn how to communicate with each other.**
2. **We need to learn how to trust each other.**
3. **We need to learn how to work together.**
4. **We need to learn how to be kind.**
5. **We need to learn how to be compassionate.**
6. **We need to learn how to be empathetic.**
7. **We need to learn how to be critical thinkers.**
8. **We need to learn how to solve problems.**
9. **We need to learn how to make decisions.**
10. **We need to learn how to be independent.**

11. **We need to learn how to be responsible.**
12. **We need to learn how to be self-reliant.**
13. **We need to learn how to be happy.**
14. **We need to learn how to be content.**
15. **We need to learn how to be grateful.**

We can start by relearning these things today.



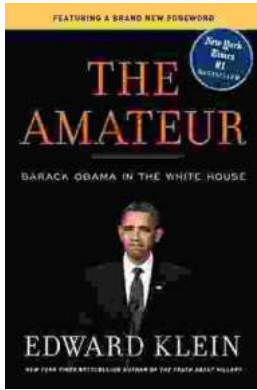
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